"Being on your own" in college doesn't mean there is no one to help you. It means you need to find the people and resources and do the asking for yourself. The Ohio State campus is filled with people who want to help you; the key is figuring out which groups of people help with which things.

This module will introduce a model for thinking about those campus people and resources and provide practice in identifying the right people to help with common student problems.

Trouble viewing in Carmen? View this video in YouTube (https://www.youtube.com/watch?v=xgMuFSnbHmA).
OSU MOBILE APP

There really is an OSU Mobile app. If you don’t have it on your phone, go download it (https://www.osu.edu/downloads/apps/ohio-state-app.html) now. Really, it’s that important. We’ll wait.

Using Campus Resources

This lesson uses common challenges faced by first-year students so you can "listen in" and explore some of the resources available on campus to help.

()Scenario 1: Changing Majors
Meet Denise, a first-year student at Ohio State. She's really enjoying her Psychology class and hating her chemistry class, even though she's a chemistry major.

**What Denise Needs:**
I want to know more about Psychology to see if it would be a good major for me.

**What she's thinking:**
Maybe I should change my major.

**What she's feeling:**
Anxiety, worry, and confusion.

How can I make this important decision?

**What should Denise do to reconsider her choice of major?**

* Compare your choice to the other options. Did you choose the best option?

**Ask students in that major**

Students further along in the major (sophomores, junior and seniors) can be a great resource. Ask what they like about the major and
what they don’t like. Ask about their favorite classes and why they liked those classes.

**Ask her parents**

Her parent’s personal and professional experiences may or may not be useful. They are unlikely to know all of the options available at Ohio State.

**Ask her advisor**

Her advisor is an expert on the majors in one college and may or may not know about majors in other colleges. There might be better choices.

**Make an appointment with University Exploration advising**

This is the best place to go to talk over the pros and cons of different majors across the university. These advisors specialize in helping students find the best fit.

**Read the major information sheet**

[Major information sheets](http://majors.osu.edu/) can help Denise think about her options. Note in particular the Career Prospects section and the co-curricular opportunities section to find student associations for this major.

**Ask friends in pre-med**

Some friends might be able to help but others might not be able to relate to her changing interests.

**Stick with pre-med because that's what she's supposed to do**
College is a good time to learn what you like and don’t like. Heed the warning signs now so you don’t end up miserable later in life because you are doing a job you hate. But think carefully. One course doesn’t make the entire major. Understand the consequences of both staying with and changing majors. Ultimately, find a subject matter you find interesting. When a person is interested in and enjoys a subject matter, the work feels less like work and more like fun.

My major is officially switched. Are there projects and clubs related to my new major that can give me an edge?

What Denise needs:
I need to find student organizations and opportunities related to my career interests.

What she’s thinking:
There were major-related clubs at the Student Involvement Fair. I hope it’s not too late to join.

What she’s feeling:
Energized and hopeful.

How can I learn about co-curricular activities?

How should Denise get more information on student organizations and research opportunities?

* Compare your choice to the other options. Did you choose the best option?

**Wait for next semester’s student involvement fair**

Denise doesn't need to wait. There are other ways to find activities.
Denise is now thriving in her classes and active in undergraduate research.

All student organizations are registered with the Ohio Union. The Student Organizations Directory (http://ohiounion.osu.edu/get_involved/student_organizations/directory) is a great way to discover formal clubs of all types run by students on all types of things. There are over 1000 student orgs at Ohio State.

If Denise can't find an organization related to her interests, she can start one!

Scan Bulletin boards in academic buildings where major classes are held

Events and activities related to the major are often advertised near where those classes are held.

Ask other students in her classes or major

Classmates and those who have been in the major for a while are great sources of information about getting involved.

Ask her advisor

Advisors know about what’s happening in the majors they support and will know which organizations were helpful to other students.

Talk with someone from the Undergraduate Research Office

Denise can talk with a URO peer advisor at Thompson Library, attend an info session, or attend one of the many programs sponsored by the Undergraduate Research Office (http://undergraduateresearch.osu.edu).

Denise is now thriving in her classes and active in undergraduate research.
related to her major.

I'm happy I took the time to reconsider my major! And getting involved in related activities is really helping me think about my future.

