

# **CRITICAL RESOURCES FOR FIRST-YEAR STUDENTS AT OREGON COLLEGES AND UNIVERSITIES**

**A DIRECTORY OF ON- CAMPUS OFFICES PROVIDING  
SERVICES TO STUDENTS IN NEED OF ASSISTANCE**



[oregongearup.org](http://oregongearup.org)



## Tips for Using this Directory

Many college students face barriers to completing their degrees. The first year can be especially difficult, as students encounter new people, places, and ideas. Sometimes, students turn back to their home communities for support and advice. Often, the best support we can offer is a lesson in self-advocacy and a concrete next step.

**Self-advocacy is the critical skill of knowing how to ask for and obtain the things you need to be successful.** Guiding students through the three key stages of successful self-advocacy will help them take responsibility and act on their own behalf when they face barriers. Doing so will enhance their problem-solving skills as well increase the likelihood of accomplishing their goals.

### STAGES OF SELF-ADVOCACY AND HOW EDUCATORS CAN HELP

**Knowing yourself:** Successful self-advocates know their strengths and challenges. You can help students by guiding them as they determine their learning style; remember their accomplishments and the steps they took to achieve them; and examine past failures and the steps they took to overcome them.

**Knowing what you need:** Successful self-advocates have a clear understanding of what they need and want. You can help students examine their values; set short- and long-term goals; and prioritize the steps they need to take to accomplish them.

**Knowing how to get what you need:** Successful self-advocates know where to go to get what they need and how to ask for it. You can help students by using this directory to find the appropriate office or department on campus for the service the student needs. Then work with the student to develop a strategy for communicating with the office. This may include:

- Scheduling a time they will go to the office - and when you will follow-up with them about their visit
- Role-playing a conversation with the office or helping students write a script of what they would like to say.

### SAMPLE GUIDING QUESTIONS

- Describe a typical weekday and weekend day.
- Who is someone on campus that you've connected with?
- Remind me of a time during high school when you struggled. What did you do to overcome that challenge?
- What has been a challenge in college?
- What classes are you enjoying? What do you enjoy about them?
- What are your concerns?
- What steps have you already taken to address your concerns?

*More information on self-advocacy for college students:*  
[collegeparents.org/members/resources/articles/does-your-college-student-know-how-advocate-what-she-needs](http://collegeparents.org/members/resources/articles/does-your-college-student-know-how-advocate-what-she-needs)



## Tips for Using this Directory

High school educators can use this directory of on-campus offices when helping students to know where to get what they need. These on-campus resources are the ones identified by the colleges as those best equipped to help students address common barriers to success: financial (financial aid, finding a job, needing social services), academic (advising and tutoring), health (physical and mental), and social (adjusting to the college community or fitting in).

Some educators may also provide a copy of the appropriate page to students as they leave for college in the fall.

Public Community Colleges	Public Universities	Independent, Not-for-Profit Colleges and Universities
<a href="#">Blue Mountain Community College</a> <a href="#">Central Oregon Community College</a> <a href="#">Chemeketa Community College</a> <a href="#">Clatsop Community College</a> <a href="#">Columbia Gorge Community College</a> <a href="#">Klamath Community College</a> <a href="#">Lane Community College</a> <a href="#">Linn-Benton Community College</a> <a href="#">Mt. Hood Community College</a> <a href="#">Oregon Coast Community College</a> <a href="#">Portland Community College</a> <a href="#">Rogue Community College</a> <a href="#">Southwestern Oregon Community College</a> <a href="#">Tillamook Bay Community College</a> <a href="#">Treasure Valley Community College</a> <a href="#">Umpqua Community College</a>	<a href="#">Eastern Oregon University</a> <a href="#">Oregon Institute of Technology</a> <a href="#">Oregon State University</a> <a href="#">Oregon State University - Cascades</a> <a href="#">Portland State University</a> <a href="#">Southern Oregon University</a> <a href="#">University of Oregon</a> <a href="#">Western Oregon University</a>	<a href="#">Concordia University</a> <a href="#">Corban University</a> <a href="#">George Fox University</a> <a href="#">Lewis &amp; Clark College</a> <a href="#">Linfield College</a> <a href="#">Marylhurst University</a> <a href="#">Multnomah University</a> <a href="#">National College of Naturopathic Medicine</a> <a href="#">Northwest Christian University</a> <a href="#">Oregon College of Art and Craft</a> <a href="#">Pacific Northwest College of Art</a> <a href="#">Pacific University</a> <a href="#">University of Portland</a> <a href="#">Warner Pacific College</a> <a href="#">Willamette University</a>



