Forget everything you know about the First Year Success Series!
How are we meeting the needs of first-year students?

Focus on the First Year Conference 2016
Well, don’t forget EVERYTHING…

523 sessions

5,428 NFYS

15,793 seats filled

*2015 numbers
Well, don’t forget EVERYTHING…

31 presenting offices

Presenters include:
Faculty, Staff, Undergraduate students, Graduate students, Alumni, Other partners

*2015 numbers
Well, don’t forget EVERYTHING…

79% survey students

2.4 average # sessions

15,121 reflections

*2015 numbers
Well, don’t forget EVERYTHING…

Academic Engagement and Career Exploration

Leadership and Civic Engagement

Diversity and Global Awareness

Health and Wellness

Finances

Buckeye Book Community
Outcomes of our time together today…

You will be able to

• Name at least 3 transition issues addressed through the FYSS.
• Name at least 3 transition issues you believe should be addressed through the FYSS.
• Articulate the value of addressing first-year transition issues through the FYSS.
Students in transition

• Get into groups
• Identify and rank transition issues
• Identify and rank issues by how they are addressed in FYSS
• In groups, identify an issue you think should be addressed in FYSS
• Brainstorm a new FYSS session for 2016
<table>
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<td>Thinking about studying abroad</td>
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<td>Social expenses</td>
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<td>Recovering from lower grades</td>
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<td>Getting sick away from home</td>
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<td>Prescription drug use</td>
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<td>Midterm exams</td>
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<td>Time management</td>
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<td>Study skills</td>
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<td>Communicating with professors</td>
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<td>Living with a roommate</td>
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<td>Managing FOMO (fear of missing out)</td>
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Part 1:

Rank the top **10-15** issues you believe are most relevant in the lives of first-year students.

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<tr>
<th>Rank FYSS</th>
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Students in transition

Part 2:

Rank the top 10-15 issues in order of how easy it would be for a student to find a session addressing this issue in the FYSS.

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Students in transition

What are your initial reactions?

Are there any transition issues that you are surprised aren’t addressed in the FYSS?

How does this impact the way presenters and survey instructors can/should approach the FYSS?
Students in transition

Can/should sessions be tailored to meet the needs of at-risk first year populations? (commuters, first-gen, low income, underrepresented minority, and out-of-state students*)

How does the FYSS currently address issues affecting at-risk populations?

*We define at-risk populations as students from populations who have historically underperformed in terms of persistence and graduation.
Let’s practice!

In your groups, identify one transition issue and create the outline of a FYSS session.

*Consider…*

- Who is best to present this topic
- Could this topic be tailored to at-risk pops
- How to make the topic engaging to a first-year student audience
THANK YOU!
Contact:
Ryan Provost
provost.17@osu.edu
fyss@osu.edu
Academic Engagement and Career Exploration

"I thought I knew this stuff!" Tips and strategies to succeed in Math and Science courses
Did you ace your Math and Science courses in high school, but you are struggling now? Did you knock your homework and quizzes out of the park, but struggled on the first midterm? Then you really need to attend this session! We will use some basic neuroscience to discuss why so many students struggle in Math and Science courses at college. We will also teach you some strategies to help unlock your brain's immense potential to understand complex ideas.

5 Under 25: Research/Internships
Five recent graduates of Ohio State come back to campus to share their wisdom with students. Join the Student-Alumni Council and some fellow Buckeyes to learn about their experience at Ohio State and benefit from their advice on the advantages of enhancing education outside the classroom. Panelists will discuss how their research and internship experiences shaped their academic and career paths. 5 Under 25 will give you a glimpse of where your education at Ohio State can take you.

A+ Research: A Template for Your Writing Assignments
Neuroscience Senior Lindsay Milich gives you a template you can use for most of your academic writing assignments, from your freshman year through your senior year. The template (from Gerald Graff and Cathy Birkenstein's book, They Say /I Say: The Moves that Matter in Academic Writing) and Lindsay's explanation are intended to take away the mystery from most academic writing. This presentation is from OSU Libraries' Student-to-Student Program.

A+ Research: How Do You Find Sources?
Neuroscience Senior Lindsay Milich uses a real research project as an example to demonstrate how to find sources in the OSU Libraries' catalog and OhioLINK and on websites. Then she shows you how to evaluate those sources. This presentation is from OSU Libraries' Student-to-Student Program.

A+ Research: Selecting the Right Resources without Having to Read All of Everything First
Okay, so you've found tons of sources that may work. If you don't have a plan, one is as good (or bad) as another. Neuroscience Senior Lindsay Milich shows you how to save time identifying the best ones to use for your purpose. This presentation is from OSU Libraries' Student-to-Student Program.

A+ Research: Where Do You Start?
The whole research process in a nutshell. Ohio State Neuroscience Senior Lindsay Milich teaches you a handy mnemonic (F-I-R-S-T) that you can use to guide yourself through the process the next time you're working on a research project. It's a great way to learn the big steps without having to deal with all the detail. This presentation is from OSU Libraries' Student-to-Student Program.(This event will not connect you with a faculty member who wants to hire student researchers. For that, contact the Undergraduate Research Office.)
**Active note-taking strategies**

If you have ever been in a lecture where the teacher was speaking too quickly or just very monotone, you may have wondered how to best take notes. You worry about keeping up or just not sure what to write down at all. At the end of the talk, you wish you had taken notes but weren't sure how it could have helped. Being an engaged listener and taking effective notes is not always easy. In our active note-taking strategies workshop we will teach you how to be more effective at taking notes so you can get the most out of your classroom instruction. You'll learn how to recognize instructor emphasis and determine which information is most relevant, how to organize lecture content, how to use abbreviations and symbols to be an efficient note taker. Finally, you'll learn how to develop an effective study plan based on your notes.