() Scenario 2: Struggling in a Class
Meet Lauren. She caught a bad case of the flu. Feeling this sick, she doesn't want to leave her room. She'll probably miss several lectures and maybe some assignment due dates, and she's already struggling in her literature class.

**What Lauren needs:**
I need to find a way to take care of my health while managing my courses and basic necessities like eating.

**What she's thinking:**
My mom or dad always helped me when I needed to stay home. What do I do now? I don't want to get behind or spread my germs to others.

**What she's feeling:**
Tired, achy, and worried.

I'm hungry. Other than the dining hall or ordering takeout, what options do I have?

**What can Lauren do if she can't go to the dining hall?**
* Compare your choice to the other options. Did you choose the best option?

**Have friend grab something from Grocery or Grab n Go locations**
There are plenty of good food choices here. Her friend will need to use his or her own BuckID but Lauren can pay back the favor later.

**Go without food**
Healthy food and liquids are important to getting healthy. Lauren needs to eat.

**Sick Meal Service from Dining Services**
Lauren’s friend can take a form for [Sick Meal Service from Dining](http://liblearn.osu.edu/outloud/campus-info.html)
I don't feel any better. What if I need a doctor or drugs?

Services (http://dining.services.osu.edu/wellness/sick-meal-service/) to the closest Traditions dining location to get healthy food to help Lauren feel better. It will use Lauren’s meal plan.
What can Lauren do if she thinks she may need medical attention?

* Compare your choice to the other options. Did you choose the best option?

**Tough it out**

If the illness is keeping Lauren from functioning normally, likely she needs help. Try again.

**Plan to see a doctor at home**

If Lauren lives nearby, this might be a good choice. However, if her doctor is far away, it will be better to find a doctor here on campus.

**Visit the pharmacy in the Wilce Student Health Center**

Lauren can fill prescriptions and purchase over the counter medicines at the pharmacy in Wilce Student Health Center ([http://shc.osu.edu/services/pharmacy/faqs1/](http://shc.osu.edu/services/pharmacy/faqs1/)).

**See the advice nurse on the first floor of the Wilce Student Health Center**

The nurses here can help Lauren decide if a doctor appointment is needed and provide general advice for treating a wide range of common illnesses experienced by students.

Thanks to Wilce Student Health Center I'm feeling better. But I'm going to miss my classes the rest of the week.

**What Lauren needs:**
I need to tell my instructors I’m sick and try to keep up on the lessons.

**What she’s thinking:**
I don't want my professors to think I'm just skipping class this week.

**What she’s feeling:**
Overwhelmed.

I don't want to fall behind.

**What can Lauren do while she's too sick to attend classes?**

* Compare your choice to the other options. Did you choose the best option?

**Rest and deal with it later**

While this is tempting, it will cause Lauren more problems. She can rest AND do other options on this list.

**Tell her instructor about missing class due to illness**

Keeping the instructor informed will show that Lauren is serious about the class. It is important to tell instructors before missing class or as soon after as possible. The [Absence Excuse Form (PDF)](http://shc.osu.edu/posts/documents/absence-excuse-form2.pdf) can help.

Also, Lauren should also ask her instructor if she can make up any missed assignments. The sooner she asks the more likely she is to get a positive response.

**Ask classmates for their notes**

Friends in the class might be able to share notes so Lauren can keep up.

**Check Carmen for course notes and assignments**
For courses that use Carmen, Lauren may be able to keep up with class activities, assignments, and notes even if she can't go to class.

I was already struggling in with all the reading and writing assigned in my literature class. Now, I'm even further behind.

**What Lauren needs:**
I need help with my course.

**What she's thinking:**
This stuff makes no sense and I'm more confused than before.

**What she's feeling:**
Anxious, confused, embarrassed.

I don't want to fail this class!

**What can Lauren do to get help in her course?**

* Compare your choice to the other options. Did you choose the best option?

**Ask her parents for help**

Neither of Lauren's parents is an expert in the subject. Try another source of help.

**Ask her advisor for help**

Academic advisors are here to help with selection of courses overall but not completion of the course itself. Try again.

**Go to the professor’s office hours**

This is why all instructors have office hours. Going to office hours is
What Lauren needs:
I need to do something, or I will fail.

What she's thinking:
I'm too far behind to catch up.

What she's feeling:
Overwhelmed, defeated.

