



## Academic Advising and Your First Year

OSU provides academic advisors to support your pursuit of your undergraduate degree. Your advisor is both an interpreter of the university environment and a facilitator of academic experiences. In your first year, your advisor is particularly invested in helping you to acclimate to OSU and to consider how your initial experiences set the stage for the rest of your journey.

You and your advisor will meet each term and discuss a variety of topics including:

- + Degree components like **Core Education** and major requirements
- + How to use OSU's support resources and academic technology tools
- + Exploration of academic opportunities
- + How you can Learn by Doing and engage outside of the classroom
- + Consideration of how your academic interests relate to career opportunities you might pursue after you earn your degree
- + Effective ways to balance school, life, work, wellness and your other obligations
- + During your third term, strategies for a seamless transition to your second year at OSU

**Let's get started!**

# Core Education

Core Education ([coreeducation.oregonstate.edu/](http://coreeducation.oregonstate.edu/)) is the name given to Oregon State's general education requirements that all undergraduates, regardless of major, complete as part of their degree program.

Through the *Foundational Core* and *Signature Core* you will experience a variety of subjects to help develop communication, analytical, critical thinking and problem-solving skills – all of which will complement the subject expertise you will gain in your major.

You'll take many *Foundational Core* and some *Signature Core* courses in your first year at OSU, including the Transitions course that you'll take in your first term.



# Know the tools – and the rules

- + [Oregon State email](#): your primary university communication resource.
- + [Beaver Hub](#): a gateway into Oregon State online resources, your Success Team, Tasks and other online information that relates to your undergraduate experience.
- + [Canvas](#): the virtual extension of your classroom where your instructor may post information relevant to that class.
- + [MyDegrees](#) (accessible through [Beaver Hub](#)): track your degree progress, plan for your coursework in subsequent terms and explore degree requirements for the university's various academic options.
- + [Schedule of Classes](#): search for information about classes and organize your term schedule. Connects to Oregon State's registration system.
- + [The OSU Catalog](#): the official catalog houses information about colleges, schools and departments, as well as a schedule of classes for current and upcoming terms.
- + [Handshake](#): a platform connecting you to a wide variety of resources — experiential learning opportunities and full- and part-time internships or employment.
- + [The Learning Corner](#): provides tips and strategies to help you maximize your learning and success.
- + [Transfer Credit Central](#): multiple resources and tables to help you understand how any transfer credits you have apply at OSU.

OSU has numerous resources to support you in your journey. Check them out by campus using these links:

Corvallis Campus — [Transfer & New Student Navigator](#)

Cascades Campus — [Transfer & New Student Navigator](#)

Ecampus — [Current Student Resources](#)



# Learn By Doing

Oregon State offers a broad range of experiential opportunities, including:

- + **Research:** work in a lab, collaborate with faculty on a project or experiment or pursue a research project of your own.
- + **Study Abroad:** pursue short or long-term academic experiences in another country that count toward your Oregon State degree.
- + **Internships:** gain real-world work experience in a field that relates to your academic or career interests.
- + **Involvement:** explore student clubs and organizations.
- + **Leadership:** seek out leadership opportunities in student government, the residence halls, student clubs, fraternity and sorority life or other organizations.
- + **Community Service:** volunteer for a community or nonprofit organization.

# Dare to Explore

Remember to keep yourself open to different experiences and opportunities. Even if you are certain that you've chosen the right major, make sure you take the time in this first year to consider the various academic options Oregon State has to offer. And take the time to reflect on what your academic experiences inside and outside of the classroom mean to you. The first step to effective exploration is to know yourself. Consider how your interests, values and skills fit with the opportunities you have at Oregon State.

While exploring new experiences at Oregon State, consider your future career plans. The [Career Development Center](#) provides tools to help you through the career-planning process.