**Being a Digital First Buckeye**

In our modern globally connected society it is vital that OSU students understand how to utilize digital tools for learning and collaboration in an effort to become marketable professionals. OSU's Office of Distance Education and eLearning strives to make OSU a leader in learning technology by utilizing a wide range of technology to enhance the student learning experience. This session will provide examples of how students can navigate and take advantage of OSU digital learning opportunities. From Carmen and iTunes U to Digital Unions and Buckeye Bars OSU students have access to world class learning technology services. Students will also learn about strategies for being efficient and effective digital learners. In addition, this session will be taught by a graduate of OSU who will provide first hand accounts of how OSU prepared him for a career in education.

**Buckeye Stroll**

Walking tour of the Oval, with a discussion of how the buildings surrounding the green space reflect the historical development of the University.

**Dennis Learning Center- Stress Less: Tips for Building Academic Confidence and Resilience**

Stress is an inevitable part of life. Each of us deals with it differently. But being able to manage stress and create academic goals will help you build confidence and resilience to handle any of the challenges college throws at you. Our stress less workshop is perfect for students who are looking for strategies to manage stress and techniques that will help you quickly bounce back from adversity. Additionally, you will learn the importance of thoughts, identify self-talk and how to create manageable goals.

**Dennis Learning Center: Gearing Up for Higher Education**

There is no magic bullet that will help you successfully manage higher education. It takes a number of strategies and hard work that will put you on the proper path to college success. The Gearing up for Higher Education workshop was developed to help you know what it really takes to succeed in college. It will help you apply strategies for managing time, learning from texts and lectures and preparing for exams that will help you thrive in the context of a university.

**Dennis Learning Center: Great minds work together: Planning effective study groups**

Working well with others to achieve a common goal is essential to your success professionally and personally. As a college student, you'll likely experience this on group projects or study groups. This workshop will show you how to plan for success and get the most out of a study group. You will be introduced to social learning and understand why some study groups have successful experiences while others end with disappointment. You'll also be taught the four stages of group development and how to choose compatible study group members. Finally, you will learn which study group techniques are best for each type of learner and ways to enhance your group's effectiveness.
**Dennis Learning Center: Use Your Brain! Memory Tools for Effective Studying**

Your brain is a powerful tool that can learn and retain all kinds of information. Retaining the information you learn in college is not only relevant to your studies now but also is important to build on as you move into a professional career. Improving your memory is a skill that will benefit you throughout life. The Memory Tools for Effective Studying workshop teaches you the different types of memory and the factors that affect it, how to build meaningful learning and how to solidify that meaning for the long-term. By the end of the workshop, you will understand what it takes to not just study new information but to do so in ways to help you to truly retain it for both the day of the exam and long after.

**Dennis Learning Center: Dealing with procrastination**

We all have been there. It's the beginning of a semester. You have all the important deadlines you have to meet. You tell yourself you will not fall behind and will get a head start on assignments. But invariably, time slips away and you find yourself scrambling to finish an important research paper or cramming for final exams. Procrastination is a real issue we all have to face. In this workshop, you will learn everything you always wanted to know about procrastination but haven't gotten around to asking. You'll come to truly understand the costs of procrastination. You'll explore your reasons for procrastination and work to identify what's really going on when you procrastinate. This workshop also will introduce you to a plan to begin minimizing it using proven techniques to better manage your time.

**Discovering and Marketing Your Transferable Skills**

Discover how transferable skills apply to many different career fields as well as job and internship opportunities. Often times students are discouraged with the belief that their current jobs, activities, or coursework won't help them to achieve their long term career goals. This session will help you to understand the importance of transferable skills and how to gain and use them in your career development process.

**Excelling in Honors**

THIS SEMINAR IS DESIGNED FOR HONORS STUDENTS. Tips and strategies for successfully navigating the transition from high school to a college honors program will be examined and discussed. A staff member from the Ohio State University Honors & Scholars Center will be facilitating the seminar with assistance from upper-class OSU Honors students.

**Faculty Panel Q & A**

Now that you've been at it a whole month, the academic reality has most likely set in. This is a chance for you to engage with a faculty panel and solicit their viewpoints on your most important questions about academics and the classroom experience. What do you REALLY want to know from a faculty member? Come with a questions about testing, studying, taking notes, visiting with faculty, etc. Upperclass students will be moderating this event along with professional staff members from the Residence Life staff in partnership with a variety of faculty members on the panel.

**Find Your Career Path: Career and Major Exploration and Decision Making**

Not sure of what major or career is right for you? We'll be covering the basics of major and career exploration, decision making myths and how to get started. We'll also complete an activity to find your personal career code.
Getting over the hump: Navigating the rest of your first semester
Now that September has come and gone, you may have experienced several peaks and roadblocks in your academic, social, and emotional transition to your new environment at Ohio State. The Peer Leaders and professional staff in First Year Experience are experts in first-year needs and concerns; we are committed to helping you have success in your first semester and beyond, and that includes helping you to navigate campus resources that enable you to overcome any roadblocks in your way. Participate in this session to explore some typical new student roadblocks and learn how to use the right resource to get you back on track.

Graduate School Panel of Graduate Students: Ask the Right Questions to get the Right Answers
Applying to graduate school? Regardless of discipline, virtually all graduate school applications entail the same basic components: transcripts, test scores, letters of recommendations, and personal statements. Funding options will also be discussed. Don't miss this panel where graduate students will provide an overview of the essentials to the application process and the required components.

How to blow your first year
Are you afraid you're blowing your first year? Do you want tips for how to optimize your first year experience? This session is designed to help student identify University resources for a successful first year, including Student Life offices, Advising, and personal behaviors. We will also identify habits or choices that can lead to negative outcomes in their first year.

Introduction to the Honors & Scholars ePortfolio
Studies have shown that writing about your experiences makes you happier, more fulfilled, and even healthier. If you don't believe us, try it for yourself! The ePortfolio is a new online tool available to Honors & Scholars students that allows you to do just that: to record and reflect on your involvement and experiences as an undergraduate. Down the road, it will even help with career development. Come learn some basic pointers about working with the ePortfolio, as well as some tips and tricks for getting the most out of it. Please feel free to bring a tablet or laptop so you can get started on your ePortfolio during the session.