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Blue Mountain Community College (Pendleton) <a href="http://www.bluecc.edu/">http://www.bluecc.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 541-278-5165 Morrow Hall 104	Student Success Center 541-278-5739 Morrow Hall 116	Career Center 541-278-5165 Morrow Hall 116	Student Success Center 541-278-5931 Morrow Hall 116
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Wellness (541) 278-5965 Morrow Hall 153	Student Wellness 541-278-5965 Morrow Hall 149	Health & Wellness Center/Counseling 541-278-5964 Morrow Hall 116	Service Center (541) 278-5755 Morrow Hall 101

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Central Oregon Community College (Bend) <a href="http://www.cocc.edu/">http://www.cocc.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 541-383-7260 Boyle Education Center	CAP (Careers, Advising, Personal Counseling) Center 541-383-7200 Barber Library Lower Level	CAP (Careers, Advising, Personal Counseling) Center 541-383-7200 Barber Library Lower Level	Testing and Tutoring Center 541-383-7539 Barber Library Lower Level
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Mazama Gym 541-383-7794	CAP (Careers, Advising, Personal Counseling) Center 541-383-7200 Barber Library Lower Level	CAP (Careers, Advising, Personal Counseling) Center 541-383-7200 Barber Library Lower Level	ASCOCC Student Government 541-383-7595 Coats Campus Center 208

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Chemeketa Community College (Salem) <http://www.chemeketa.edu/>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid (hrs: M-Th, 12:00 pm- 5 pm) 503-399-5018 Building 2, Room 200	Counseling & Advising 503-399-5120 Building 2, Room 110	Career Center 503-399-5026 Building 2, Room 115	Tutoring / Learning Center / Study Skills 503-399-5162 Building 2, Room 225
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Disability Services 503-399-5192 Building 2, Room 174	Counseling & Advising 503-399-5120 Building 2, Room 110	Student Services 503-399-5116 Building 2, Room 176	Student Services 503-399-5116 Building 2, Room 176

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Clackamas Community College (Oregon City) <a href="http://www.clackamas.edu/">http://www.clackamas.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
FAFSA Lab 503-594-6100 Rook Hall	Student & Academic Support - Advising 503-594-3475 Community Center	Career Services 503-594-6001 Barlow Hall	Learning Center 503-594-6191 Community Center
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
	Counseling Center 503-594-7176 Community Center	First Year Experience Program 503-594-3428	Student Assistance/Student Life & Leadership Office 503-594-3040

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Clatsop Community College (Astoria) <a href="https://www.clatsopcc.edu/">https://www.clatsopcc.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 503-338-2414 Columbia 115	Acaemic Advising 503-338-5740 Alder Hall 100	Career Services 503-338-5740 Alder Hall 100	Tutoring Center 503-338-2455 Towler Hall
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Health and Wellness 503-338-2378 Alder Hall - 2nd Floor	Student Health and Wellness 503-338-2378 Alder Hall - 2nd Floor	Student Success Center 503-338-2411 Taylor Hall 312e	Student Success Center 503-338-2411 Taylor Hall 312e

