



OSWhoRU Resources

Cowboys Communicate

- First Year Cowboy Connections
 - Cowboy Connections is a great way for freshmen to have a home-base during their freshman year. The Campus Connection Coaches (CCC) from First Year Success can assist you with getting familiar with campus and knowing the resources available to you.
 - https://firstyearsuccess.okstate.edu/your-first-year/cowboy_connections.html
- Campus Connections
 - Explore all that Oklahoma State has to offer beginning when you arrive on campus extending through graduation.
 - <https://education.okstate.edu/undergraduate-students/watson-family-student-development-center/campus-connections.html>
- The Cowboy Code
 - From all 50 states and more than 100 countries around the world, our students make the Cowboy family a vibrant and inclusive culture.
 - <https://go.okstate.edu/about-osu/traditions/cowboy-code.html>

Creating Community

- Student Union Activities Board
 - The Student Union Activities Board (SUAB) has been a student organization since 1951 and within the [Leadership & Campus Life](#) department. We provide a wide range of programs and events for the entire OSU community. The purpose of SUAB is to stimulate, motivate, educate, and involve the student body through creative and fun events.
 - <https://union.okstate.edu/suab/>
- Campus Link
 - Discover unique opportunities at **Oklahoma State CampusLink!** Find and attend events, browse and join organizations, and showcase your involvement.
 - <https://campuslink.okstate.edu/>
- Center for Sovereign Nations
 - The OSU Center for Sovereign Nations was founded in 2015 with a lead investment by the Chickasaw Nation and later investments by the Choctaw Nation and the Cherokee Nation. The Center collaborates with many tribal nations and serves all native students and their friends.
 - <https://sovnationcenter.okstate.edu/>
- Stillwater Community Resources
 - At Oklahoma State we're invested in the wellbeing of all employees. We have compiled a list of community resources to support our faculty and staff in living a healthy lifestyle, as we strive to be America's **HEALTHIEST** Campus®. Investing in the wellbeing of all employees will have positive outcomes for the University and the Stillwater community as a whole.

- <https://academicaffairs.okstate.edu/faculty-development/community-resources.html>
- Student Clubs & Organizations
 - Campus life empowers leaders to grow and gain real-world experience. With more than 500 student clubs and organizations, students are able to choose from a diverse set of communities and opportunities.
 - <https://campuslife.okstate.edu/index.html>
- First Generation Students
 - The Office of First Year Success is dedicated to supporting students by connecting them to tools for academic success, making campus connections and creating healthy financial habits.
 - <https://firstyearsuccess.okstate.edu/your-first-year/first-generation/>
- Division of Institutional Diversity
 - Oklahoma State University is a land-grant institution committed to excellence in diversity and inclusion. We strive to maintain a welcoming and inclusive environment that appreciates and values all members of the university community.
 - <https://diversity.okstate.edu/>
- Study Abroad
 - The Center for Global Learning prepares students to serve as visionary leaders in their lives and professional aspirations by connecting them with discipline-specific academic experiences, engaging them in activities that strengthen individual global competencies, and providing them opportunities to develop the skills and cultural understanding necessary to effectively address global challenges and advance Oklahoma, the nation, and our world.
 - <https://global.okstate.edu/studyabroad/>

Self Care

- Wellness Center
 - Whether it's mental or physical health, we have resources ready to tackle topics like stress management, sleep, substance abuse, sexual health, LGBTQ+ issues and nutrition, just to name a few.
 - <https://wellness.okstate.edu/student-wellness/>
- University Counseling Services
 - University Counseling Services offers psychiatric, clinical and support services for OSU students.
 - <https://ucs.okstate.edu/>
- Health Services
 - We are an urgent care facility designed with your well-being as our top priority. UHS specializes in college health and our team of clinicians provides a wide variety of general medicine services.
 - <https://uhs.okstate.edu/>
- Self Care

- You deserve to be the very best version of yourself, both personally and professionally, and we are here to support you in your self-care.
 - <https://wellness.okstate.edu/employee-wellness/self-care.html>
- Intramurals
 - We offer over 50 different sports leagues, tournaments and special events throughout the year.
 - <https://wellness.okstate.edu/competitive-sports/im-sports.html>
- Pete's Pet Posse
 - The Pete's Pet Posse Mission is to enhance the wellbeing of the Cowboy family through professionally trained and nationally certified pet therapy teams in collaboration with campus resources and generous supporters.
 - <https://hr.okstate.edu/pet-therapy/>

Balance

- 1is2 Many
 - Find emergency resources and seek help, for yourself or for others. The university is committed to creating an environment that encourages victims of sexual misconduct to come forward and report their concern.
 - <https://1is2many.okstate.edu/>
- Student Support Resources
 - In this extraordinary time we know you may be experiencing a lot of emotions and want you to feel supported. The Cowboy family is more important than ever and we will get through this together.
 - <https://go.okstate.edu/coronavirus/students/>
- Financial Support
 - The following resources can aid in providing direction on receiving financial support.
 - <https://ssc.okstate.edu/student-support/resources/financial-support.html>
- Basic Needs Support
 - A large population of college students stress about finding their next meal, a place to sleep, or keeping up with hygiene needs. OSU has a wide range of partnerships, pantries, and resources to help students meet their basic needs.
 - <https://ssc.okstate.edu/student-support/basicneeds.html>
- OSU Career Services
 - OSU Career Services offers a wide range of services for students and alumni. From exploring majors to discovering your future career path – we are here to help you succeed!
 - <http://hireosugrads.com/>
- Dining Services
 - University Dining Services is the official dining operation of Oklahoma State University. With diverse self-branded operations to nationally recognizable franchises, you have an array of choices when it comes to eating on campus.
 - <https://dining.okstate.edu/>