Introduction to Undergraduate Research in the Biological Sciences: A Visit to the Fall Student Poster Forum
Students will receive a brief introduction to research in the biological sciences and bio-related areas, including advice about how to find a research advisor, what research advisors are looking for, when and how to apply to join a lab, and then proceed to the Fall Undergraduate Research Student Forum to view actual undergraduate research projects. At the Forum, students will have the chance to ask questions of current undergraduate researchers and find out more about their individual research experiences.

Is Your Major The One?
Do you feel you've found that "special someone" when it comes to picking a college major? Are you having doubts about your current academic relationship? Are you nervous you'll be "dating" forever because you can't seem to find a perfect match? In University Exploration (an advising office for students exploring majors), we specialize in helping students explore the attraction of college majors and establish an intentional decision-making plan. In this workshop, we will talk about what's available at OSU that you haven't heard of yet, how to explore majors, and what criteria to use to select the best major for you. In reality, there isn't just one, true major for everyone--often students find compatibility with many different programs. Come to this session to work on figuring out what a healthy academic relationship should look like and how to get there.***CURRENT UNIVERSITY EXPLORATION STUDENTS SHOULD NOT ATTEND THIS SESSION AS THE INFORMATION IS INCLUDED IN YOUR UNIVERSITY SURVEY COURSE****
Join the Research Conversation
Active research is happening across the university and researchers regularly debate and inspire one another through their writings. Find out how to "hear" this conversation and how to join in - right here at Ohio State - in this 75-minute interactive session from University Libraries and the Undergraduate Research Office.

Keys to Strategic, Confident Test Taking
Exams can be a stressful experience. You have to learn the material, take a test in a finite time and wait for your grade to post. But if you are strategic about how you prepare for your exams, you can be confident any exam you take will turn out just fine. In this workshop, you will learn the optimal ways to prepare for your exams and the best strategies to take different types of tests. You'll understand what an effective plan for mid-terms or finals week looks like and how you can use this plan to be more confident going into exams.

Math @ OSU: The Inside Scoop
Taking math at Ohio State consists of a lecture, maybe a recitation, a TA, a professor, and that's it, right? Wrong! Find out about the free resources thousands of math students have discovered that can keep you on the right track.

OSU Graduate and Professional School Fair
Are you interested in continuing your education at a graduate or professional school? Would you like to learn what Ohio State options are available to you? Students will have the opportunity to talk with representatives from over 20 Ohio State Graduate and Professional Schools. Learn why you should apply to Ohio State, what's involved in applying, what undergraduate courses and programs can help you prepare, and what kinds of activities and experiences will strengthen your application.

Pathways to Undergraduate Research for students in STEM
Moderated student panel with experienced undergraduate researchers who will share their experiences conducting varied STEM (science, technology, engineering and mathematics) research at Ohio State. Learn what undergraduate research at a university is, what are the benefits, paths to get involved and resources available to help interested students.

Pathways to Undergraduate Research for students in the Humanities and SBS
Moderated student panel with experienced undergraduate researchers who will share their experiences conducting research at Ohio State in the humanities and social and behavioral science (SBS) fields. Learn what undergraduate research at a university is, what are the benefits, paths to get involved and resources available to help interested students.

Pre-Health 101
Would you like to know more about what it takes to be competitive for admission to post-baccalaureate health programs, such as medical, dental, pharmacy, veterinary, and optometry schools? Many students just don't know where to start. This session will cover important aspects of pre-health tracks of study and preparation. Topics will include selection of major, competitive grades and test scores, references, and out-of-classroom experiences.
**Say what you mean, mean what you say: Tips for effectively communicating with technology**
Have you ever sent an email you later regretted or the email was misinterpreted? If so, you are not alone. Many students approach emailing similar to texting (after all many of us use our mobile devices to email), but university staff, faculty, and potential employers expect emails to be written similar to standard letter format rather than text messages. Come to this session to brush up and learn simple and effective ways to communicate professionally with technology! We will provide examples of "do"s and "don't"s while incorporating humor along the way. Students will leave this session with specific guidelines they can use in their everyday life toward being successful in college and beyond.

**So much more than books! University Libraries can make your life easier**
In this one-hour interactive session, discover many resources and services the University Libraries offers that can save you time and help you get better grades. Learn to make the best use of limited time by searching strategically.

**The Big, Bold, Buckeye Resources Challenge 2015 *Undisputed Edition***
Get Your Game On! This session will allow participants to show the world just how much they know about how to be successful here at The Ohio State University by matching wits with others on campus! Participants will be challenged by a fantastic game host or be part of a live studio audience! So, anyone who is interested should get their thinking caps on, psych themselves up, and prove that get ready to prove that they are truly an "undisputed" stellar student here at Ohio State.

**Where's Woody**
Play an interactive game as a member of a team to solve the mystery of where Woody Hayes is hidden in Thompson Library. This 75 minute session begins with a brief meeting to learn the rules and to break into teams; then you are off to complete a series of tasks to solve the mystery. At the end we will regroup to score and award prizes to the winning team. Along the way learn about some of the great resources and services offered by University Libraries.

**Diversity and Global Awareness**

*"Black folk don't.... go to counseling: Increasing utilization of counseling by African-American students".*
It is essential that college counseling centers are equipped with innovative ways to ensure access for all students, including those from underrepresented populations. Presentation goals will be to examine barriers to accessing services faced by racial and ethnic minority students, and seek to improve treatment utilization rates and help seeking attitudes. The presentation will be interactive, incorporating information-sharing, discussion, personal experiences, participant feedback, and video components.

