Thriving In College

Positive Perspective
The ability to maintain a sense of hope and optimism, even in the face of challenges and struggles.

- **Counseling and Psychological Services** is a helpful service for students and their **Mind Spa** is a unique sanctuary where all are welcome to use resources like massage chairs and mindfulness programs.

- **Rec Sports** has many programs and services to help you change your perspective through movement and social connections, including **Intramural Sports** and the **Adventure Leadership Institute**.

- **Wellness Coaching**, a peer-driven, strengths-based service that can help you create the life you want to be living will be available Winter 2018.

Social Connectedness
The ability to form and maintain healthy relationships, and feel a sense of belonging and community on campus

- With **Student Leadership & Involvement**, there are countless ways to meet people doing something you love through one of OSU’s many clubs and student organizations, leadership development programs, student sustainability initiatives and more!

- The **Adventure Leadership Institute** takes groups of students on outdoor adventures like rock climbing, snowshoeing, whitewater and backpacking. It’s also a great resource for engaged learning through it’s certificate program and other adventure classes.

- The **Memorial Union** has been referred to as the university’s living room. The MU Basement has bowling, billiards, darts, shuffleboard, video games, and the Beaver Den with a 58” TV. New this year, the MU Escape Room.

Academic Determination
The motivation to push through challenges and achieve your academic and career-oriented goals

- The **NEW Student Success Office** is the home to SEVERAL great resources that can help you excel as a student, including the **Academic Success Center**, the **Writing Center, International Student Success, New Student Programs and Family Outreach** and much more!

- The **Human Services Resources Center (HSRC)** is a great resource that offers services and resources for alleviating the effects of hunger, poverty, and other basic human needs so that students can pursue a quality education.

- You can explore some great **Career Resources** to help plan for life after OSU, like the Academic Ambassador Program, Career Development Center, Benny’s Business Closet and more!
Diverse Citizenship
Thriving is not just about you, it's about how you contribute to the community around you

- **Diversity & Cultural Engagement (DCE)** is the campus hub for culturally diverse student engagement and success. They aspire to create an inclusive community and strive for a more just future.

- A part of DCE, there are 7 **Cultural Resource Centers** on campus, each hosting cultural events and activities like national history and heritage month programs, social justice workshops, cultural holiday celebrations, cooking demonstrations, craft nights, and more! Connecting with the CRC's is also a great way to find community and social connectedness.

  - Asian & Pacific Cultural Center
  - Lonnie B. Harris Black Cultural Center
  - Centro Cultural Cesar Chavez
  - Ettihad Cultural Center
  - Native American Longhouse Eena Haws
  - Pride Center
  - Women's Center

- The **Center for Civic Engagement** helps students develop civic sensitivity and be agents of positive social change. Check out one of their service opportunities; you'll impact change in your areas of passion and interest, feel a sense of accomplishment, and develop friendships and a stronger sense of community.

Engaging Learning
The ability to immerse yourself in the things that you’re focused on learning, and staying involved over time

- Participate in a **Service Learning** experience to deepen your understanding of complex social, environmental and political issues; bring course content alive by connecting what you learn in the classroom with the rest of the world. This is also a great resource for building social connectedness and creating positive perspective – volunteering has been shown to make people happier!

- **Wellness Agents** are trained peer leaders who support students' health and well-being, making OSU a healthier, more inclusive community. Students who participate are gaining real world experience with promoting healthy behaviors in higher education, and can choose to specialize in a number of content areas.

  - Alcohol and other drug prevention
  - Sexual violence prevention
  - Health promotion
  - Sexual health
  - Nutrition
  - Mental health (CAPS)
  - Community relations (Corvallis Community Relations)

- **Living-Learning Communities** (LLCs) are academic programs that partner with residential communities. You can live with students who have same major, college, academic focus or program, and participate in related events throughout the year, right in your residence hall!

  - Adventure
  - Arts & Social Justice
  - Explore (University Exploratory Studies Program)
  - Engineering
  - Global Village
  - Health & Well-Being
  - Honors College Program
  - Innovation Nation (College of Business)
  - NEW this fall - Mindfulness