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Columbia Gorge Community College (The Dalles) <a href="https://www.cgcc.edu/">https://www.cgcc.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid Office/Business Office (for aid disbursement) 541-506-6021 Building 2	Student Services 541-506-6011 Building 3	Financial Aid (work study only)  Building 2	Student Services 541-506-6011 Building 3
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
		Student Life 541-506-6027 Building 1	

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Klamath Community College (Klamath Falls) <a href="http://www.klamathcc.edu/">http://www.klamathcc.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 541-882-3521 Building 3, Room 348	Student Services 541-882-3521 Building 3, Room 350	Career Center 541-880-2251 Building 3, Room 350	Learning Resource Center 541-880-2206 Building 4, Room 408
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Services 541-882-3521 Building 3, Room 350	Student Services 541-882-3521 Building 3, Room 350	Student Services 541-882-3521 Building 3, Room 350	Student Services 541-882-3521 Building 3, Room 350

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Lane Community College (Eugene) <a href="http://lanec.edu/">http://lanec.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid Office 541-463-3400 Building 1, Financial Aid Counter	Counseling and Advising Center 541-463-3200 Building 1, Room 103	Career and Employment Services 541-463-5223 Building 19, Room 266	Tutoring Services 541-463-5783 Center Building, Room 215
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Lane Health Clinic 541-463-5665 Building 18, Room 101	Counseling and Advising Center 541-463-3200 Building 1, Room 103	Student Life and Leadership Development 541-463-5336 Building 1, Rooms 201 & 206	No Cash Clothing Stash 541-463-5283 Center Building, Room 006

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Linn-Benton Community College (Albany) <http://linnbenton.edu/>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 541-917-4860 Takena Hall, Room 117	Student Success Services 541-917-4798 Takena Hall, Room 112	Career and Counseling Services 541-917-4778 Takena Hall, Room 101	Learning Center 541-917-4611 Willamette Hall, Room 226
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Wellness Center 541-917-4244 Activities Center, Room 103	Career and Counseling Services 541-917-4778 Takena Hall, Room 101	Student Success Services 541-917-4798 Takena Hall, Room 112	Student Success Services 541-917-4798 Takena Hall, Room 112

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Mt Hood Community College (Gresham) <http://mhcc.edu/>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 5034916422 1158	AATC 503-491-7315 1162	Career Planning 503-491-7432 1152	LSC 503-491-7108 3300-3333
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Public Safety 503-491-7310	Counseling Services 503-491-7432 1152	Counseling Services 503-491-7432 1152	Student Union 503-491-7277 1051

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Oregon Coast Community College (Newport) <a href="http://oregoncoastcc.org/">http://oregoncoastcc.org/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid Office 541-867-8503	Make advising appointments online <a href="http://www.booknow.so/BenKaufmannMain">http://www.booknow.so/BenKaufmannMain</a>	Jobs posted on wall outside Human Resources Office Rooms 134 & 135 541-867-8501	Tutoring 541-867-8502
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Services 541-867-8501	Student Services 541-867-8501	Student Services 541-867-8501	Student Services 541-867-8501

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Oregon Coast Community College (Lincoln City) <http://oregoncoastcc.org/>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 541-867-8503	Advising Specialist 541-867-8521	Student Services 541-867-8501	Student Services-Tutoring 541-867-8502
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Services 541-867-8501	Student Services 541-867-8501	Student Services 541-867-8501	Student Services 541-867-8501

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Portland Community College (Southeast) <a href="http://www.pcc.edu/">http://www.pcc.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 971-722-8888 opt4 SCOMM 115	Academic Advising 971-722-6240 SCOMM 116	Student & Graduate Employment Office see other campuses	Student Learning Center 971-722-6470 Southeast Library, 1st Floor
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
	Counseling 971-722-6240 SCOMM 116		

Notes:





# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Portland Community College (Sylvania) <a href="http://www.pcc.edu/">http://www.pcc.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 971-722-8888 opt4 CC 204	Academic Advising 971-722-4531 CC 216	Student & Graduate Employment Office 971-722-4710 CC 221	Student Learning Center 971-722-4540 Sylvania Library 140
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Dental Clinic 971-722-4909 HT 206	Counseling 971-722-4531 CC 216	ROOTS Program 971-722-8195 CC 225	

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Portland Community College (Rock Creek) <a href="http://www.pcc.edu/">http://www.pcc.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 971-722-8888 opt4 Building 9, Room 104	Academic Advising 971-722-7297 Building 9, Room 102	Student & Graduate Employment Office 971-722-7269 Building 2, Room 102	Student Learning Center  Building 7, Room 218a
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
	Counseling 971-722-7300 Building 9, Room 118	Counseling Center or Multicultural Center, Women Resource Center, Queer Resource Center and Veterans Resource Center	

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Portland Community College (Cascade) <http://www.pcc.edu/>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 971-722-8888 opt4 SSB 103	Academic Advising 971-722-5271 Student Services Building, 1st Floor	Student & Graduate Employment Office 971-722-5600 SSB 104	Student Learning Center 971-722-5263 Cascade TH 123
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
	Counseling 971-722-5271 SSB 150	ROOTS Program 971-722-5752 SSB 301	

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Rogue Community College (Grants Pass) <a href="http://www.roguecc.edu/">http://www.roguecc.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 541-956-7103 RWC-JB	Academic Advising 541-245-7559 RVC-G 235	Career Services 541-245-7755 RVC-G 205	Tutoring Center 541-245-7700 RVC-G 122
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Services 541-956-7410 RWC-SS	Counseling 541-956-7192 RWC-SS	Counseling 541-956-7192 RWC-SS	Student Services 541-956-7410 RWC-SS

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Southwestern Oregon Community College (Coos Bay) <http://www.socc.edu/>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
First Stop 541- 888-7375 Dellwood Lobby	Counseling and Testing 541-888-7405 Stensland Hall	Internships 541-888-7349 Stensland	Tutoring 541-888-7301 Tioga
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Disability Services 541-888-7439 Dellwood 10	Counseling and Testing 541-888-7405 Stensland	Associated Student Government 541-888-7316 Empire Hall	First Stop 541-888-7375 Dellwood Lobby

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Tillamook Bay Community College (Tillamook) <a href="http://tillamookbaycc.edu/">http://tillamookbaycc.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 503-842-8222 ext. 1135	Student Services 503-842-8222 ext. 1100		Learning Center 503-842-8222 ext. 1845
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Treasure Valley Community College (Ontario) <a href="http://www.tvcc.cc.or.us/">http://www.tvcc.cc.or.us/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid Office 541-881-5833 Student Services Center	Academic Advising 541-881-5822 or 541-881-5815 Student Services Center	Financial Aid Office 541-881-5833 Student Services Center	Math & Writing Labs check first with instructor; then call 541-881-5812 Barber Hall
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
	Lifeways Behavioral Health Clinic (off campus) 541-889-9167 702 Sunset Drive, Ontario	Student Life/Activities and Student Leadership Team  Weese Building	

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Umpqua Community College (Roseburg) <a href="http://www.umpqua.edu/">http://www.umpqua.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 541-440-4602 Campus Center Building	Advising & Counseling Services 541-440-7748 Student Center Building	Career Services 541-440-7797 Student Center Building	Learning Center 541-440-7645 Educational Skills Building, Room 15
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
	Counseling Center 541-440-4610 Student Center Building	Counseling Center 541-440-4610 Student Center Building	Counseling Center 541-440-4610 Student Center Building