*"THE MASK YOU LIVE IN" a film by Jennifer Siebel Newsom*
The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating narrow definitions of masculinity. Pressured by the media, their peer group, and even the adults in their lives, our protagonists confront messages encouraging them to disconnect from their emotions, devalue authentic friendships, objectify and degrade women, and resolve conflicts through violence. These gender stereotypes interconnect with race, class, and circumstance, creating a maze of identity issues boys and young men must navigate to become "real" men. Experts in neuroscience, psychology, sociology, sports, education, and media also weigh in, offering empirical evidence of the "boy crisis" and tactics to combat it. The Mask You Live In ultimately illustrates how we, as a society, can raise a healthier generation of boys and young men.
"What Are You?" Exploring Biracial and Multiracial Identity
This presentation will provide an overview of the changing racial demographics in the United States in relation to multiracial people. This will include identifying issues multiracial college students face, U.S. Census data, examples of multiracial microaggressions, and examples of the use of multiracial identity in modern pop culture.

"Are You Man Enough?" A Dialogue on Manhood in College.
This interactive session will provide students an opportunity to discuss what masculinity means to them individually compared to what is expressed in society. Other issues that will be raised are the impact that a person’s perspective of manhood can have on their first year experience. Lastly, information will be presented on how one can form a healthy concept of manhood that fits with their personality, interests, and perspective.

5 Under 25: Study Abroad
Five recent graduates of Ohio State come back to campus to share their wisdom with students. Join the Student-Alumni Council and some fellow Buckeyes to learn about their experience at Ohio State and benefit from their advice on the advantages of going abroad. Panelists will discuss how their international experiences shaped their academic and career paths. 5 Under 25 will give you a glimpse of where your education at Ohio State can take you.

Diversity, Social Justice and YOU!
Do you have an affinity for diversity or social justice issues? Are you looking to build community around your identities? Interested in cultural events but don’t really know where to start? If you answered yes to any of these questions, this session is for you! In an interactive session, we will explore the resources available at the Student Life Multicultural Center and how you can use them during your time at Ohio State.

Droppin' Science: Introduction to Hip Hop Research
The Droppin' Science session uses the theme of Hip Hop Culture to explore library vetted resources and introduce participants to basic research methods and resources. This interactive session will include a multimedia presentation and participant conversation.

FEMINISM 101
Are you a feminist? Have questions about feminism? Want to learn more about feminism? Women's Center Wednesday is the place for you. Come join the Multicultural Center's Women's Student Initiatives as we lead an event and discussion about FEMINISM. The program will be lead and facilitated by Dr. Treva Lindsey from Women's Gender and Sexuality Studies department and explore how feminism is portrayed in the media through major pop artists like Beyonce, Nicki Minaj and Lady Gaga. Women's Center Wednesdays (WCW) is a safe space for all buckeye women to network with each other and experience personal and professional development activities. Themes include networking, career exploration, Allyship, body image and a range of other topics relevant to the college woman's experience. WCW will take place every 1st & 3rd Wednesday of each month from 7-9pm in the MCC, Alonso Family Room. For updates and events follow WSILC on Twitter and Instagram @WSI_OSU. This event also counts toward your DICE Certificate (H&A or SJE) so be sure bring your DICE card or stop by the MCC to pick one up. More information about DICE can be found here: go.osu.edu/dice.
**Funding Your Study Abroad Experience**
Help turn your dream of studying abroad into a reality! Learn more about the types of funding available for study abroad programs: financial aid and how it works, Ohio State scholarships, external scholarships and creative ways to raise additional funds. The keys to success are to start early and to be proactive.

**Homelessness In Central Ohio**
Homelessness is a way of life for many individuals and central Ohio is no exception. This session will explore what homelessness looks like in the area around campus and how students can address homelessness. There are homeless individuals frequently on high street and this session will address some of the issues they face and how students can interact with them in a respectful and potentially informative way.

**How to Navigate Native American Student Services at OSU**
Do you identify as Native American and attend Ohio State University? This session is designed to help first year, transfer, returning, and graduate students navigate Native American campus life. Additionally, students are able to get connected with campus and community resources, have an opportunity to ask questions about the climate on campus, connect with one another, and build community.

**Know & Engage the World: How and Why to Internationalize Your Time at Ohio State**
The twenty-first century college student understands that an internationalized education is important, but what does that mean? And how should one go about internationalizing one's education? This session will help students to answer these very questions by acquainting them with a number of study abroad opportunities and campus-based opportunities.

**Ladies tell 'em, we FLAWLESS: Body Image**
Join us for a discussion about women and positive body image! All are welcome but the focus will be on women. We will be focusing on images of women in the media and how it affects college women. Women's Center Wednesdays (WCW) is a safe space for all buckeye women to network with each other and experience personal and professional development activities. Themes include networking, career exploration, Allyship, body image and a range of other topics relevant to the college woman's experience. WCW will take place every 1st & 3rd Wednesday of each month from 7-9pm in the MCC, Alonso Family Room. For updates and events follow WSILC on Twitter and Instagram @WSI_OSU.

**Mingling of Souls: Reflection on Faith and Friendships**
This interactive discussion is designed to help you, as college students, become more comfortable with talking openly about spirituality and religion and become more aware of the rapidly growing national trend of spirituality and religiosity on the college campus. There will be a brief presentation on popular world-views followed by personal and group reflection on religion and spirituality. We hope you will walk away with practical steps on developing the spiritual dimension of your lives.

**Movember - Social Justice and Violence Toward African American Males: The Dialogue Continues**
Even though violence against African American/Black men has fallen out of the headlines, it continues to happen on a weekly basis. Come to learn/discuss ongoing civil rights issues around violence toward African American/Black Men.

**Movember at the Movies: Screening and Discussion: Good Will Hunting**
Masculinity is a predominant, but rarely discussed, feature of Contemporary American Film. As part of the Movember Men's Mental Health Month, please join us in this showing of the movie Good Will Hunting followed by a discussion on how masculinity is portrayed in the film.
**Open Doors Mini: Combat Bias-Make a Difference**
Join us for an interactive session on what is bias and what YOU can do about it. Bias happens every day and OSU is no exception to incidents of bias. You will learn basic tools to identify bias and what you can do once you witness one. Help us make OSU a safe space for all!

