GRADUATE STUDENT RESOURCE GUIDE

THE OHIO STATE UNIVERSITY
GRADUATE SCHOOL
YOU ARE HERE FOR A GRADUATE DEGREE. WE’RE HERE TO HELP.

Ohio State offers many resources to support graduate students as they progress through their degree programs, but finding those resources in a place as big as Ohio State can be a challenge.

This annually updated guide is an overview of some of the services provided. It may not help you find every office on campus, but it can help to get you moving in the right direction. Whether you are new to Ohio State or have been here for years, there is always something new to discover, or some service you did not know that you needed until today.

And if you still need help, contact us.
SAFETY & SECURITY

First and foremost, we want you to be safe. The safety of the university community is of utmost importance.

IF YOU NEED IMMEDIATE ASSISTANCE, DIAL 9-1-1.

For all non-emergency issues related to safety, including non-emergency police calls, contact the Department of Public Safety.

NOTABLE SERVICES

Lyft Ride Smart at Ohio State
614-292-7433
go.osu.edu/res-lyft

Virtual Guardian
614-292-3322
go.osu.edu/res-rg

Buckeye Alerts
614-292-3322
go.osu.edu/res-ba

Bug Your Bike
614-292-3322
go.osu.edu/res-bb

Student Legal Services
614-247-5853
go.osu.edu/res-sls
PHYSICAL HEALTH & WELLNESS

To succeed in graduate school you need to take care of yourself. There are many resources on campus to help keep you healthy. All students are eligible for health insurance through the Ohio State’s Student Health Insurance. Regardless of what insurance you have, you can get health services through the Wilce Student Health Center.
MENTAL HEALTH & WELLNESS

To be healthy, you also need to attend to your mental health. **Wilce Student Health Center** offers psychological treatments through their **Psychological Services Center**. And Student Life’s **Counseling and Consultation Service** provides individual and group mental health services, prevention, and outreach programming to students.

**NOTABLE SERVICES**

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Psychological Services Center</td>
<td>614-292-8185, go.osu.edu/res-psc</td>
</tr>
<tr>
<td>Counseling and Consultation Service</td>
<td>614-292-5766, go.osu.edu/res-ccs</td>
</tr>
<tr>
<td>Suicide Prevention Program</td>
<td><a href="mailto:suicideprevention@osu.edu">suicideprevention@osu.edu</a>, go.osu.edu/res-spp</td>
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</tbody>
</table>

If you or someone you know is an imminent danger to themselves or someone else, go to the nearest ER or call 911.
NINE DIMENSIONS OF WELLNESS

See more about this and other wellness resources at go.osu.edu/res-9w.

1. **EMOTIONAL WELLNESS**
   The emotionally well person can identify, express and manage the entire range of feelings and would consider seeking assistance to address areas of concern.

2. **CAREER WELLNESS**
   The professionally well person engages in work to gain personal satisfaction and enrichment, consistent with values, goals and lifestyle.

3. **SOCIAL WELLNESS**
   The socially well person has a network of support based on interdependence, mutual trust, respect and has developed a sensitivity and awareness towards the feelings of others.

4. **SPIRITUAL WELLNESS**
   The spiritually well person seeks harmony and balance by openly exploring the depth of human purpose, meaning and connection through dialogue and self-reflection.

5. **PHYSICAL WELLNESS**
   The physically well person gets an adequate amount of sleep, eats a balanced and nutritious diet, engages in exercise for 150 minutes per week, attends regular medical check-ups and practices safe and healthy sexual relations.

6. **FINANCIAL WELLNESS**
   The financially well person is fully aware of financial state and budgets, saves and manages finances in order to achieve realistic goals.

7. **INTELLECTUAL WELLNESS**
   The intellectually well person values lifelong learning and seeks to foster critical thinking, develop moral reasoning, expand worldviews and engage in education for the pursuit of knowledge.

8. **CREATIVE WELLNESS**
   The creatively well person values and actively participates in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.

9. **ENVIRONMENTAL WELLNESS**
   The environmentally well person recognizes the responsibility to preserve, protect and improve the environment and appreciates the interconnectedness of nature and the individual.
You’re a graduate student because of your academic and research abilities. That doesn’t mean you don’t need help from time to time. Academic support comes in a variety of forms and from a variety of locations. For those looking for help with writing, the Writing Center can make all the difference. And the Office of Research offers comprehensive training and education programs for students.
7 TIPS FOR ACADEMIC SUCCESS

1. **READ THE SYLLABUS**
   Read the course syllabus the first week of the semester—and refer to it throughout the term. It explains what is expected of you in a course and contains important information on readings, assignments, and how grades are determined.

