

# OHIO STATE GRAD STUDENT RESOURCES



## Wellness Resources

### Counseling & Consultation Services

<https://ccs.osu.edu/>

*Locations: Younkin Success Center and Lincoln Tower*

- CCS offers 10 free sessions per academic year to all graduate students.
  - Students do not need to be in high distress to seek or benefit from counseling services.
  - Graduate students will never be placed with someone they know.
- During peak time, estimated 3-4 weeks to book a session, but CCS will never leave someone struggling without care.
  - Don't offer walk-ins, but do have urgent appointments (typically for further assessment) and will do community referrals.
  - Community referrals can be relatively inexpensive with OSU student health insurance (~\$15-20 co-pay).
- **ProtoCall** provides after-hours crisis phone counseling service. Students can talk to a mental health professional at any time and a summary will be sent to CCS.
  - 614-292-5766, choose option 2
- **Crisis Text Line** provides emotion support and information for any type of crisis situation.
  - Text "START" to 741-741
- **Drop-in workshops** available throughout the semester.
- **Group sessions** of 5-8 members available through the semester. Groups that might be of interest to grads include:
  - Graduate Student Group
  - Psychotherapy for Doctoral Students (ABD)
  - Colorful Women, Graduate Group
  - Graduate International Student Empowerment
  - Queer Grad Group
  - True Selves: A Gender Spectrum Group
  - Women's Support 25+

## Student Wellness Center

<http://www.swc.osu.edu/>

*Locations: RPAC, Physical Activity and Education Services Building, Lincoln Tower*

- Completely free services based on promoting the nine dimensions of wellness. Services include:
  - Alcohol & Drug Prevention Services
  - Collegiate Recovery Community
    - Partners with CCS to provide best services to students
  - STI/HIV Testing
  - Nutrition Coaching
  - Financial Coaching
    - Staff members will see graduate students rather than undergraduate coaches
  - Condom Club
  - Wellness Coaching

## Let's Talk Program

<https://ccs.osu.edu/about-us-and-our-services/lets-talk/>

*Location: Thursdays 6-8pm at the Multicultural Center in the Ohio Union*

- Let's Talk program provides drop-in informal mental health consultations on a first-come, first served basis.
- Free and confidential service open to all currently registered Ohio State University students.
- Aimed at students who may not need traditional counseling, but who could benefit from one-on-one support and consultation.
- Students should expect one-on-one 15 to 20 minute information consultation with a staff member from CCS to gain new insight and solutions to problems and information about other resources on and off campus.
- No paperwork or appointment is necessary.

## RUOK? Buckeyes Suicide Prevention

<https://suicideprevention.osu.edu/ruok-buckeyes/>

- RUOK? Buckeyes is an anonymous interactive screening program designed to identify students at-risk of suicide and encourage them to get help.
- Students fill out an anonymous and confidential online stress and depression survey that is evaluated by a qualified university counselor. Students then receive a personalized written assessment and are invited to correspond with a counselor online to ask questions and discuss concerns about treatment and resources. All contact and correspondence is anonymous and confidential.

- Students who are at-risk are invited to talk with a counselor for additional evaluation and to discuss treatment options as needed.
- The WGSS RUOK? Buckeyes survey will roll out on Tuesday, January 29, 2019.

## REACH Suicide Prevention Training

<https://suicideprevention.osu.edu/>

- REACH is the Ohio State Suicide Prevention training program. REACH trainings will teach you how to:
  - Recognize warning signs
  - Engage with empathy
  - Ask directly about suicide
  - Communicate hope
  - Help suicidal individuals to access care and treatment
- More than 80 percent of college students who die by suicide have never been seen by their college mental health services. ([Suicide and Mental Health Task Force Recommendation Report](#), page 3).
- Trainings are 90 minutes and are offered at a variety of campus locations throughout the year. WGSS can schedule department specific trainings as well.