**Open Doors: Combat Bias-Make a Difference**
Join us for an interactive session on what is bias and what YOU can do about it. Bias happens every day and OSU is no exception to incidents of bias. You will learn basic tools to identify bias and strategies you can use to prevent and stop bias incidents. Help us make OSU a safe space for all!

**Study Abroad 101: How to Get Your Journey Started**
Interested in studying abroad but not sure how to get the process started? This session is for you! Study Abroad staff and returned students will put you on the right path and guide you through those first few steps.

**Study Abroad Expo**
The Office of International Affairs invites students to the 2015 Study Abroad Expo, which will be held on Friday, September 18 from 10 a.m. to 2 p.m. in the Buckeye Reading Room in the Thompson Library. The Expo will give students the opportunity to talk one-on-one with study abroad experts and to learn more about the myriad of ways to study abroad at Ohio State. Students will be able to explore programs for all majors in more than 100 countries on all seven continents, as well as to learn how to apply for a passport. Students won't want to miss this year's Study Abroad Expo - mark your calendar for September 18! Table 32 at the Expo will have all the information students need in order to get credit for this session; students are advised to check in there upon arriving to receive all instructions.

**Swagger Jacker: A Conversation on Cultural Appropriation**
'Culture' -- "a way of life of a group of people ... passed along by communication and imitation from one generation to the next." Is your imitation being considered appreciation or offense?

**Take Back The Night: Speak Out Against Sexual Assault**
The College of Medicine is collaborating with the Department of Women's, Gender, and Sexuality Studies, the Student Life Multicultural Center, and several other student groups to plan a Take Back the Night speak out against sexual assault and abuse. This will take place on Wednesday, September 30 from 7-9pm, in the Alonso Family Room of the Student Life Multicultural Center (in the Ohio Union). All are welcome and encouraged to attend, and survivors of sexual violence are invited to share their own stories during the speak out. The evening will conclude with a candlelit walk to the amphitheater near Mirror Lake. Those who would just like to join us for the walk are invited to gather in the West Plaza outside of the Ohio Union at 8:30pm. If you are a survivor who would like your story to be heard but are not comfortable sharing it at the speak out, you are also welcome to anonymously submit it using this form, and it will be read aloud by a volunteer that evening. Follow link for form: https://tbtn2015.wufoo.com/forms/take-back-the-night/

**What Does It Mean to be Native American at OSU?**
Are you interested in learning more about the Native American community at Ohio State? This presentation will explore the unique and complicated identity journey that many Native American students experience while attending college.
**Where in the World Will You Spend the May Session? Global May Study Abroad Programs**
The Office of International Affairs offers several study abroad programs specifically intended for first and second year students of any major. Study abroad is a valuable part of the Ohio State curriculum and these Global May programs provide the earliest opportunity for you to study abroad while allowing you to go abroad again later in your college career. Come and learn more about these Global May programs in Brazil, China, Great Britain, Hungary, Mexico, Morocco, New Zealand, Spain, and Uganda.

**Who Am I? Who Are You? Who Are We?**
During this interactive session, students will get an introduction to social identities and how they show up in our daily lives. Students will engage in reflection and dialogue about the unique aspects of their identity while also explore how diversity adds to our great Buckeye community!

**Finances**

**Financing Your Education**
There is more to understanding the cost of college than simply tuition! This workshop will assist you in understanding the true costs of your education, different ways to fund your education, how to manage your expenses across your entire collegiate experience, and the practice of thinking ahead.

**International Students and U.S. Law**
Student Legal Services at The Ohio State University invites our international student friends to a session covering U.S. Laws. SLS Attorneys will discuss driving and traffic laws, safety, credit cards, off-campus housing, scams involving students, and much more. Come with your questions and talk to the attorneys for students!

**Personal Finance 101**
One of the most important aspects of financial wellness is an understanding of the basics. This workshop will help you to start on your path to greater financial capability and understanding! Topics include: budgeting, banking, and credit.

**THE OTHER SIDE OF HIGH STREET: Tips for visiting off-campus, being safe, and preparing for housing search and moving off-campus.**
This year marks the first time that incoming students will be required to live on-campus in their second year. But, you will be visiting the off-campus area to shop, eat, and have fun. We want you to know the best ways to stay safe and the resources available to you. Also, you may start thinking about off-campus living this year. We can help prepare you for that process. Hear from the experts about the off-campus area, mistakes to avoid, your legal rights and responsibilities, safety, and much more! The more informed you are about the off-campus area, the more likely you are to have a positive experience when you visit and eventually live off-campus. See you there!
Health and Wellness

“The Adderall Dilemma”
Come join the college of pharmacy’s Student National Pharmaceutical Association and the Generation Rx initiative as we discuss “The Adderall Dilemma.” This will be an interactive workshop with discussion based questions that will help students understand the dangers that can be associated with prescription stimulant abuse.

Academic Success 101: Practical Guides for International Students
Do you want to learn how to become a successful student at OSU? Come to this session to learn concrete skills that will help you maximize the effectiveness your study time and better manage your test anxiety. This session will also focus on ways to enhance your educational experiences at OSU by increasing communication with your professors, TAs, and other students in your class.

Alcohol and Sex: Do they Mix?
This interactive session will explore the relationship between alcohol and sex through a variety of activities. Learn about sexual consent - what it is, when you can get it, and what happens when alcohol is in the mix. Alcohol and Sexual Violence resources will also be provided.

An Attitude of Gratitude: How to Foster Happiness in College
Gratitude has been the capacity most linked to people expressing happiness levels in their life. Understanding that college can be a stressful time, this workshop explores ways that we can incorporate this happiness skill into our everyday lives.