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Eastern Oregon University (La Grande) <a href="https://www.eou.edu/">https://www.eou.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 541-962-3550 Inlow Hall 104	Advising 541-962-3378 Inlow 112	Career Center 541-962-3711 Inlow 109	Learning Center 541-962-3663 Loso Hall 234
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Health Center 541-962-3524 SHC-Corner 6th & "L"	Student Health Center 541-962-3524 SHC-Corner 6th & "L"	Student Services Office 541-962-3476 Inlow 113	Student Services Office 541-962-3476 Inlow 113

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Oregon Institute of Technology (Klamath Falls) <http://oit.edu/>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 541-885-1280 College Union, 1 <sup>st</sup> Floor	<i>Academic Advising is provided by a faculty member in the major.</i> <i>General advising questions:</i> Student Success Center 541-885-1790 Learning Resource Center	Career Services 541-885-1020 Learning Resource Center 228	Student Success Center 541-851-5179 Learning Resource Center 228
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Integrated Student Health Center 541-885-1800 Integrated Student Health Center	Integrated Student Health Center 541-885-1800 Integrated Student Health Center	Campus Life 541-885-1827 College Union 108	Dean of Students 541-885-1011 College Union 217

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Oregon State University (Corvallis) <a href="http://oregonstate.edu">http://oregonstate.edu</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid and Scholarships 541-737-2241 218 Kerr Administration Building	Academic Success Center 541-737-2272 102 Waldo Hall	Student Employment Program (541) 737-0549 122 Kerr Administration Building	Academic Success Center 541-737-2272 102 Waldo Hall
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Health Services 541-737-9355 Plageman Building	Counseling and Psychological Services 541-737-2131 500 Snell Hall	EOP and SSS 541-737-3628 337 Waldo Hall	Human Services Resource Center 541-737-3747 233 Snell Hall

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# Tips for Using this Directory

Oregon State University (Cascades) <a href="http://osucascades.edu/">http://osucascades.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
OSU Office of Financial Aid and Scholarships 541-737-2241	Student Success Center Cascades Hall, second floor	Office of Enrollment Services 541-322-3100	Student Success Center or COCC Tutoring & Testing Center (lower division classes) 541-322-3136 or 541-383-7534 Cascades Hall, upstairs atrium or First floor Science Building
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Wellness 541-322-3162 Cascades Hall	Student Wellness 541-322-3162 Cascades Hall	Student Life 541-322-3156 Cascades Hall 242	

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Portland State University (Portland) <http://pdx.edu>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 503-725-3461 Neuberger Hall	Advising and Career Services 503-725-4005 402 University Services Building	Advising and Career Services 503-725-4005	Learning Center 503-725-4448 Learning Center
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Health and Counseling 503-725-2800 University Center Building	Health and Counseling 503-725-2800 University Center Building	University Center Building	University Center Building

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Southern Oregon University (Ashland) <http://sou.edu>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Enrollment Services 541-522-6600 Britt Hall	Office of Academic Advising 541-522-6213 Stevenson Union, lower level	Office of Career Connections 541-522-6131 Hannon Library 113A	Writing Center and Math & Science Lab Hannon Library, first floor
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Health & Wellness Center 541-552-6136 Student Health & Wellness Center	Student Health & Wellness Center 541-552-6136 Student Health & Wellness Center	Offices of Student Life 541-552-6461 Stevenson Union, Rm 312	Commuter Resource Center 541-552-8238 Stevenson Union

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

University of Oregon (Eugene) <a href="http://uoregon.edu">http://uoregon.edu</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Student Financial Aid and Scholarships 541-346-3221 Oregon Hall, Second Floor	Academic Advising 541-346-3211 Oregon Hall, Room 364	Career Center 541-346-3235 Hendricks Hall, Room 220	Teaching and Learning Center 541-346-3226 Prince Lucien Campbell, Room 68
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Health Center 541-346-2770 1590 E. 13th Ave.	Health Center 541-346-2770 1590 E. 13th Ave.	Dean of Students 541-346-3216 Oregon Hall, Room 164	Dean of Students 541-346-3216 Oregon Hall, Room 164

