

# STUDENT RESOURCE GUIDEBOOK



Oregon State University  
**Cascades**

Fall 2024 Revision

# RESOURCES AT YOUR FINGERTIPS.

From crisis support to academic coaching to recreational programming, there are loads of support services and opportunities to engage at OSU-Cascades. This resource guide contains a comprehensive list of academic, co-curricular, and basic needs resources that students have access to on-campus, from OSU-Corvallis, and in the Central Oregon community.

Selected resources are listed without any implied or explicit endorsement. Please note that resources, including contact information and webpages, are subject to change.

Visit [OSUcascades.edu/student-guide](https://OSUcascades.edu/student-guide) to see the most updated list of resources.

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## HOW TO READ THIS RESOURCE GUIDE



### OSU-Cascades Resources

These OSU-Cascades resources are available virtually, over the phone, or on-campus right here in Bend.



### OSU-Corvallis Resources

These shared resources are available virtually or over the phone through Oregon State University's main campus in Corvallis.



### Central Oregon Resources

These resources are available virtually, over the phone, or in-person through a community organization in Central Oregon.

### Abbreviations

E	Email Address
P	Phone Number
W	Website

ASCC	Associated Students of Cascades Campus
CO	Central Oregon
COCC	Central Oregon Community College
OSU	Oregon State University
SFC	Student Fee Committee

# ACADEMIC RESOURCES

## Academic Advising

Your Academic Advisor works in partnership with you and assist you in academic planning and goal setting. They provide information on curricula, educational and experiential options within your college and the university, schedule planning, and help interpret university and departmental requirements. Advisors are assigned by the major(s) you have declared.

**W:** [OSUcascades.edu/advising](https://osucascades.edu/advising)

## Academic Tutoring

OSU-Cascades offers free on-site tutoring in subjects such as statistics, math, computer science, biology, chemistry, writing, and more. Peer and faculty tutors are typically available during drop-in hours in the Learning Lab or by appointment.

**W:** [OSUcascades.edu/tutoring](https://osucascades.edu/tutoring)

## Academic Coaching

Virtual Academic Coaching can help enhance student well-being and academic performance. Appointments are made with trained peer coaches to improve study strategies, including time management, test preparation, test taking, procrastination, and stress reduction.

**E:** [success@oregonstate.edu](mailto:success@oregonstate.edu)

**P:** 541-737-2272

**W:** [success.oregonstate.edu/academic-coaching](https://success.oregonstate.edu/academic-coaching)

## BeaverHub

Beaver Hub is your student dashboard for tools and resources that support your OSU experience. You can connect with advisors and other members of your Success Team, access information on your class schedule and assignments, and quickly find resources when you have questions or need assistance.

**W:** [beaverhub.oregonstate.edu](https://beaverhub.oregonstate.edu)

## Computer Labs

OSU-Cascades offers students access to computer stations free of charge during drop-in hours. Paid printing is also available through BeaverPrint.

**W:** [OSUcascades.edu/it/computer-labs](https://osucascades.edu/it/computer-labs)

## Deschutes County Library

The Deschutes County Library has a variety of reading and study materials including print and digital books, quiet study spaces, technology, art supplies, and more. They have locations in Downtown Bend, East Bend, Redmond, Sisters, and La Pine.

**W:** [deschuteslibrary.org](https://deschuteslibrary.org)

## Disability Access Services (DAS)

Disability Access Services (DAS) provides accommodations, education, coaching, and advocacy for qualified students with disabilities at Oregon State University and resources for faculty, staff, and parents.

**E:** [cascadesdas@osucascades.edu](mailto:cascadesdas@osucascades.edu)

**W:** [OSUcascades.edu/das](https://osucascades.edu/das)

## Enrollment Services

The Office of Enrollment Services can help students with registration, required forms, billing and refunds, account holds, and more.

**E:** [admit@osucascades.edu](mailto:admit@osucascades.edu)

**P:** 541-322-3100

**W:** [OSUcascades.edu/enrollment-services](https://osucascades.edu/enrollment-services)

## Online Writing Support

Oregon State University's Online Writing Support (OWS) provides written feedback via email (asynchronous) and 50-minute Zoom appointments (synchronous) to writers across all OSU campuses and locations. The Online Writing Suite serves OSU students, staff, faculty, and alumni.