Beating Anxiety
Anxiety is a common physiological reaction to college life that almost all students experience during their time at Ohio State. This seminar is designed to help students 1) understand what anxiety is from a biopsychosocial perspective, 2) describe the ways in which our thoughts and feelings respond to the internal sense of anxiety, and 3) Discuss the ways in which we can reduce our anxiety in terms of how to take care of our bodies, emotions, and thinking habits. When you leave this seminar you should have a strong foundation on how to manage your own anxiety and what steps you need to take in order to feel better.

Beating Depression
Depression describes physiological/psychological symptoms people experience as a result negative life events. Depression can be caused by a large variety of factors while at Ohio State including academic distress, difficulties with friends and social life, or larger life changes. Depression can impact the way we sleep, eat, our energy level, academic performance, or even how we interact with our friends and family.

Blurred Lines
Are you sure you know “they want it?” This interactive session will break down sexual consent - what it is, what it isn't and how to get it without coercion.

Bounce Back - From Surviving to Thriving
Facing challenges is an inevitable part of the human experience. Resilience is the capacity to bounce back from adverse experiences and become even stronger. As you move through your first year at OSU, you will likely be challenged in many different ways. This session will use the concept of wellness to help you gain skills to increase your personal resiliency and grow more fully into the person you are capable of becoming.
Building Authentic Relationships - Speaking and Listening from the Heart
You might be asking yourself, "How do I navigate clearly and smoothly with others in this new environment called The Ohio State University?" How do I build healthy relationships with other students, teachers, dorm residents or others?" " How do I resolve conflicts...with roommates, in the classroom, in social situations?" This workshop will help by giving you a "framework" and skills to Build Authentic and Honest Relationships through a process called Nonviolent Communication (NVC) or Compassionate Communication.

***This session is geared to students under the age of 21.*** Student Legal Services at The Ohio State University (SLS) provides legal advice and representation to Ohio State students. You'll learn from a former City Prosecutor and former Public Defender about your criminal rights and responsibilities. Hear all about common criminal issues OSU students have faced in the past (underage drinking, fake I.D.s, open container, driving under the influence, and more) and how you can prevent them from happening to you! Armed with knowledge, you can make smart choices in your first year at OSU.

Busting Stress Through the Breath
This workshop will offer some hands-on breathing techniques, along with guided meditation, to help you combat the stresses of daily life. It will give you tools to calm down your mind when everything seems overwhelming.

Challenges and Tips for taking medications for mental health
Many times first year students might need medications to for mental health. Being away from home and in the college environment, there are many barriers that can keep you from taking prescribed medications. This can hurt your mental health and ability to function in college. This talk is a great opportunity to meet our psychiatrists for answers to your questions about medications and mental health.

Choices about Alcohol
This session will empower students to make educated choices about alcohol in college. Through a group discussion students will examine the pros and cons of drinking and be provided with information about physiological effects of different levels of drinking and how to lower risk when drinking.

Comfort Zone
This interactive session will give students an overview of stress and time management. Student will learn the difference between good and bad stress, how to prioritize stressors, and leave with tools to manage stress.

Communication 101
During this session attendees will learn different skills necessary for communication. This session will not only teach the different skills, but also engage attendees through different activities and participation.

Consent is Sexy!
Learn about sexual consent, why you should get it, and how to make it hot. This interactive session will promote an honest discussion about consent and communication within relationships through a variety of activities.
Creating Quality Relationships: Practical Guides for Cross-Cultural Communication and Relationship Building

This interactive session will provide an opportunity for students to explore cross-cultural interactions that often bring fun, rewarding, yet confusing moments. Both domestic and international students are welcomed to join this program. Participants will engage in activities and discussion to explore their own successes and challenges in building cross-cultural relationships. Students will also learn helpful tips and tools to enhance their social experiences in this growing internationalized institution.

Dealing with side effects of medications for mental health

First-year students often get to campus already on prescription medications or end up on prescription medications for mental health during the first year. Being away from home, this can have benefits and challenges. This is a great opportunity to talk to one of our psychiatrists about this situation and how to manage various problems that can occur.

Developing a Mindset for Success

There is more to success than abilities and talent. The mindset with which we approach our goals can impact our self-esteem, our motivation, and our ability to thrive. This session will use one simple idea about the way that your brain functions to help you cultivate a mindset that will help you realize the success you desire in your time at OSU and beyond!

Double Dare

Students will test their alcohol knowledge in this adaptation of the Nickelodeon Hit. Presentation features physical challenges while wearing beer googles.

Healthy Relationships: Practical Guides for International Students

Description: Having a strong, healthy social support network in college is a key to future success. Research has shown that healthy relationships help buffer stress and enhance satisfaction in life. However, failed relationships happen. Come join this workshop and you will learn about ingredients for successful, healthy relationship. Participants will also learn about effective communication skills and cross-cultural differences in relationships.

Home for the Holidays

The holiday season is often a stressful time for many people. As a first-year student returning home for the first time after being at school for a semester presents unique challenges. In this session you will discuss these unique challenges and be presented with strategies to increase the likelihood of a happy holiday and break. May your winter break be festive and peaceful!

Hookups and Hangovers

This is a session where there will be a panel of undergraduate students discussing issues surrounding party culture at Ohio State. They will tackle issues like binge drinking, hangovers, hookups, how to be safe, and some dos and don'ts that we wish we had known freshman year. This panel will also be open to any questions students have about party life or campus life in general.

Kickin Butts

In this Jeopardy style presentation students will learn the history behind Ohio State becoming a Tobacco Free Campus and be given tools to help raise awareness and address smokers on campus.
**Latex and Safer Sex**
Through interactive activities participants will learn why it is necessary to use latex barriers and how to properly use them in order to reduce risks associated with STIs and pregnancy. Some common misperceptions and questions about sexual health are discussed.

**Let's Talk about Sex**
8th Floor Improv will put on an interactive comedy skit highlighting the importance of safer sex education and safer sex practices!