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Western Oregon University (Monmouth) <a href="http://wou.edu">http://wou.edu</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid Office 1-877-877-1593 Administration Building	Academic Advising Office and Learning Center 1-877-877-1593 Academic Programs and Support Center Building	Service Learning and Career Development 503-838-8432 Werner University Center	Academic Advising Office and Learning Center 1-877-877-1593 Academic Programs and Support Center Building
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Health and Counseling Center 503-838-8313 Student Health and Counseling Center	Student Health and Counseling Center 503-838-8313 Student Health and Counseling Center	Vice President for Student Affairs Office 503-838-8221 Werner University Center	Vice President for Student Affairs Office 503-838-8221 Werner University Center

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Concordia University (Portland) <http://www.cu-portland.edu/>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 503-280-8514 Luther Hall	Academic Advising, Student Affairs 503-280-8512 Hagen Campus Center	Student Affairs 503-280-8512 Hagen Campus Center	Academic Resource Center 503-493-6239 Library and Learning Center
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Health Services 503-493-6226 Centennial Hall	Counseling Services 503-493-6545 Centennial Hall	Counseling Services 503-493-6545 Centennial Hall	Counseling Services 503-493-6545 Centennial Hall

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# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

<b>Corban University (Salem) <a href="http://corban.edu/">http://corban.edu/</a></b>			
<b>Financial Aid</b>	<b>Academic Advising</b>	<b>Finding a Job</b>	<b>Tutoring/Academic Help</b>
Financial Aid Office 503-375-7006 Schimmel 107	Academic Services 503-375-7017 Schimmel 113	Career Services 503-375-7012 AC 3303	Student Support 503-375-7012 AC 3303
<b>Physical Health</b>	<b>Mental Health</b>	<b>Difficulty Adjusting</b>	<b>Social Services (i.e. food bank)</b>
Student Life 503-375-7010 Schimmel 216	Wellness Center 503-375-7177 ext. 8089 Davidson Hall	Student Life 503-375-7010 Schimmel 216	Associated Student Body 503-375-7010 Schimmel 217

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

<b>George Fox University (Newberg) <a href="http://www.georgefox.edu/">http://www.georgefox.edu/</a></b>			
<b>Financial Aid</b>	<b>Academic Advising</b>	<b>Finding a Job</b>	<b>Tutoring/Academic Help</b>
Financial Aid 503-554-2302 Stevens Center, 2nd Floor	IDEA Center 503-554-2330 Stevens Center, 1st Floor	IDEA Center 503-554-2330 Stevens Center, 1st Floor	Learning Support Services 503-554-2314 Stevens Center, 3rd Floor
<b>Physical Health</b>	<b>Mental Health</b>	<b>Difficulty Adjusting</b>	<b>Social Services (i.e. food bank)</b>
Health & Counseling Center 503-554-2340 Woodward House	Health & Counseling Center 503-554-2340 Woodward House	Student Life 503-554-2310 Stevens Center, 3rd Floor	Student Life 503-554-2310 Stevens Center, 3rd Floor

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

<b>Lewis &amp; Clark College (Portland) <a href="http://lclark.edu">http://lclark.edu</a></b>			
<b>Financial Aid</b>	<b>Academic Advising</b>	<b>Finding a Job</b>	<b>Tutoring/Academic Help</b>
Financial Aid Office 503-768-7090 Templeton Campus Center	Academic Advising 503-768-7750 Albany	Human Resources 503-768-6235 South Chapel Annex	Student Support Services 503-768-7100 Albany
<b>Physical Health</b>	<b>Mental Health</b>	<b>Difficulty Adjusting</b>	<b>Social Services (i.e. food bank)</b>
Student Health Services 503-768-7165 Templeton Campus Center	Student Health Services 503-768-7165 Templeton Campus Center	Dean of Students 503-768-7110 East Hall	Dean of Students 53-768-7110 East Hall