## Student Health Services

<https://shs.osu.edu/>

*Location: Wilce Student Health Center*

- Ohio State offers comprehensive health services to students.
- Appointments can be made online through BuckMD account.
- OSU Pharmacy carries Naloxone kits.
  - There are some trainings available to learn how to administer Naloxone. The trainings come with a free Naloxone kit.

# Activity Resources

## Ohio Union Activities Board (OUAB) Grad/Prof

[https://ouab.osu.edu/grad\\_prof](https://ouab.osu.edu/grad_prof)

*Location: Ohio Union*

- Designs and executes over 200 programs that are intentionally created to enhance the graduate and professional student experience in five key areas:
  - Personal Enrichment
    - Cooking classes, fitness programs, creative nights
  - Professional Growth
    - Job search series, etiquette dinners, individual development plans, professional development workshops
  - Social Engagement
    - Trivia nights, happy hours, speed dating
  - Special Events
    - Valentine's Day ball, end of the year picnic
  - Family-Friendly Activities
    - Kids in the kitchen, parent and family weekend, monthly family programming
- Most fees covered by the mandatory student activity fee.

## Discount Tickets (D-Tix)

<https://activities.osu.edu/programs/dtix/discounts/>

*Location: Ohio Union*

- Provides free and discounted tickets to a wide range of Columbus activities and restaurants.
- Some general discount tickets are available while other tickets are distributed via lottery.

## Recreation and Physical Activities Center (RPAC)

<https://recsports.osu.edu/facilities/recreation-and-physical-activity-center-rpac>

*Location: RPAC*

- Offers intramural and club sports, fitness and wellness classes, such as yoga and boxing.
  - Graduate students have the opportunity to teach classes as well.
- Personal training available at a discount for students.
- Membership covered in mandatory student activity fees.

# Career & Academic Resources

## University Center for the Advancement of Teaching (UCAT)

<https://ucat.osu.edu/>

*Location: Younkin Success Center*

- Provides an array of services for teaching development, both as workshops and one-on-one consultations. Services include:
  - Teaching portfolio development
  - Learning communities
  - At-risk training
  - Instructor feedback
- Course design institutes may be taken by faculty or graduate students.
- Graduate students can serve as facilitators for the annual teaching orientation to earn additional pay.

## Office of Distance Education and eLearning (ODEE)

<https://odee.osu.edu/>

*Location: Mount Hall*

- Assists with technical training and course development for distance learning courses.
- Workshops cover a range of practical topics such as course creation, video for teaching, and navigating learning management software.

## Research Commons

<https://library.osu.edu/researchcommons/>

*Location: 3<sup>rd</sup> floor of 18<sup>th</sup> Avenue Library*

- Provides a suite of services, physical space, and support at any stage of the research process.
- Offers services in:
  - Data management and visualization
  - Digital Humanities
  - GIS & Mapping
  - Copyright Services
  - Human subject research (IRB)
- One-on-one consultations available for research funding opportunities, grant applications and customized funding searches.

## Career Counseling & Support Services

<https://ccss.osu.edu/grad-prof-students-post-docs/>

*Location: Younkin Success Center*

- Provides individual attention to students on career decision making processes. Assists with goal setting, career exploration, self-doubt or anxiety, and translating education into career pathways.
- Provides career based services and workshops on:
  - CV/Resume development
  - Cover letters
  - Networking
  - Salary negotiation
- Primary aimed at careers outside of academia.

## Office of Postdoctoral Affairs

<https://u.osu.edu/osupac/>

- Provides professional development opportunities for current PhDs and postdocs. Opportunities include:
  - Grant writing
  - Postdoc mentoring plans
  - Guidance on non-academic careers
- Offers funding to National Postdoc Association.

## Preparing Future Faculty Program

<https://gradsch.osu.edu/pursuing-your-degree/career-development/preparing-future-faculty>

- Mentorship and career development program that helps graduate students from any discipline discern whether they are interested in pursuing faculty careers in liberal arts colleges or small universities.
- Best suited to graduate students who are one to two years away from conducting an academic job search.
- Applications are due in April for the following academic year.