**Making OSU your home away from home: Practical Guides for International Students**
Living and studying in a foreign country could be an exciting and challenging journey at the same time. Come to this session to learn how to navigate between your culture of origin and American culture and enrich your experiences at OSU by getting involved in activities on and off campus.

**Making the Most out of Holidays and Winter Break: Practical Guides for International Students**
Whether you plan to stay in Columbus or go home, holidays and winter break could be relaxing and enjoyable, yet stressful at the same. Come to this session to learn how to make the most of your time during the holidays and winter break and better prepare yourself for your transition back to school next semester.

**Marijuana Fun Facts**
Want to know what all the "blaze" is about with marijuana? This interactive sessions will address popular myths and provide facts about marijuana.

**Medications for mental health**
Many times first year students might need medications to restore mental health. Talk to our psychiatrists for answers to your questions about medications and mental health. We will discuss how medications can:
- Help a first year student successfully transition to the college environment.
- How medications can help or hurt your mental health.
- When it might be appropriate for a first year student to consider medications to improve mental health.
- What medications cannot do. This is a great opportunity to speak to our psychiatrists and to ask questions.

**Men’s Health in MOvember!**
This session will discuss the MOvember campaign and provide an overview of important Men’s Health Topics. Join presenters from the Student Life Student Wellness Center and Student Life’s Counseling and Consultation Service to learn more about Mens Health!

**Mindful Eating in the N.O.W. Moment**
In this interactive presentation you can expect to gain a better understanding of your personal habits and 7 principles for becoming a mindful eating.

**Mindfulness Stress Management Workshop**
This workshop will help participants to learn and practice skills that can be helpful in coping with stress, becoming more aware of our thoughts, and managing responses to pleasant and unpleasant circumstances.
**Movember - Being Smooth without Being Awkward. Dating Skills and Cultural Norms: (Room 300 not 150 of Younkin)**
Trouble with dating? Join us for this seminar on how to date effectively and respectfully facilitated by psychological professionals.

**Movember: Bro-Ga Yoga**
Yoga for Bros? Ever wanted to try Yoga but never had the chance? Or are you a pro yogi already? Join us as our dually licensed/certified Counselor/Yoga Instructor takes us through Yoga for Men 101. (We will provide mats for FYE registrants if you do not have one. If you do have one please bring your own)

**Movember: DISC-USSIONS of Masculinity: Come Play Disc Golf and Discuss being a College Male/Masculinity**
Join us for this FYSS session that aims to educate and raise awareness of men's health issues. Get the facts and gain the knowledge of the Movember campaign and health factors that may directly impact men on the college campus.

**Movember: Gaming Your Mind: Discussion of Video Games and Mental Health (Room 150 of Younkin, not room 300).**
Seems like all we hear is the negatives around video games and mental health. Come learn how to use video games as a way to enhance your life!

**Movember: Getting a Grip on Getting Ripped: Men, Eating Disorders, and Body Image.**
Eating disorders and body image concerns have been on the rise for men over the last few years. This is a topic rarely discussed, yet prevalent for many men. Come learn about men's body image and eating disorders in a positive environment from two body image specialists from right here in Columbus.

**Movember: Man to Man: Mental Health Q and A**
Join us for a discussion around men's mental health with a male identified psychiatrist, psychologist, social worker, and counselor. Participants will be invited to submit questions to the panel and engage in a discussion around men's mental health.

**Nationwide Children’s Reproductive Health Services; Myths, Realities and those Awkward Conversations!**
Come hear from staff from the Student Wellness Center and Nationwide Children's Hospital to learn more about contraceptives, pregnancy care rights and responsibilities, and learn more about resources available to you!

**Party Smart**
This interactive group discussion educates participants about Ohio and Ohio State University alcohol laws and policies as well as what it means to be a “responsible drinker.” Participants are introduced to various alcohol issues through real-life scenarios. The emphasis of this presentation is on education and dispelling common myths surrounding college students and alcohol.
**Perfectionism**
This 1-hour drop in workshop will examine the differences between perfectionism, high/over-achieving, and healthy functioning. Presenters will also address the origins of perfectionism, risks of thoughts and behaviors tied to Perfectionism, and encourage a focus on process versus outcome, providing strategies individuals can use to set healthy goals. Participants are able to ask questions of and elicit feedback from the facilitators. This workshop will benefit anyone who sees perfectionistic traits in themselves and wants to explore the importance of this concept in their life.

**Playing it Smart with 8th Floor Improv**
In this interactive skit and discussion session 8th Floor Improv portrays the life of a First Year OSU student trying to balance school with the new freedom of alcohol.

**Prescription Drug Misuse and Abuse!**
Prescription drug misuse and abuse is on the rise in college students. In this interactive discussion based presentation students will learn the facts to help raise awareness and potentially save someone's life.

**Rage and Relax**
Do you ever feel weighed down by your passions for progress? Do you ever feel anxious and frustrated by the news and current events? Does your passion for social justice motivate you but also feel heavy to carry? These are heavy topics to deal with and we want to be there for you. Let Women's Student Initiatives help you unpack these passions, overwhelming feelings and their impact on your work and mental health. Come to Women's Center Wednesday's Rage and Relax where we will discuss how to find a balance between raging and going for your passions while also finding healthy ways to take care of yourself and your mental health. Women's Center Wednesdays (WCW) is a safe space for all buckeye women to network with each other and experience personal and professional development activities. Themes include networking, career exploration, Allyship, body image and a range of other topics relevant to the college woman's experience. WCW will take place every 1st & 3rd Wednesday of each month from 7-9pm in the MCC, Alonso Family Room. For updates and events follow WSILC on Twitter and Instagram @WSI_OSU.

**REACH: Suicide Prevention at Ohio State**
Suicide is the 2nd leading cause of death among college students. Here at Ohio State, we take suicide prevention seriously, and our biggest resource is YOU. By attending this training, you will become a certified REACH suicide prevention gatekeeper. You can add this to your resume and take these skills with you into any career.

