

FIRST-YEAR ADVISING SYLLABUS

College/Major Advisor Information

Student Name:

Advisor Name:

Advisor Email:

Office Location:

Other:

What is academic advising, and what does it look like in your first year at OSU-Cascades?

Your academic advisor is both an interpreter of the university environment and a facilitator to experiences that relate to your undergraduate degree. Above all, your advisor is invested in a rewarding learning experience for you at OSU-Cascades. Be open and honest with your advisor and trust that they can help guide your decision-making. Oregon State has designated Learning Through Advising as a signature area in your First-Year Experience. Your academic advisor plays a particularly important role in your first year simply because you will encounter so much about OSU-Cascades that is new to you. That's why you need a face-to-face meeting with your advisor at least once a term during your first year.



Oregon State University
Cascades

START YOUR EXPERIENCE

You're starting an experience that you get to shape.
And one that will shape your life.

College is much more than just getting a degree. It's about preparing you to succeed in your life and make a positive difference — at work, at home, in your community and beyond. To help you accomplish those goals, OSU-Cascades provides a framework of four experiences and requirements for you to pursue in your first year. These Student Learning Outcomes set the stage for a meaningful and successful undergraduate experience.

The Foundation: First-Year Skills Requirement in the Baccalaureate Core

The Baccalaureate Core is Oregon State's general education requirement that all undergraduates, regardless of major, complete as part of their degree program. The Bacc Core offers a wide variety of subjects and choices to help develop critical thinking, communication and problem-solving skills — all of which will complement the subject expertise you'll gain in your major classes. You'll complete some of these Bacc Core courses in your first year. The First-Year Skills Requirement includes three Bacc Core categories you must complete by the time you've earned 45 credits at Oregon State, and they will help you develop skills you will need for year two and beyond.

- ♦ **Writing I** – English Composition (WR 121)
- ♦ **Speech*** – Public Speaking (COMM 111), Argument and Critical Discourse (COMM 114) or Interpersonal Communication (COMM 218)
- ♦ **Mathematics*** – Introduction to Contemporary Mathematics (MTH 105) or higher

*Some majors will specify which class you should take to meet the requirements of this category.



Know the Tools and Know the Rules

Online Resources you'll likely use include:

- **Oregon State email** - Your primary university communication resource.
- **MyOSU Portal** – A gateway into most Oregon State online resources as well as other online information that relates to your undergraduate experience.
- **Canvas** – The virtual extension of your classroom where your instructor may post information relevant to a class.
- **MyDegrees** – Oregon State's online degree audit system where you can track your degree progress, plan for your coursework in subsequent terms and explore degree requirements for the university's various academic options.
- **Scheduler** – Helps you create and select a schedule of classes. Connects to Oregon State's registration system.
- **The OSU Catalog and Schedule of Classes** – The official catalog houses information about colleges, schools and departments, as well as a schedule of classes for the current term and a few upcoming terms.
- **The Learning Corner** - A website created by the Academic Success Center that provides tips and strategies to help you maximize your learning and success.

Campus Resources (partial list) include the Career Development Center, Student Life and Engagement, Cascades Adventures, Student Wellness, Tutoring, Study Abroad.

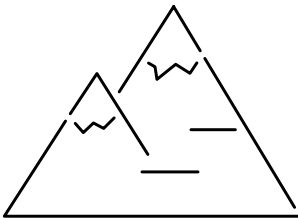
Academic Regulations include rules that govern how you earn a degree at OSU-Cascades, along with the rules governing academic integrity and community standards. These are available online and in the Registration Information Handbook.

LIVE YOUR EXPERIENCE.

Beyond the Classroom

Think strategically in your first year about what kind of experiential learning opportunities you want to pursue outside of the classroom, such as:

- **Research** – Work in a lab, collaborate with faculty on a project or experiment or pursue a research project of your own.
- **Study Abroad** – Live in another country and take classes 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 campus clubs and organizations.
- **Leadership** – Seek out leadership opportunities in student government, the residence halls, student clubs or other organizations.
- **Community Service** – Volunteer for a community or nonprofit organization.



Exploration

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 your first year to consider the various academic options OSU-Cascades has to offer. Equally important is making 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 OSU-Cascades. You may be thinking about your future career plans while exploring new programs. The Career Development Center has targeted resources to help you initiate the career planning process.



SHAPE YOUR EXPERIENCE

The Learning Goals for Graduates

are Oregon State University's vision for how you will become an educated, wellrounded person. As you work toward fulfilling Baccalaureate Core and major requirements — and explore opportunities beyond the classroom — you will gain skills, knowledge and experience to help you achieve these seven overarching goals. There is no one-size-fits-all path. You'll have many choices as you pursue your interests and discover new ones.

Consider these Learning Goals as you start your journey at OSU-Cascades, and revisit them from time to time to consider how your experiences are contributing toward achieving these goals as you earn your degree.

OSUcascades.edu/advising

1. Competence and Knowledge in Multiple Fields

In addition to the in-depth knowledge you'll gain in your major, you'll also develop a broad base of knowledge across the arts, sciences and humanities. Both will provide insights you can apply throughout your career and life.

2. Critical Thinking

Education is about learning how to think. That means being curious, gathering facts, solving problems and making informed decisions.

3. Pluralism and Cultural Legacies

You'll learn more about others as well as see yourself in the context of an increasingly diverse population.

4. Collaboration

You'll learn how to collaborate, contribute, share responsibility and work with others toward a common goal.

5. Social Responsibility and Sustainability

You'll learn how we're all interconnected and what it means to be socially responsible. When you know, you care. And when you care, you act.

6. Communication

You'll learn how to develop and present your own ideas and just as importantly, listen to and embrace the ideas of others.

7. Self-Awareness and Lifelong Learning

Self-awareness — recognizing your values, strengths and challenges — prepares you to grow and gain knowledge throughout your life.

Blueprint for Undergraduate Student Success