**E:** [writing.center@oregonstate.edu](mailto:writing.center@oregonstate.edu)

**P:** 541-737-5640

**W:** [writingcenter.oregonstate.edu/ows](https://writingcenter.oregonstate.edu/ows)

## OSU-Cascades Career Development Center

The Career Development Center helps students and alumni with career exploration and planning, including resumes and cover letters, job searches, internships, leadership development, and career counseling.

**E:** [career@osucascades.edu](mailto:career@osucascades.edu)

**W:** [OSUcascades.edu/cdc](https://osucascades.edu/cdc)

## OSU-Cascades Library

The OSU-Cascades Library offers a variety of individual and collaborative study spaces, access to course reserves and printed research articles, printing and scanning options, computer access, and more. Students and faculty also have access to the OSU Valley Library and its online resources.

**E:** [library@osucascades.edu](mailto:library@osucascades.edu)

**P:** 541-322-2079

**W:** [cascades.library.oregonstate.edu](https://cascades.library.oregonstate.edu)

# ACADEMIC RESOURCES

## OSU-Cascades Research

Students interested in research opportunities, or working on a capstone project, have a variety of resources at their fingertips including faculty mentors, financial assistance, lab space, and presentation opportunities.

**W:** [OSUcascades.edu/research/students](https://OSUcascades.edu/research/students)

## OSU Beaver Store

The OSU Beaver Store is your one-stop-shop for OSU apparel, souvenirs, textbooks, and graduation regalia. OSU-Cascades students can compare textbook options and order them online through the OSU Beaver Store.

**W:** [osubeaverstore.com](https://osubeaverstore.com)

## OSU Information Technology (IT)

The Oregon State University Service Desk is available to assist students, staff and faculty with general technology issues, such as password resets, device support and OSU online applications.

**P:** 541-737-8787

**W:** [beav.es/help](https://beav.es/help)

## Study Abroad

The OSU Office of Global Opportunities (OSU GO) administers, promotes, and advises OSU students, faculty, and staff on opportunities related to the International Degree program, study abroad, international internships and service learning, and education abroad scholarships and fellowships.

**W:** [OSUcascades.edu/go-abroad](https://OSUcascades.edu/go-abroad)

## TRIO Student Support Services (SSS)

TRIO SSS provides support for first-generation, Pell Grant eligible, and/or students with documented disabilities at OSU-Cascades. Students in TRIO are provided with opportunities for academic growth and development, and receive assistance and resources to succeed in college.

**W:** [OSUcascades.edu/trio-sss](https://OSUcascades.edu/trio-sss)



## STUDENT SUCCESS CENTER

After years of advocacy, planning and construction, OSU-Cascades is excited to open your Student Success Center in Winter 2025.

This new, state-of-the-art building will serve as your one-stop-shop for everything student support services, including:

- Academic and Career Advising
- Student Health and Wellness
- TRIO Student Support Services
- The Bidge
- Student Life/Engagement
- Student Clubs
- Associated Students of Cascades Campus (ASCC)
- Study Grounds coffee shop
- A cozy student lounge
- Private and group study spaces

In addition to providing \$5 million toward the building, students were involved in focus groups and surveys surrounding the design of the Student Success Center. As such, we hope you'll find this building to be the new heart of campus for all students to feel welcome and supported.

# CHILDCARE RESOURCES

## **ASCC Childcare Subsidy**

ASCC offers a childcare subsidy every term to help offset the cost of both on-campus and off-campus childcare for student parents.

**W:** [OSUcascades.edu/ASCC/student-support-programs](https://osucascades.edu/ASCC/student-support-programs)

## **Family Resource Center of Central Oregon**

Family Resource Center of Central Oregon provides parenting education and family support.

**P:** 541-389-5468

**W:** [frconline.org](https://frconline.org)

## **Healthy Beginnings**

Healthy Beginnings focuses on connecting parents with resources to support their child's development needs.