2. **ASK YOUR PROFESSOR**
   If you have questions about an assignment, your professor is the only person who can provide reliable information. Your classmates are not reliable sources of information!

3. **CITE, CITE, CITE**
   Learn the rules of citation, including the proper use of quotation marks. Your academic discipline may have its own citation expectations. This skill will benefit your scholarship. Ignorance is not an excuse.

4. **DO IT YOURSELF**
   Complete your assignments without the help of classmates or friends—unless your professor has clearly indicated that collaboration on the specific assignment is allowed.

5. **ASK FOR HELP**
   Ask for help when you need it. Whether it is to learn to write more clearly, to better understand the degree requirements of your academic program, or to gain insights into your and others’ behavior, there are people on campus who can answer your questions. Selected resources are listed on the reverse side of this card.

6. **PLAN AHEAD**
   Allow time to think about what you’ve written, to revise, and to edit before you submit the final product.

7. **BREATHE**
   Take time to enjoy the Ohio State campus. Visit the Wexner Center for the Arts, work out at the RPAC, go to a concert, attend a lecture in a field other than your own, get an ice cream cone, sit on the Oval and people watch, put away your cell phone and talk to a stranger. It’s amazing what you’ll learn!
The **Code of Student Conduct** and the other rules and codes that govern life at the university ensure that students, faculty, and staff act responsibly, and help to resolve issues when they don’t. Familiarize yourself with these rules to ensure that you’re not unknowingly breaking them or to assert your rights if someone else is.

### NOTABLE SERVICES

**Code of Student Conduct**  
[go.osu.edu/res-csc](http://go.osu.edu/res-csc)

**Immigration**  
614-292-6101  
[go.osu.edu/res-imm](http://go.osu.edu/res-imm)

**Committee on Academic Misconduct**  
614-292-7262  
[go.osu.edu/res-coam](http://go.osu.edu/res-coam)

**Other Bylaws, Codes and Rules**  
[go.osu.edu/res-codes](http://go.osu.edu/res-codes)
Ohio State is located near the downtown of Columbus, the nation’s 14th-largest city. Whatever your lifestyle—a warm and welcoming academic community, a picturesque campus or a vibrant city—it’s all within reach.

**NOTABLE SERVICES**

**Graduate Student Housing**
614-292-8266
[go.osu.edu/res-hou](http://go.osu.edu/res-hou)

**Ohio Union Activities Board**
614-292-3117
[http://go.osu.edu/res-ouab](http://go.osu.edu/res-ouab)

**Global Engagement (OIA)**
[go.osu.edu/res-glo](http://go.osu.edu/res-glo)

**Multicultural Center**
[go.osu.edu/res-mcc](http://go.osu.edu/res-mcc)
614-688-8449

**Rec Sports**
614-292-7671
[go.osu.edu/res-rec](http://go.osu.edu/res-rec)

**Ohio State Child Care Program**
614-292-1050
[go.osu.edu/res-child](http://go.osu.edu/res-child)
LIVING IN COLUMBUS

When Ohio State graduate students discover Columbus, they find a city with brains and heart. A city with an arts economy strong enough to support 8,500 jobs thriving side by side with the world’s leading research institutions. New ideas flourish here—an energy that’s building one of the fastest-growing cities in the nation. You’ll find something to interest or inspire you every day.

NOTABLE SERVICES

Experience Columbus
614-221-6623
go.osu.edu/res-cbus

Columbus Museum of Art
614-221-6801
go.osu.edu/res-cma

Off-Campus and Commuter Student Services
614-292-0100
go.osu.edu/res-occ
CONTACT

GRADUATE SCHOOL
Ohio Stadium
1st floor
1961 Tuttle Park Place
Columbus OH 43210
gradsch.osu.edu
614-292-6031
614-292-3656 (Fax)

SERVICE AREAS
Fellowship Services
614-247-7293
grad-schoolfellowships@osu.edu
Diversity Initiatives
614-247-6377
gradrecruit@osu.edu
Graduation Services
614-292-6331
grad-schoolgraduationservices@osu.edu
Registration Services
614-292-6331
grad-schoolregistrationservices@osu.edu

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