

RESOURCES:

CORVALLIS CAMPUS STUDENTS:

OSU Remote Resource for Students:

<https://registrar.oregonstate.edu/remote-OSU>

Keep Learning: <https://learn.oregonstate.edu/keep-learning>

This one is helpful to getting started with ZOOM and other remote tools.

Corvallis Community Resources:

CGE's Mutual Aid Caucus and the Benton County Family Response Team have organized Benton County COVID-19 Support Request and Volunteer resources. The links are below:

- Support Request
Form: https://docs.google.com/forms/d/e/1FAIpQLSd5dD77ldBtXAIYLPYuWAN_Pkh3R40JVgeRW-a57ASm2WSZWA/viewform?fbclid=IwAR29CpuENgok8YiZCzS9joa4mN57hs92vGBXFgulkjmEuBN0ItsrtPdMLUo
- Volunteer Availability Form: https://docs.google.com/forms/d/e/1FAIpQLSc--oYvP2bLSWDC1VYjxt0pHXTclk6CeRnoRupsRGwz5eMWSA/viewform?fbclid=IwAR1EMuDIIDic_aYrcTH140Br-X5POL54YFmCqplxt_79HGeALYoYyYQ17wQ

Some Critical Local Contacts for all community members

- o Feeling lonely or isolated? Text OREGON to 741741.
- o Anxious about the coronavirus? Text SHARE to 741741
- o Did you know you can send a message to Crisis Text Line on Facebook Chat and be connected with a crisis Counselor?
- o Benton County Crisis Line: 1-888-232-7192
- o Community Outreach Crisis Line: 541-758-3000

ECAMPUS STUDENTS:

Resources for Financial Support:

[Ecampus Financial Hardship Grant \(Links to an external site.\)](#)

Oregon State Ecampus has set aside funding to assist online students who are experiencing unexpected financial hardship that interferes with academic progress. This funding is being provided to help ensure that Ecampus students with demonstrated financial need are able to continue their education at OSU.

Counseling & Psychological Services (CAPS) for Online Students:

Resilience Toolbox

Online Screening Tool

Think of these as a checkup from your neck up. This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.

Beyond Happiness: Flourishing

This is an open short course offered through Oregon State University (OSU) Open Oregon State. The learning modules in this short course are open, self-study learning modules with no live instructor, facilitator, or enrollment requirements, as these self-paced modules are made publicly visible (student data will remain private) in Canvas. Each learning module in the course contains online resources and automated self-assessments.

Flourishing at OSU Lecture Series

The Flourishing at OSU lecture series was created to help cultivate a culture of Flourishing in the OSU community, featuring unique lectures and speakers. OSU and community partners provide lectures that help us understand the concept of Flourishing through the unique lens of their work, and teach us ways that we can Flourish in our own lives.

Mental Wellness Apps

- Mental Health & You
- Calm
- Stop, Breathe, & Think
- And more!
-

Academic Success Center, Learning Corner

Learning Corner

Where Do I Start?

Not sure where to begin on the Learning Corner? Let's start with five questions...

Improve Performance

Yes you can!

Manage & Make Time

Developing successful — and useful — time management skills can be a process, and a lot of us are still figuring it out. What follows isn't a bunch of new research, but a lot of strategies, tips and tools that we think can help you elevate your time management game to the next level.

Procrasti-NOT

We procrastinators are not alone. We're here, you're there, and other people all over everywhere are experiencing similar scenarios. But with some strategies, some practice, some motivation and some cheering on (our own cheers for ourselves, and others' cheers, too), we can find opportunities to make gains and figure out how to get started and how to keep going.

Less Stress

Success is holistic. If you're not taking care of your whole self (thinking about your sleep, your activity, your connections with others, your passions and goals, employment, your learning, your sustenance, etc.), it has the possibility of impacting your academic success, and anything else that you're working on or invested in.

Learning Online

- Classify your course
- Ask questions about online homework
- Customize your learning
- Time management tools in Canvas
- Communication, Canvas and you
- And more!

DIY Tools

- Reading
- Note-Taking
- Studying
- Time Management
- General Success
- Priorities & Planning
- Test Taking
- Balance & Wellness
- Subject specific

Ecampus Reach Out for Success

University students encounter setbacks from time to time. If you encounter difficulties and need assistance, it's important to reach out. Consider discussing the situation with an instructor or academic advisor. Learn about [resources that assist with wellness and academic success](#).

Ecampus students are always encouraged to discuss issues that impact your academic success with the [Ecampus Success Team](#). Email ecampus.success@oregonstate.edu to identify strategies and resources that can support you in your educational goals.

If you feel comfortable sharing how a hardship may impact your performance in this course, please reach out to me as your instructor – Brenda.kellar@oregonstate.edu

For Mental Health:

Learn about [counseling and psychological resources for Ecampus students](#). If you are in immediate crisis, please contact the Crisis Text Line by texting OREGON to 741-741 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

For financial hardship:

Any student whose academic performance is impacted due to financial stress or the inability to afford groceries, housing, and other necessities for any reason is urged to contact the Director of Care for support (541-737-8748).

Human Services Resource Center (HSRC)

Services and support available to non-Corvallis students

Students able to get to the Corvallis campus:

- Anyone who meets income qualifications is eligible to receive services from the HSRC Food Pantry.
- Any students who are able to visit the HSRC in person can participate in the Textbook Lending Program. Textbooks must be returned to the HSRC - this can be a physical drop off, or students can return textbooks via the US mail system (HSRC cannot cover any shipping costs).
- Local students can also come to the HSRC and receive support applying for SNAP benefits.
- Any member of the OSU community who is local might find the @eatfreeOSU program helpful.

Students unable to get to the Corvallis Campus:

- Oregon residents can use the 211 website to find resources in their local community.
- Students outside of Oregon can visit the USDA's webpage to find resources to sign up for SNAP in their community and this database of emergency food pantries to find a local food pantry.
- Local libraries can sometimes be a resource for finding textbooks and course materials, often through the Interlibrary loan program. Ask a librarian for help. The Oregon State Valley Library is also available to Ecampus students though textbook availability is limited.

Valley Library

Laptops

Short-term

- Loan for 1 day or 1 week
- Laptop types: Dell Latitude and HP Chromebook
- Laptop bag includes laptop and charger. Computer mice may be borrowed separately.
- Laptops may be taken out of the library as long as you log on once before leaving campus. All laptops can connect to non-OSU wifi networks.
- 1 day laptops will be due at closing of the following day, or midnight if the library is not closing.
- Circulation staff will erase user content when the laptop is returned. Note: When you sign out of a Chromebook it will automatically wipe all local data including settings.

Long-term

The Valley Library Circulation Desk has 39 Dell Latitude laptops available for term-long borrowing. These laptops are intended to be term-long laptop substitutes for students without computers. As such, applications are available for students in need of a laptop due to hardship or unexpected misfortune.

For more information or to fill out the online application (if it's currently open), go to tobit.ly/valley-laptops. (If you get a permissions request for this form, please log out of your personal gmail. This form only allows OSU Google accounts.)

COVID-19 Information

Oregon State University is actively engaged in monitoring the coronavirus COVID-19 situation and is collaborating closely with local and state public health experts to provide prevention, response, travel information and resources to the OSU community. Coronavirus resources and information on this website will be updated regularly.