



GRADE FIRST AID

Your Guide to a Healthy GPA

Campus Resources

Teaching and Learning Center - 68 PLC, 541-346-3226, tlc.uoregon.edu

Math and writing labs; subject specific tutoring; study skills meetings, workshops, and courses

Career Center - 220 Hendricks Hall, 541-346-3235, career.uoregon.edu

Weekly, interactive workshops to help you with your major and career choices, self-assessment process, resume writing, internship and job search, etc.

Counseling Center - 2nd Floor Health Center, 541-346-3227, counseling.uoregon.edu

Individual/group counseling & therapy, community referrals

Accessible Education Center - 164 Oregon Hall, 541-346-1155, aec.uoregon.edu

Support and services for students with documented disabilities

Center for Multicultural Academic Excellence (CMAE) - 164 Oregon Hall, 541-346-3479, cmae.uoregon.edu

Fosters community for students with a special emphasis on serving students from historically underserved and/or underrepresented groups

Health Professions Program - 68 PLC, 541-346-3226, healthprofessions.uoregon.edu

Are you thinking that your future career might be in a health field? If so, the Health Professions advisors can help you sort out your plan.

Academic Department - uocatalog.uoregon.edu

Want more information on a specific major, talk to an advisor from that department

Office of the Registrar - 220 Oregon Hall, 541-346-2935, registrar.uoregon.edu

Student registration, academic history, transcripts, and degree audit evaluation

Financial Aid - 260 Oregon Hall, 541-346-3221, financialaid.uoregon.edu

Assistance in planning your finances and organizing your resources to cover your college costs

Office of the Dean of Students - 164 Oregon Hall, 541-346-3216, uodos.uoregon.edu

Student conduct, LGBTQQA resources, conflict resolution, non-traditional student programs

Office of International Affairs - 330 Oregon Hall, 541-346-3206, internationalaffairs.uoregon.edu

Advising for international students and study abroad programs

UO Student Organizations - uoregon.orgsync.edu

Explore the more than 160 ASUO-recognized student organizations, including club sports, honor societies, student unions, fraternities and sororities and much more.





Winter 2016 GFA Workshop Options

Office of Academic Advising Workshops

Tap into your passions at UO!

These workshops will dive into opportunities inside and outside of the classroom that can further your connection with your theme of interest. Relevant majors, minors, general education courses, internship/employment opportunities, and study abroad opportunities will be discussed, as well as steps you can take this term to dive into your interests! Students will have the opportunity to connect one-on-one with an advisor following the event.

Exploring Interests in Social Justice and Community – Week 4 – Thursday, January 28, 1:00-2:00 p.m., 360 Oregon Hall

Exploring Interests in Media, Technology, Art, & Thought – Week 5 – Wednesday, February 3, 1:00-2:00 p.m., 360 Oregon Hall

Exploring Interests in Science and Sustainability – Week 6 – Thursday, February 11, 1:00-2:00 p.m., 360 Oregon Hall

Exploring Interests in Government, Politics and Global Issues – Week 7 – Thursday, February 18, 1:00-2:00 p.m., 360 Oregon Hall

TLC Workshops

Putting Off Procrastination

Week 4 - Tuesday, January 26, 2016, 6:00-6:50 p.m., 72 PLC

Tired of hitting deadlines headfirst? Learn how to find both the motivation and the practical tips needed to procrastinate less and more productively.

Making the Most of 24/7

Week 5 - Thursday, February 4, 2016, 3:00-3:50 p.m., 72 PLC

Learn new ways to prioritize your to-do list (or make one!), keep up with deadlines, and balance all the competing areas of your life.

5 & Thrive: Research-Based Strategies for Effective Studying

Week 6 - Friday, February 12, 2016, 11:00-11:50 a.m., 72 PLC

Explore how five principles of learning can transform your study time—and your results.

Highlighter Happy?

Week 7 - Thursday, February 18, 2016, 4:00-4:50 p.m., 72 PLC

Are you highlighting your way to a new meaning of Reading Rainbow? Learn better ways to take notes, stay engaged, and remember what you read.

Taming Test Anxiety

Week 8 - Wednesday, February 24, 2016, 5:00-5:50 p.m., 72 PLC

Did your palms start sweating just by reading this title? Learn how to manage stress levels, prepare well for exams, and make tests just another thing in your term—not the only thing.

Two-Minute Drill: Winning the Term

Week 8 - Wednesday, February 24, 2016, 6:00-6:50 p.m., 72 PLC

Ease stress and maximize success during final exam week by developing a solid plan for organizing materials, scheduling study blocks, and learning effectively.

Counseling Center Workshops

Be Well Wednesdays

Weeks 2-10 - Wednesdays 3:00-3:50 p.m., Esslinger 112

Students learn how to manage stress through relaxation and stress management techniques while enjoying free snacks and tea

Racial Dialogues in Winter Term

Weeks 2-10 - Thursdays 5:00-6:00 p.m., Ramey Room, Carson Hall

Weekly discussion group aimed at providing students of color a space to share and speak out about their experiences navigating college life at the UO