**P:** 541-383-6357

**W:** [myhb.org](https://myhb.org)

## **Little Beavs Child Care**

Little Beavs Child Care is a comprehensive on-campus, year-round child care and early learning center available to students, staff, and faculty.

**E:** [childcare@osucascades.edu](mailto:childcare@osucascades.edu)

**P:** 541-706-2188

**W:** [OSUcascades.edu/littlebeavs](https://OSUcascades.edu/littlebeavs)

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# FINANCIAL RESOURCES

## **Deschutes County Library Tax Filing Assistance**

The Deschutes County Library provides free tax filing assistance and printed federal and state tax forms during tax season.

**W:** [deschuteslibrary.org/research/taxes](https://deschuteslibrary.org/research/taxes)

## **FAFSA**

Students can use the Free Application for Federal Student Aid (FAFSA) to apply for financial aid for college or graduate school.

**W:** [fafsa.gov](https://fafsa.gov)

## **OSAC Scholarships and Grants**

The Oregon Office of Student Access and Completion (OSAC) helps students pursue their college and career goals by providing need-based and merit-based grants and scholarships.

**W:** [oregonstudentaid.gov](https://oregonstudentaid.gov)

## **OSU-Cascades Financial Aid Services**

Financial aid is money to help pay for school. It comes in the form of grants, scholarships, federal work-study, and federal loans. You can obtain financial aid from many sources, including federal and state governments, private organizations, and OSU-Cascades. Financial Aid Services offers advising, resources, and works with OSU-Corvallis to manage student accounts.

**E:** [financialaid@osucascades.edu](mailto:financialaid@osucascades.edu)

**W:** [OSUcascades.edu/financial-aid](https://OSUcascades.edu/financial-aid)

## **OSU-Cascades Student Employment**

OSU-Cascades offers a plethora of paid and flexible student employment opportunities in student government, housing, dining, academics, and more.

**W:** [jobs.oregonstate.edu/](https://jobs.oregonstate.edu/)

## **OSU Center for Advancing Financial Education (CAFE)**

The Center for Advancing Financial Education (CAFE) offers financial advising, online financial literacy courses, and tax filing assistance to all OSU students.

**E:** [cafe@oregonstate.edu](mailto:cafe@oregonstate.edu)

**W:** [business.oregonstate.edu/student-experience/student-centers/center-advancing-financial-education](https://business.oregonstate.edu/student-experience/student-centers/center-advancing-financial-education)

## **OSU ScholarDollars**

Newly-admitted and continuing OSU students are eligible to apply for scholarships through OSU ScholarDollars. Merit-based, need-based, and activity-based scholarships are available, and OSU ScholarDollars also offers personalized recommendations for which you may be eligible.

**W:** [scholarships.oregonstate.edu/scholardollars](https://scholarships.oregonstate.edu/scholardollars)

## **OSU Volunteer Income Tax Assistance**

OSU CAFE provides free tax preparation assistance to low-income students each tax season.

**E:** [vita.cob@oregonstate.edu](mailto:vita.cob@oregonstate.edu)

**W:** [business.oregonstate.edu/student-experience/student-centers/center-advancing-financial-education/vita](https://business.oregonstate.edu/student-experience/student-centers/center-advancing-financial-education/vita)

# FOOD AND BASIC NEEDS RESOURCES

## **ASCC Food Pantry**

ASCC is proud to address food insecurity by offering free customizable food bags for pick-up to students, staff, and faculty from the Office of Student Life.

**W:** [OSUcascades.edu/ASCC/student-support-programs](https://OSUcascades.edu/ASCC/student-support-programs)

## **Central Oregon Vet Center**

The Central Oregon Vet Center offers confidential help for veterans, service members, and their families at no cost in a non-medical setting. Their services include counseling for needs such as depression, post traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST).

**P:** 541-749-2112

**W:** [va.gov/central-oregon-vet-center](https://va.gov/central-oregon-vet-center)

## **Central Oregon Veterans Outreach**

Central Oregon Veterans Outreach (COVO) provides basic needs and housing assistance to veterans. They also operate the Central Oregon Veterans Village.