**Relaxation Station**
Come to this 50-minute workshop to learn about and practice behavioral strategies to decrease anxiety and promote relaxation. Get a dose of calm at the Relaxation Station!

**Right Bite on a College Campus**
Did you know that only 6% of OSU students consume the recommended servings of fruits and vegetables per day? Based off the game show Family Feud this session addresses how to create well-balanced meals, identify healthy options on campus, and utilize resources that can empower you to eat the "right bite" on campus.

**Sleep Debt: Like credit card it has to be repaid**
Lack of sleep during the week catching up to you on the weekends? Sleep in the college setting will be discussed in the interactive session and will provide information on why a good nights rest is important and how to get more sleep in college.
**Stress and Time Management**
This hour long workshop will assist students with gaining insight into the unique stressors they will encounter during college and will introduce specific time management strategies aimed at reducing their stress levels.

**Tabloids Vs. Tough Truths**
A discussion about the discrepancies in media portrayals of substance use, misuse and recovery versus the reality of how substance use issues impact individuals and families.

**The First-Year Fifteen: Healthy Eating Habits to Combat College’s Biggest Myth.**
Students often hear and fear the dreaded “First-Year Fifteen”, a myth that first-year students are destined to gain fifteen pounds sometime in their first year of college. Recent research shows this fear to be nothing more than a myth, but unhealthy eating habits in college are very real. This session is intended to help first-year students learn healthy eating habits while living on campus for two years. Students will receive information regarding how to navigate healthy eating on campus, helpful resources that can assist them with healthy eating, and general tips to encourage healthy eating.

**The Other Freshman 15—Fifteen facts about prescription drug abuse that could save your life**
You've heard of the infamous "Freshman 15" weight gain that many college freshman experience after moving to campus, but what about the "Other Freshman 15"? The facts covered in this program could help save your life, or the life of someone you know, by raising awareness about the problem of prescription drug abuse and misuse in Ohio. In addition to the expected weight gain, new students are also likely to encounter the opportunity to misuse prescription drugs while in college. Non-medical use of prescription drugs by college students has doubled since the 1990s, and prescription drug abuse could derail your college career. Join members of the GenerationRx Collaborative and current pharmacy students for this interactive, discussion-based presentation to learn what you can do to prevent prescription drug abuse and misuse during your time at OSU.

**Understanding options of mental health treatment**
Because of stress, and adjusting to college life, many first year students can have mental health problems. First year students may not know where to turn or what types of treatments are available. This could keep students from getting better sooner and hurt their health. It might also impact a first year student's chances of staying in school. This is a great opportunity to meet with psychiatrists and ask questions.

**Vegetarian Cooking Workshop**
Join us on Monday at 7 pm in RPAC Demo Kitchen Room to get hands-on experience in cooking healthy vegetarian recipes. Whether you are a vegetarian or not, or wanting to try it out, you will definitely enjoy the food. Learn from experts and make friends with like-minded students. Become an ingredient to create a healthy world!

**Wait, have we been lied to?**
It's time to rethink what you've been taught about sexual violence and how it happens. This interactive session will bust many common myths about sexual assault and present ways you can stop it before it happens.
Your Wellness - Your Life
This session will provide an overview of wellness as a way of better understanding yourself, your goals, and ways to experience greater balance in life. Participants will review each aspect of the 9 Dimensions of Wellness model that is endorsed by The Ohio State University, gain greater awareness of how this model applies to their personal wellness and be challenged to set wellness oriented goals that have personal value and relevance.

Leadership and Civic Engagement

5 Under 25: Greek Life
Five recent graduates of Ohio State come back to campus to share their wisdom with students. Join the Student-Alumni Council and some fellow Buckeyes to learn about their experience at Ohio State and benefit from their advice on the advantages of Greek Life. Panelists will discuss how their Greek involvement shaped their academic, social and career paths. 5 Under 25 will give you a glimpse of where your education at Ohio State can take you.

5 Under 25: Leadership
Five recent graduates of The Ohio State University come back to campus to share their wisdom with first year students. Join the Student-Alumni Council and some fellow Buckeyes to learn about the benefits of getting involved on campus. Panelists will discuss how their leadership experience and involvement at Ohio State shaped their academic and career paths. 5 Under 25 will give you a glimpse of where your education at Ohio State can take you.

Civic Engagement in Your First Year
This session will explore the topic of civic engagement for first-year students at Ohio State. Through conversations and activities, participants will reflect about their role in the Columbus community and develop an action plan about how to create positive social change on-campus and in the city. In addition, participants will learn about their voting rights as college students and get information about election dates and deadlines.

Contagious Leadership
Do you have an interest in putting your leadership skills into action? Did you know the university motto is "Education for Citizenship”? During this session, we will be discussing ways for students to expand their leadership abilities in a new college setting and showing them examples of how leaders in the Department of Social Change are making an impact in communities in the Columbus area.

Service in your First Year
This session will introduce components of meaningful community service. We will discuss various aspects of service and how first year students can integrate service into their OSU experiences.

The Anti-Human Trafficking Movement in Columbus Ohio
Human Trafficking is modern day slavery and it happens all around us. This session will focus on what human trafficking looks like in the columbus area and how advocates are working to combat human trafficking.
This Buckeye Life
In this session, students will reflect, discuss, and dive into what leadership is at the Ohio State University. Barb Kefalas, Senior Associate Director of Residence Life, and Leslie Robinson, Hall Director of Bowen House, will present information on getting involved, making your mark, and designing your own Buckeye experience from day one!

Your Buckeye Leadership Plan
The Ohio Union and the Office of Student Life know that involved students are successful students. We want to help you get involved in at least one opportunity outside the classroom, and help develop your leadership skills. There are plenty of options to choose from, and this session will provided detailed knowledge of opportunities in leadership programs, student organizations, community service, campus employment, and Sorority and Fraternity Life - helping you to get involved, and become the leader you're meant to be!