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

<b>Linfield College (McMinnville) <a href="http://www.linfield.edu/">http://www.linfield.edu/</a></b>			
<b>Financial Aid</b>	<b>Academic Advising</b>	<b>Finding a Job</b>	<b>Tutoring/Academic Help</b>
Financial Aid 503-883-2225 Melrose Hall 303	First, see your faculty adviser, then Academic Advising 503-883-2250 Melrose Hall 010	Office of Human Resources 503-883-2309 Melrose 102	Learning Support Services 503-883-2562 Melrose Hall 020
<b>Physical Health</b>	<b>Mental Health</b>	<b>Difficulty Adjusting</b>	<b>Social Services (i.e. food bank)</b>
Student Health, Wellness, and Counseling 503-883-2535 Walker 103	Student Health, Wellness, and Counseling 503-883-2535 Walker 103	Student Affairs 503-883-2278 Melrose Hall 110	

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Marylhurst University (Marylhurst) <a href="http://marylhurst.edu/">http://marylhurst.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 503-699-6253 BP John Administration	Admissions 503-699-6268 Aquinas Hall	Career Services 503-699-6271 BP John Administration	Student Services 503-534-4073 BP John Administration
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
	Student Services 503-534-4073 BP John Administration	Student Services 503-534-4073 BP John Administration	Student Services 503-534-4073 BP John Administration

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Multnomah University (Portland) <a href="http://www.multnomah.edu/">http://www.multnomah.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid Department 503-251-5335 Sutcliffe Hall	Registrar Department 503-251-5370 Sutcliffe Hall	Student Employment 503-251-5308 Sutcliffe Hall	Student Life 503-251-5311 JCA Student Center Bldg
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Life 503-251-5311 JCA Student Center Bldg	University Counseling 503-251-5311 JCA Student Center Bldg	Student Life 503-251-5311 JCA Student Center Bldg	Student Life 503-251-5311 JCA Student Center Bldg

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

National University of Natural Medicine (Portland) <a href="http://nunm.edu">http://nunm.edu</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 503-552-1616 Admin Suite 200	Academic Advising 503-552-1761 Admin Suite 155	Career Services 503-552-1625 Academic Bldg 210	Academic Advising 503-552-1761 Admin Suite 155
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Life 503-552-1602 Admin Suite 155	Counseling Center 503-503-1780 Academic Building Suite 155	Student Life 503-552-1601 Academic Building Suite 155	Student Life 552-1601 Academic Building Suite 155

Notes:





# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Northwest Christian University (Eugene) <a href="http://nwcu.edu/">http://nwcu.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid Office 541-684-7201 Morse Event Center, 2nd Floor	Academic Advising 541-349-7476 or 541-684-7299 Pomajevich Faculty Building, Room 116	Financial Aid Office but apply for all jobs via My NCU/BeaconConnect 541-684-7201	accessed online via MyNCU/Student Resources
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Use off campus services	Health & Wellness 541-349-7471	Residence Life & Student Services  Goodrich Administration Building, first floor	

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Oregon College of Art and Craft (Portland) <http://ocac.edu/>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 971-255-4124 Enrollment Services	Registrar 971-255-4130 Enrollment Services	Student Services 971-255-4192 Student Services	Student Services 971-255-4192 Student Services
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Services 971-255-4192 Enrollment Services	Student Services 971-255-4192 Enrollment Services	Student Services 971-255-4192 Enrollment Services	Student Services 971-255-4192 Enrollment Services

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Pacific Northwest College of Art (Portland) <a href="http://pnca.edu/">http://pnca.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 503-821-8971 AHSCAD: RM157	Academic Advising/Registration AHSCAD: RM270/RM268	BridgeLab Career Center 503-821-8882 AHSCAD: RM136	Academic Resource Center (ARC) AHSCAD: RM517
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Life 503-821-8925 AHSCAD: RM262	Student Life 503-821-8925 AHSCAD: RM262	Student Life 503-821-8925 AHSCAD: RM262	Student Life 503-821-8925 AHSCAD: RM262