**P:** 541-383-2793

**W:** [covo-us.org](https://covo-us.org)

## **COCC Mobile Food Pantry**

ASCOCC is proud to present a new partnership with NeighborImpact to bring free, fresh food to the COCC campus twice a month.

**W:** [cocc.edu/departments/student-life/ascocc/services/community-cabinet.aspx](https://cocc.edu/departments/student-life/ascocc/services/community-cabinet.aspx)

## **Family Kitchen**

The Family Kitchen offers free lunch and dinner to the public almost every day.

**P:** 541-760-5677

**W:** [familykitchen.org](https://familykitchen.org)

## **OSU-Cascades Dining**

OSU-Cascades offers a variety of on-campus dining options through its Beaver Dam cafe and grill, Study Grounds coffee shop, and catering services for student organizations. Students can pay for food and drinks using their resident meal plan or OrangeCash on their ID Card.

**W:** [OSUcascades.edu/dining](https://OSUcascades.edu/dining)

## **Salvation Army**

The Salvation Army offers free meals and operates a food pantry open to the public.

**P:** 541-389-8888

**W:** [bend.salvationarmy.org/bend\\_corps/cure-hunger](https://bend.salvationarmy.org/bend_corps/cure-hunger)

## **The Giving Plate**

The Giving Plate offers free groceries to families each week and operates a food pantry open to the public.

**P:** 541-797-6883

**W:** [thegivingplate.org](https://thegivingplate.org)

## MORE BASIC NEEDS RESOURCES

Looking for food, clothing, temporary housing, utility assistance, laundry services, veterans support, counseling, and more? These community organizations can help connect you with basic needs resource providers in your area. Check out their websites for updated resource lists and maps.

## **NeighborImpact**

NeighborImpact provides a diversity of services that not only meet basic human needs for food and shelter, but also enrich people's lives by providing access to increased education, skills, and hope for the future. Their website includes a regularly-updated resource list and map.

**P:** 541-548-2380

**W:** [neighborimpact.org/providers/](https://neighborimpact.org/providers/)

## **Oregon Safenet (2-1-1)**

Call 2-1-1 for help locating and accessing basic needs resources such as food, clothing, shelter, healthcare, and counseling anywhere in Oregon.

**P:** 2-1-1

**W:** [211info.org](https://211info.org)

## **Thrive Central Oregon**

Thrive Central Oregon connects people to basic needs including housing, food, laundry, hygiene, health, and veterans services. Their website includes a regularly-updated resource list.

**P:** 541-728-1022

**W:** [thrivecentraloregon.org/resources](https://thrivecentraloregon.org/resources)

# HEALTH AND WELLNESS RESOURCES



## Collegiate Recovery Group

Interested in living a sober and healthy life? Meet people working towards the same goal. The Collegiate Recovery Group is open to OSU-Cascades and COCC students.

**W:** [OSUcascades.edu/student-wellness](https://osucascades.edu/student-wellness)



## Mosaic Medical

Mosaic Medical offers affordable comprehensive services including medical, dental, behavioral health, pharmacy, nutrition, and more. No insurance required.

**P:** 541-838-3005

**W:** [mosaicmedical.org](https://mosaicmedical.org)



## TELUS Health Anytime Anywhere

Oregon State University offers students access to TELUS Health Anytime Anywhere; a web-based mental health and wellness app. It features 24/7 counseling, wellness content, health assessments, virtual fitness sessions, and more.

**P:** 866-743-7732

**W:** [studentsupport.telushealth.com](https://studentsupport.telushealth.com)

## Oregon Health Plan

The Oregon Health Plan is an affordable state healthcare plan for low-income individuals that are currently uninsured.

**P:** 541-945-5722

**W:** [oregon.gov/oha/hsd/ohp](https://oregon.gov/oha/hsd/ohp)



## OSU-Cascades Graduate Counseling Clinic

OSU-Cascades offers free community counseling through its Graduate Counseling Clinic. Sessions are facilitated by graduate students who are trained to help individuals manage stress, anxiety, life challenges, and depression while promoting wellness.

**E:** [cascades.counselingclinic@osucascades.edu](mailto:cascades.counselingclinic@osucascades.edu)

**P:** 541-322-2047

**W:** [OSUcascades.edu/counseling-clinic](https://osucascades.edu/counseling-clinic)



## OSU-Cascades Mental Health Counseling

Student Wellness offers brief mental health counseling services to students at no charge.

**E:** [studentwellness@osucascades.edu](mailto:studentwellness@osucascades.edu)

**W:** [OSUcascades.edu/student-wellness/services-provided/counseling](https://osucascades.edu/student-wellness/services-provided/counseling)



## OSU-Cascades Nurse

OSU-Cascades provides student access to a free, confidential Student Health Nurse. The nurse can assist with general health concerns, minor injuries, wellness education, and referrals to specialized care.

**W:** [OSUcascades.edu/student-health-and-wellness/services-provided/student-health-nurse](https://osucascades.edu/student-health-and-wellness/services-provided/student-health-nurse)

# EMERGENCY HEALTH & WELLNESS RESOURCES

**Experiencing a medical, fire, or criminal emergency on or off campus?**

Call 9-1-1 immediately.

**Need to report a safety or security concern on campus?**

Call OSU-Cascades Campus Safety at 541-322-3110

**Need to report a safety or security concern off campus?**

Call the City of Bend Non-Emergency Line at 541-693-6911

**Experiencing a mental health crisis?**

If you or someone else is considering suicide, call 9-8-8 immediately or text 741741.

Otherwise, call the Deschutes County Health Services (DCHS) Stabilization Clinic at 541-322-7500 x9 or visit the DCHS Stabilization Center located at 63311 Jamison Street, Bend, OR 97703. You can learn more at [deschutes.org/health/page/crisis-services](https://deschutes.org/health/page/crisis-services)

# HEALTH AND WELLNESS RESOURCES

## OSU-Cascades PAC Program

OSU-Cascades offers a unique Physical Activity Course (PAC) program that partners with fitness facilities located in our community to bring you the best PAC experience possible! Have fun and earn credit doing your favorite activities like yoga, weightlifting, cycle bar and crossfit, or try something new!

**W:** [osucascades.edu/academics/kinesiology/course-listing/physical-activity-courses](https://osucascades.edu/academics/kinesiology/course-listing/physical-activity-courses)

## OSU-Cascades Student Care

Student Care is dedicated to assisting students experiencing extenuating circumstances through resource referral, care coordination, and university navigation. If you are concerned about a student, please fill out the Care Report at [beav.es/GgW](https://beav.es/GgW)

**W:** [beav.es/iL3](https://beav.es/iL3)

## OSU Bias Reporting

All members of the OSU-Cascades community may raise concerns about discrimination, harassment, and bullying confidentially with the OSU Office of Equal Opportunity and Access.

**W:** [diversity.oregonstate.edu/bias-incident-response](https://diversity.oregonstate.edu/bias-incident-response)

## OSU Center for Advocacy, Prevention and Education (CAPE)

The OSU Center for Advocacy, Prevention and Education (CAPE) provides confidential and legally privileged advocacy services to support survivors of gender-based violence and their allies by providing information about rights and choices, resources and referrals to other services. Survivors can meet with resource center advocates to personally discuss different options and resources available to them.

**E:** [survivoradvocacy@oregonstate.edu](mailto:survivoradvocacy@oregonstate.edu)

**P:** 541-737-2030

**W:** [studenthealth.oregonstate.edu/cape](https://studenthealth.oregonstate.edu/cape)

## OSU Sexual Misconduct Reporting

OSU prohibits sexual misconduct of any kind, including sexual harassment, intimate partner violence, sexual exploitation, and stalking. Such misconduct violates university policy and may also violate state or federal law. Students and staff should report sexual misconduct through the OSU Office of Equal Opportunity and Access (EOA).

**E:** [equal.opportunity@oregonstate.edu](mailto:equal.opportunity@oregonstate.edu)

**P:** 541-737-3556

**W:** [eoa.oregonstate.edu](https://eoa.oregonstate.edu)

# STUDENT HEALTH AND WELLNESS

Student Health and Wellness supports the emotional, social, and physical well-being of students to help them reach their academic and personal goals and make the most of their educational experience.

OSU-Cascades Student Health and Wellness offers the following services to students, free of charge:

- Health service referral to medical providers in Central Oregon community
- Health insurance assistance
- Counseling services
- On-campus student health nurse
- Health programming
- Support groups

Be sure to also check out Student Health and Wellness events on campus such as addiction recovery support groups, sexual health activities, and more!

**E:** [studentwellness@osucascades.edu](mailto:studentwellness@osucascades.edu)

**E:** [studentcounseling@osucascades.edu](mailto:studentcounseling@osucascades.edu)

**W:** [OSUcascades.edu/student-wellness](https://OSUcascades.edu/student-wellness)





# HEALTH AND WELLNESS RESOURCES

## Planned Parenthood

Bend's Planned Parenthood Health Center offers abortion services, birth control, HIV testing, men's healthcare, emergency contraception, pregnancy testing and services, STI/STD testing, vaccines, and women's healthcare.

**P:** 888-875-7820

**W:** [plannedparenthood.org/planned-parenthood-columbia-willamette](https://plannedparenthood.org/planned-parenthood-columbia-willamette)

## CO St. Charles Health System

St. Charles Medical System operates several urgent care, primary care, lab services, pharmacy, and hospital locations throughout Central Oregon.

**P:** 541-382-4321

**W:** [stcharleshealthcare.org](https://stcharleshealthcare.org)

## CO Summit Health

Summit Health provides local primary care, imaging and lab services, urgent care, and specialty care with over 150 providers.

**P:** 541-382-4900

**W:** [smgoregon.com](https://smgoregon.com)

## CO Saving Grace

Saving Grace is a local organization that provides services in response to domestic violence and sexual assault including emergency shelter, court advocacy, therapy, and more.

**P:** 541-389-7021

**W:** [saving-grace.org](https://saving-grace.org)

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# HOUSING RESOURCES

## CAS ASCC Housing Subsidy

ASCC offers a housing subsidy every term to help students offset the cost of off-campus housing.

**W:** [OSUcascades.edu/ASCC/student-support-programs](https://OSUcascades.edu/ASCC/student-support-programs)

## CO Bethlehem Inn

Bethlehem Inn provides families and adults with 10-week houselessness programs that include shelter, food, and supplies.

**P:** 541-322-8768

**W:** [bethleheminn.org](https://bethleheminn.org)

## CO HousingWorks

Housing Works is the local housing authority for Deschutes, Crook and Jefferson counties. They provide affordable housing, rental assistance and new beginnings for low-and moderate-income Central Oregonians.

**P:** 541-923-1018

**W:** [housing-works.org](https://housing-works.org)

## CAS OSU-Cascades Housing

At OSU-Cascades, there are several housing options and resident students have access to dining plans, the fitness center, laundry services, shared kitchens, communal lounges, and high-speed internet.

**E:** [housing@osucascades.edu](mailto:housing@osucascades.edu)

**P:** 541-322-3177

**W:** [OSUcascades.edu/housing](https://OSUcascades.edu/housing)

## CO Rooted Homes

Rooted Homes is a local organization dedicated to providing affordable housing solutions in Central Oregon. By creating homeownership opportunities for individuals and families, Rooted Homes helps build sustainable, inclusive communities where everyone can thrive.

**P:** 458-202-4598

**W:** [rootedhomes.org](https://rootedhomes.org)

## CO Shepherd's House Ministries

Shepherd's House Ministries operates several emergency shelters around Bend that provide men, women, and children with short-term overnight accommodations, food, and supplies.

**P:** 541-388-2096

**W:** [shepherdshouseministries.org](https://shepherdshouseministries.org)



# STUDENT LIFE RESOURCES

## ASOSU Office of Advocacy

The Office of Advocacy assists OSU students with resolving disputes, navigating university policies, and ensuring students' rights are upheld. Whether dealing with academic, financial, or personal issues, the Office of Advocacy is a valuable resource for students seeking guidance and representation.

**P:** 541-737-9200

**W:** [asosu.oregonstate.edu/advocacy](http://asosu.oregonstate.edu/advocacy)

## Associated Students of Cascades Campus (ASCC)

The purpose of ASCC is to serve our campus and promote the interests of the students of OSU-Cascades. ASCC offers various student support services, lobbying for campus expansion efforts, and represents students within university committees.

**E:** [ascc@osucascades.edu](mailto:ascc@osucascades.edu)

**W:** [OSUcascades.edu/ASCC](http://OSUcascades.edu/ASCC)

## Bend Beavs Central

Bend Beavs Central is our virtual student engagement platform. It includes peer-to-peer chat, event calendars, virtual club spaces, and more. Login with your OSU ONID email and password. Download the Bend Beavs Central app from the Google Play Store or Apple App Store.

**Direct Login:** [bendbeavscentral.osucascades.edu](http://bendbeavscentral.osucascades.edu)

**Technical Assistance:** [OSUcascades.edu/bbcentral](http://OSUcascades.edu/bbcentral)

## Cascades Adventures

Cascades Adventures aims to provide enriching experiences for all levels of outdoor enthusiasts. This student-led outdoor recreation program provides the campus community with opportunities to engage in outdoor activities, outings, programs, and workshops. Additionally, an outdoor gear library compliments Cascades Adventures by allowing individuals to rent gear at little or no cost.

**P:** 541-322-3116

**W:** [OSUcascades.edu/cascades-adventures](http://OSUcascades.edu/cascades-adventures)

## Events Council

The Events Council is made up of a group of students who plan campus-wide events including Fall Welcome, Trunk or Treat, Family Weekend, MLK Day of Service, Variety Show, and more. They facilitate spaces for memory-making and to supplement students' educational lives at OSU-Cascades.

**E:** [events.council@osucascades.edu](mailto:events.council@osucascades.edu)

**W:** [OSUcascades.edu/events-council](http://OSUcascades.edu/events-council)

## Fitness Center

Located on the ground floor of the Residence Hall, the OSU-Cascades Fitness Center is open to students, staff, and faculty providing cardio and resistance training equipment. Student attendants are present in the Fitness Center to help promote a safe training environment and answer questions.

**P:** 541-322-3116

**W:** [OSUcascades.edu/fitness-center](http://OSUcascades.edu/fitness-center)

## Intramurals and Tourney Sports

Want to find a way to connect the campus community in an active environment? Want to shake up your routine by trying new sports and activities? Intramural Sports and Tourney Sports at OSU-Cascades offers term-long competitive play as well as mini-events that take place over a week or even a day with a variety of recreational activities!

**P:** 541-322-3116

**W:** [OSUcascades.edu/recreation/intramural-sports](http://OSUcascades.edu/recreation/intramural-sports)

## Student Fee Committee (SFC)

OSU-Cascades Student Fee Committee (SFC) is a group of student leaders responsible for the allocation of student incidental fees. Serving on this committee is a fundamental opportunity to shape what services, programs and activities are available for the students on this campus and will create the future legacy of OSU-Cascades. SFC also operates a Professional Development Fund to support students' personal development goals.

**E:** [studentfees@osucascades.edu](mailto:studentfees@osucascades.edu)

**W:** [OSUcascades.edu/SFC](http://OSUcascades.edu/SFC)

## Student Clubs

Student Clubs are an essential part of student life at OSU-Cascades and a great way to get involved. They provide opportunities for the development of educational, cultural, social and recreational aspects of our student community through the organization of activities and events.

**E:** [clubcoordinator@osucascades.edu](mailto:clubcoordinator@osucascades.edu)

**W:** [OSUcascades.edu/student-orgs](http://OSUcascades.edu/student-orgs)



# STUDENT LIFE RESOURCES

## **CAS** Student Sports Clubs

The focus of the Sport Club Program is to offer recreational, social and competitive opportunities for students at a variety of skill levels. Clubs are student-run and often compete with other universities around the state and across the United States. Sport clubs represent OSU-Cascades in the competitive sports world and are composed of students who share a passion for sport and a common interest to pursue their goal at a local, regional or national level.

E: [sportclubs@osucascades.edu](mailto:sportclubs@osucascades.edu)  
W: [OSUcascades.edu/student-orgs](https://OSUcascades.edu/student-orgs)

## **CAS** Veterans Services

OSU-Cascades is committed to supporting veterans who attend our institution. Veterans Services are here to assist you in making a smooth transition from military life to student life, or transition from a transfer institution to the culture of OSU-Cascades. They are dedicated to providing you with information, tools, and services that will help you be successful at OSU-Cascades.

E: [veterans@osucascades.edu](mailto:veterans@osucascades.edu)  
W: [OSUcascades.edu/veterans-services](https://OSUcascades.edu/veterans-services)

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# TRANSPORTATION RESOURCES

## **CO** Bend Cab and Shuttle Service

Bend Cab Company offers taxi and shuttle services in and around Bend.

P: 541-389-8090  
W: [bendcab.com](https://bendcab.com)

## **CO** Cascades East Transit (CET)

Cascades East Transit (CET) is Central Oregon's public transportation provider and offers fixed Bend bus routes, inter-city community connector bus routes, and dial-a-rides. OSU-Cascades students can use their ID Card to ride fixed Bend bus routes for free.

P: 541-385-8680  
W: [cascadeseasttransit.com](https://cascadeseasttransit.com)

## **CAS** OSU-Cascades Parking

OSU-Cascades parking management strategy aims to influence individual travel choices so that, on aggregate, the campus moves in a direction of more sustainable travel. As such, students, staff and guests must pay to park in campus parking lots year-round. There are a variety of parking permit options to fit your travel habits and budget. If you have questions, want to appeal a citation, or need a permit, please contact parking services.

E: [parking@osucascades.edu](mailto:parking@osucascades.edu)  
W: [OSUcascades.edu/parking](https://OSUcascades.edu/parking)

## **CAS** OSU-Cascades Sustainable Transportation Incentive Program

OSU-Cascades Transportation Services offers students, staff and faculty rewards for commuting to and from campus using sustainable travel methods such as walking, cycling, taking public transit and carpooling.

W: [OSUcascades.edu/transportation/incentives](https://OSUcascades.edu/transportation/incentives)

## **CO** Redmond Airport

The Redmond Municipal Airport offers regional air transportation options to students, staff and their families including service to Los Angeles, Denver, and Seattle.

W: [flyrdm.com](https://flyrdm.com)

## **CO** Shuttle Oregon

Shuttle Oregon offers scheduled van and bus shuttle service to and from Central Oregon and the Willamette Valley.

P: 541-903-0724  
W: [shuttleoregon.com/shuttle-service](https://shuttleoregon.com/shuttle-service)





## CONNECT WITH OSU-CASCADES

### Enrollment Services

P: 541-322-3100

E: [admit@osucascades.edu](mailto:admit@osucascades.edu)

W: [OSUcascades.edu/enrollment-services](https://osucascades.edu/enrollment-services)

### Office of Admissions

E: [bendbeavs@osucascades.edu](mailto:bendbeavs@osucascades.edu)

W: [OSUcascades.edu/admissions](https://osucascades.edu/admissions)

### Office of Student Life

P: 541-322-3143

E: [studentlife@osucascades.edu](mailto:studentlife@osucascades.edu)

W: [OSUcascades.edu/studentlife](https://osucascades.edu/studentlife)

### Social Media Accounts

Follow OSU-Cascades on Facebook, Twitter, Instagram, and more!

[@OregonState](#)

[@OSUCascades](#)

[@OSUCascadesAdventures](#)

[@OSUCascadesCareers](#)

[@OSUCascadesDining](#)

[@OSUCascadesResHall](#)

[@OSUCascadesStudentLife](#)

[@OSUCascadesStudentWellness](#)

[@OSUCascadesTRIO](#)

[@OSUCascadesChancellor](#)



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If you have resource suggestions or corrections, please contact [studentlife@osucascades.edu](mailto:studentlife@osucascades.edu)

An updated listing of resources is also available at [OSUcascades.edu/student-guide](https://osucascades.edu/student-guide)