

College of Public Health and Human Sciences

# PLAN FOR FIRST-YEAR SUCCESS

Did you know that we are one of only two colleges at OSU that assigns an academic advisor to every student? Your advisor will meet with you each term to guide you as you navigate college and work to reach your educational and career goals.

## Meet our academic advisors for your area of study ...



**Erin Heim**  
Head Advisor



**Carey Hilbert**  
Associate Head Advisor  
Pre-med, Allied health professions



**Nelson Sigrah**  
Associate Head Advisor



**David Reitan**



**Gina Cavanaugh**



**Alexandra "Ally" Resto**



**Katee Keen**



**Caleb Maddox**

### Talk to us

Advisors in the CPHHS Office of Student Success are available:

**Women's Building Rm 105**  
**541-737-8900**

Mon: 8 a.m.–5 p.m.  
Tu, Wed, Th: 8 a.m.–6 p.m.  
Friday: 8 a.m.–5 p.m.

Schedule an appointment at  
[health.oregonstate.edu/advisors](http://health.oregonstate.edu/advisors).

### Our vision ...

Lifelong health  
and well-being for  
every person, family  
and community in  
Oregon and beyond

During your academic advising appointments you and your advisor will make course plans for the upcoming term(s), discuss opportunities and resources pertinent to your goals, and track your progress toward graduation, and check-in about academic performance or concerns.

### Quick question?

Call or email a peer!

**Peer  
advisors  
can help  
you ...**

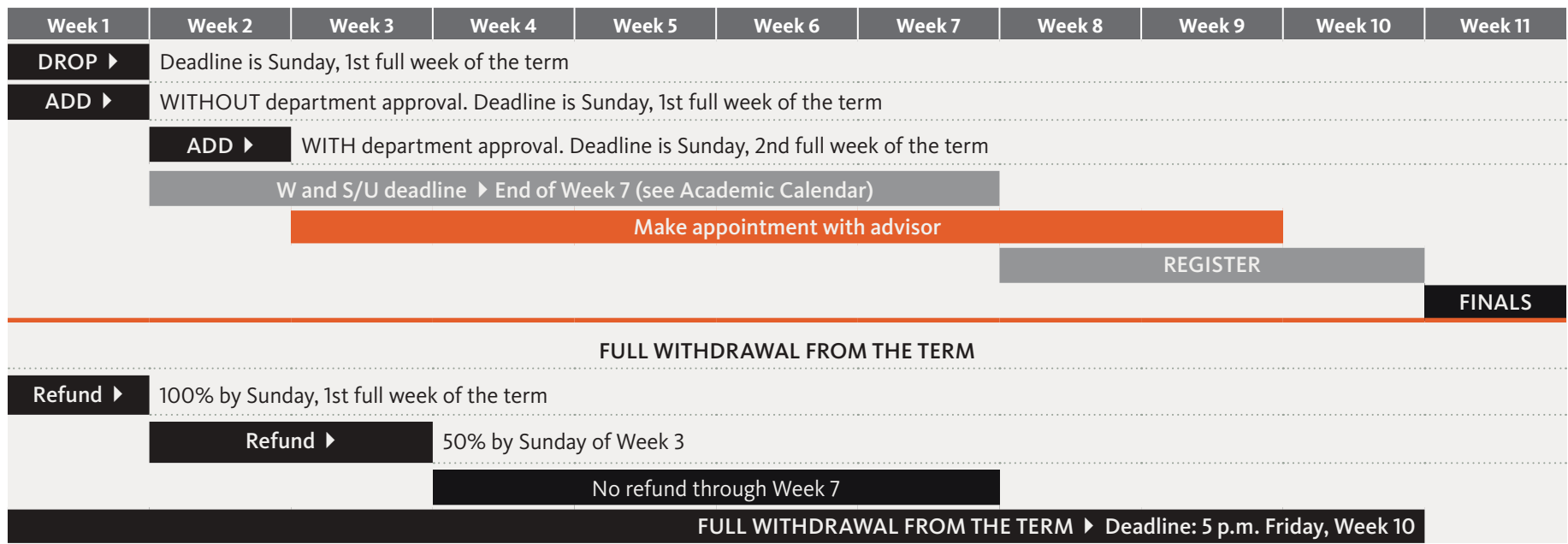
- Schedule appointments
- Get involved in clubs and volunteer experiences
- Understand college and university rules and regulations
- Work through course and registration issues
- Review your resume and/or cover letter
- Find information on internships, MyDegrees, Scheduler and study abroad

- Email them at [phhs.peer@oregonstate.edu](mailto:phhs.peer@oregonstate.edu)
- or call 541-737-8900
- or find a peer in our office in Women's Building Room 105.

Your assigned advisor is: \_\_\_\_\_



## Term At-A-Glance



Note: This chart is for guidance only. Please see the Registration Handbook for specific dates.

## Get involved!

- American College of Healthcare Administrators
- Children's Adaptive Resources for Social Mobility (CARS)
- Global Health Club
- HDFHS Student Club
- Healthy Aging Club
- Nutrition and Dietetics Club
- Pre-Therapy and Allied Health Club (PTAH)
- Student Public Health Association
- Society of Healthcare Executives (SHE)
- Undergraduate Student Council
- CPHHS Peer Advisors
- KidSpirit
- IMPACT

### Majors

Human Development and Family Sciences  
Kinesiology  
Nutrition  
Public Health

### Minors

Environmental and Occupational Health  
Exercise Physiology  
Global Environmental Health (Ecampus)

Health Management and Policy Nutrition  
Public Health

### Certificate

Gerontology