College of Health

PLAN FOR FIRST-YEAR SUCCESS

Academic Advisors are here to serve you and guide you toward academic and professional success. Your advisor will meet with you each term your first year to guide you as you navigate college and work to reach your educational and career goals.

Meet the College of Health Office of Student Success team

- Doris Cancel-Tirado
  Associate Dean for Student Services and Well-being

- Gina Cavanaugh
  Associate Head Advisor

- Hilary Roman
  Assistant Director of Career Development

- Gabbi Merales Zott
  REAL & CATALYST Program Coordinator

- Allison Hagihara
  Academic Advisor

- Alyssa Dart
  Academic Advisor

- Andrew Mobbs
  Academic Advisor

- Greg Vaughn
  Academic Advisor

- Samhita Dixit
  Academic Advisor

- Susan Peterson
  Academic Advisor

- Zev Valancy
  Academic Advisor

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
- Handle course and registration issues
- Review your resume and/or cover letter
- Find information on internships, MyDegrees, Scheduler and study abroad

Talk to us

Advisors in the COH Office of Student Success are available:
Monday–Friday
8 a.m.–5 p.m.
Women’s Building Rm 105
541-737-8900

Schedule an appointment on Beaver Hub or go to health.oregonstate.edu/advising/appointment

Our vision …
Lifelong health and well-being for every person, family and community in Oregon and the world.

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

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<tr>
<th>Week</th>
<th>Drop</th>
<th>Add</th>
<th>ADD WITHOUT department approval. Deadline is Sunday, 1st full week of the term</th>
<th>W and S/U deadline</th>
<th>End of Week 7 (see Academic Calendar)</th>
<th>Make appointment with advisor</th>
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### Drop/Withdrawal Deadlines

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<td>50% by Sunday of Week 3</td>
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<td>No refund through Week 7</td>
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**FULL WITHDRAWAL FROM THE TERM**
Deadline: 5 p.m. Friday, Week 10

Note: This chart is for guidance only. Please see the Academic Calendar for specific dates. Check in with your advisor if you have questions about updating your schedule.

### Get involved!

- American Society of Safety Professionals (ASSP)
- COH Peer Advisors
- Graduate Student Council
- HDFS Student Club
- Healthy Aging Club
- Institute of Health Improvement (IHI) Open School
- IMPACT
- KidSpirit
- Nutrition and Dietetics Club
- Pre-Therapy and Allied Health Club (PTAH)
- Student Public Health Association
- Society of Healthcare Executives (SHE)
- Society of Healthcare Administrators (SHA)
- Undergraduate Student Council
- Pre-Nursing Club
- YouthMappers

### Majors
- Human Development and Family Sciences
- Kinesiology
- Nutrition
- Public Health

### Minors
- Environmental and Occupational Health
- Exercise Physiology
- Health Management and Policy
- Human Development & Family Sciences
- Nutrition
- Public Health

### Certificate
- Aging Studies