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Pacific University (Forest Grove) <a href="http://www.pacificu.edu/">http://www.pacificu.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 503-352-3095 Marsh Hall 124	Advising Center 503-352-2800 Bates House 107	Career Development Center 503-352-2877	Tutoring and Learning Center 503-352-2171 Scott Hall 127
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Student Health Services 503-352-2269 Student Health Center 123	Counseling Center 503-352-2191 Student Health Center 103	Counseling Center 503-352-2191 Student Health Center 103	Counseling Center 503-352-2191 Student Health Center 103

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

Reed College (Portland) <a href="http://reed.edu">http://reed.edu</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Financial Aid 503-777-7223 Eliot Hall 202	Your assigned faculty advisor or Registrar 503-777-7793 Eliot Hall, third floor	Use IRIS to find jobs	Academic Support Services/Academic Resource Center 503-517-7722 DoJo House
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Health & Counseling 503-777-7281 5380 SE 28th Ave, Gray Building north of 28 West	Health & Counseling 503-517-7349 5380 SE 28th Ave, Gray Building north of 28 West	Community Wellness 503-517-7633 Gray Campus Center 104	Office for Inclusive Community or Low SES/Firs Gen Support Group 503-777-7518 Student Center 110

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

University of Portland (Portland) <a href="http://www.up.edu/">http://www.up.edu/</a>			
Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Office of Financial Aid 503-943-7311 Waldschmidt 120	Shepard Freshman Resource Center 503-943-7895 Buckley Center	Career Center 503-943-7201 Orrico Hall	Shepard Academic Resource Center 503-943-7895 Buckley Center
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Shepard Academic Resource Center 503-943-7895 Buckley Center	Health Center 503-943-7134 Orrico Hall	Shepard Academic Resource Center 503-943-7895 Buckley Center	Moreau Center 503-943-7132 St. Mary's Student Center

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

### Warner Pacific College (Mt. Tabor Campus) <http://www.warnerpacific.edu/>

Financial Aid	Academic Advising	Finding a Job	Tutoring/Academic Help
Student Financial Services 503-517-091 Upper Egtvedt Hall	Registrar and Student Records 503-517-1013 Upper Egtvedt Hall	Student Financial Services 503-517-1091 Upper Egtvedt Hall	Academic Support Services 503-517-1010 Smith Hall
Physical Health	Mental Health	Difficulty Adjusting	Social Services (i.e. food bank)
Athletic Department 503-517-1370 Perry Gymnasium	Career and Life Planning 503-517-1119 Caldwell House	Student Development 503-517-1271 Smith Hall	Student Success and Retention 503-517-1009 Upper Egtvedt Hall

Notes:



# Critical Resources for First-Year Students

## AT OREGON COLLEGES & UNIVERSITIES

<b>Willamette University (Salem) <a href="http://www.willamette.edu/">http://www.willamette.edu/</a></b>			
<b>Financial Aid</b>	<b>Academic Advising</b>	<b>Finding a Job</b>	<b>Tutoring/Academic Help</b>
Financial Aid 503-370-6273 Waller Hall, 1st Floor	Registrar 503-370-6206 Waller Hall, 1st Floor	Career Services 503-370-6413 University Center, 3rd Floor	Learning Commons 503- 370-6300 Ford Hall, 1st Floor
<b>Physical Health</b>	<b>Mental Health</b>	<b>Difficulty Adjusting</b>	<b>Social Services (i.e. food bank)</b>
Bishop Wellness Center 503-370-6062 Baxter Hall	Bishop Wellness Center 503-370-6062 Baxter Hall	Multicultural Affairs 503-370-6265 ART Building, 1st Floor	Student Accounts 503-375-5308 Waller Hall, 1st Floor

Notes: