What is academic advising, and what does it look like in your first year at Oregon State?

Your academic advisor is both an interpreter of the university environment and a facilitator to your experiences here that relate to your undergraduate degree. Above all, your advisor is invested in you having a rewarding learning experience. Be open and honest with your advisor and trust that he or she can help guide your decision making.

Your academic advisor plays a particularly important role in your first year simply because you will encounter so much about Oregon State that is new to you. That’s why you need to have a face-to-face meeting with your advisor at least once a term during your first year. After that, the frequency for meeting with an advisor is determined by your major.
You’re starting an experience 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, Oregon State 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** – Either 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:

- **MyOSU portal** – A gateway into most OSU online resources as well as other online information that relates to your OSU undergraduate experience.
- **Blackboard** – The virtual extension of your classroom where your instructor may post information relevant to that 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.
- **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 Career Trail** – An interactive, self-directed career development program offered by Career Services that can help jump start your career readiness.

Campus resources include the Academic Success Center, Career Services, the Collaborative Learning Center, the Math Learning Center, the Writing Center, Educational Opportunities Program, Intercultural Student Services, the Valley Library and Disability Access Services.

Academic regulations include rules that govern how you earn a degree at Oregon State, along with the rules governing academic integrity and community standards.
Experience your life.

Beyond the Classroom

Think strategically in your first year about what kind of 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 towards your Oregon State degree.

**Internships** – Gain real-world work experience in a field that relates your academic or career interests.

**Involvement** – Explore campus clubs and organizations.

**Leadership** – Seek out leadership opportunities in student government, the residence halls, student clubs, Greek Life 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 this year to consider the various academic options Oregon State has to offer. Equally important is making time to reflect on what your academic experiences inside and outside of the classroom mean to you. Consider how your interests, values and skills fit with the opportunities you have at Oregon State.

You may be thinking about your future career plans while exploring new programs. Career Services has targeted resources to help you to initiate the career planning process as part of your exploration.
Seven Goals, Many Paths

The Learning Goals for Graduates are Oregon State University’s vision for how you will become an educated, well-rounded person. As you work toward fulfilling Baccalaureate Core and major requirements — and as you explore opportunities outside 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. By achieving the Learning Goals, you’ll gain the big-picture, transferable skills that potential employers, graduate schools and professional schools expect from Oregon State undergraduates. You’ll also graduate prepared for a successful, engaged and fulfilling life — one where learning doesn’t end with a degree.

Look at these Learning Goals as you start your journey at Oregon State, and revisit them from time to time to consider how your experiences are contributing toward achieving these goals as you earn your degree.

1. Competence and Knowledge in Multiple Fields
   A well-rounded education goes two ways. There’s the in-depth knowledge you’ll gain in your major. But 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 more than just a series of classes, assignments and tests. It’s learning how to think. That means being curious, gathering facts, solving problems and making informed decisions.

3. Pluralism and Cultural Legacies
   It’s a big world with many different people and cultures. You’ll learn more about others as well as see yourself in the context of an increasingly diverse population.

4. Collaboration
   Nobody lives or works in a vacuum. You’ll learn how to collaborate, contribute, share responsibility and work with others toward a common goal.

5. Social Responsibility and Sustainability
   Everybody has a stake in quality of life and the health of the planet. 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
   Knowledge is meant to be shared, discussed and acted on. 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
   Education doesn’t stop when you graduate. Self-awareness — recognizing your values, strengths and challenges — prepares you to grow and gain knowledge throughout your life.