I don't want to be a quitter, but I also don't want to ruin my GPA.

See a peer tutor

Sometimes it is helpful to hear things explained in a different way. Many good students take advantage of the great tutoring available at the Youkin Success Center (http://younkinsuccess.osu.edu/tutoring/) and in many of the residence halls (http://housing.osu.edu/resources/tutoring-in-the-residence-halls1/).

Attend a study skills workshop

If Lauren was struggling before her illness, this may be a good idea. Sometimes the techniques that worked in high school don't work as well in college. The Dennis Learning Center (http://dennislearningcenter.osu.edu/workshops) workshops are a great way to study skills for the increased demands of college.

However, this may be too much to handle at the same time she is trying to catch up in her course.
What can Lauren do about her class?

* Compare your choice to the other options. Did you choose the best option?

**Just stop going to class and expect the instructor to drop her from the class**

**This is not how it works!** The instructor CANNOT drop her from the class. Students who stop attending get a grade of EN.

**Copy a friend's homework**

Copying a friend's work and submitting it as her own is academic misconduct with serious consequences. **Lauren should NOT do this.**

**Hang on a little bit longer**

Timing is important, Lauren should check the [week-by-week schedule](http://advising.osu.edu/drop_class.shtml) to see options by week of the semester.

**See her advisor**

Lauren's academic advisor can explain the implications of dropping the class, help her find another course if credit hours are needed, and do the actual dropping of the course.

**Check Financial Aid**

Dropping classes or withdrawing can have serious consequences on financial aid. She should FIRST check with the Financial Aid office in the Student Services Center; some info can be found at [What Happens to Your Financial Aid When You Drop Classes or Withdraw?](https://sfa.osu.edu/howtokeepit/index.asp?tab=h#pagecontent)
Lauren was able to drop the course and find another course in the second half of the term to make up credit hours. (Now may be a good time for a study skills workshop so she'll be more prepared next time she's under so much pressure.)

Without my most difficult course, I'm all caught up in my other classes.

Scenario 3: Making New Friends
Meet Ethan, a first-year student at Ohio State. He's far from home: everything seems odd and he's feeling lost and alone.

**What Ethan Needs:**
I want to make friends and feel more comfortable here.

**What he's thinking:**
I don't know anyone. I'm not sure how to make new friends.

**What he's feeling:**
Homesick, lonely, lost.

**How can I feel more comfortable at Ohio State?**

**What should Ethan do to meet new friends?**
* Compare your choice to the other options. Did you choose the best option?

**Talk to his RA**

Everyone is feeling this way to some degree. Ethan's RA can support him in a lot of ways, including providing a sympathetic ear and connecting him with others in the residence hall.
Ethan discovered the Manga club meets on Tuesday evenings, right after his lab. He formed a study group with other students from his residence hall for his hardest class. He has also signed up for a wilderness trip run by the Outdoor Adventure Center for a weekend later in the semester. He’s feeling more comfortable.

Being physically active will help Ethan feel better and a group event will provide a good opportunity to meet others with similar interests.

Calling home repeatedly will keep Ethan focused on home. If he wants to become more active at OSU, his time is better spent exploring what OSU has to offer.

Studying with others is a good way to make meet people with like interests and to keep up with coursework.

Ethan can find possibilities by watching bulletin boards and exploring the student organizations directory (http://ohiounion.osu.edu/get_involved/student_organizations/directory).

It is common to want to play it safe, but staying in his room will not help. Ethan needs to get involved and meet people; it is easiest to do this during the first semester when all first-year students are new to campus.

Ethan discovered the Manga club meets on Tuesday evenings, right after his lab. He formed a study group with other students from his residence hall for his hardest class. He has also signed up for a wilderness trip run by the Outdoor Adventure Center for a weekend later in the semester. He’s feeling more comfortable.
I've met new friends through my activities, and I can hardly wait for the camping trip!

Reflection

You've helped these students through some common challenges. Now here are three student stories with advice for you.

Trouble viewing in Carmen? View this playlist in YouTube (https://www.youtube.com/playlist?list=PLZ8I40xeogUTKmPbWI9JTN0gIKHJUi-Zk).
Now that you have assisted Denise, Lauren, and Ethan, it is time to consider your own experiences. To continue the assignment, complete the Campus Information reflection (campusinforeflections.html).