

# Breakout Sessions

FORTE 2024 @ OSU-Cascades

## **Career Kickstart: Maximizing Your College Journey**

As you embark on your academic career, you'll want to prepare for life after college with a great career. Join us to learn about what you can do at OSU-Cascades to ensure you're ready for your dream job. What factors should you be considering? What steps along your academic journey should you take to set you up for success? And what resources does the Career Development Center have to support your journey? We'll examine all this and more.

### **TYKH 209**

Jeremy Hansen | Career Service Coordinator/Advisor  
Jeremy.Hansen@osucascades.edu

## **Decoding the Code of Conduct: Gameshow Style!**

Come learn about OSU's policies and win fun prizes through an interactive game show! We'll help demystify the rules and processes that govern student conduct at OSU and provide you with resources for how to be successful as a student. This is also a judgment-free space to ask any questions about OSU policies or how conduct violations are addressed.

### **TYKH 206**

Andy Frei | Associate Director, Residential Education and Housing/Student Conduct  
Andy.Frei@osucascades.edu

## **Getting the Most Out of Your Time Management**

There are 168 hours a week. And, only about 10% of that time will be spent in class. What will you do with the rest of the time? How will you anticipate and manage expectations for homework alongside all of the responsibilities you have living on your own? Come to this session to think about your priorities and how you will create both structure and flexibility to get all of things done for success both in and out of the classroom.

### **OBSN 205**

Katie Wilson | Associate Dean of Student Life  
Katie.Wilson@osucascades.edu

## **Goal Setting w/ an Amazing Twist**

Join Graduate Student Recruitment Coordinator Raye Lynn McCabe in a session important to all new students. Participants will embark in a goal setting activity using the Strengths, Opportunities, Aspirations and Results (S.O.A.R.) strategic planning tool to theme of the Amazing Race. Want to find out more? Come join us!

### **TYKH 109**

Raye Lynn McCabe | Graduate Student Recruitment Coordinator  
Ray.Mccabe@osucascades.edu

## **Join The Bridge's Affinity Groups for a Paleta Party!**

Come meet the First Gen Students, Latinx, Gender & Sexuality, Disabled Students and AAPI Affinity Groups, learn how to become a member and how these groups are actively creating community at OSU-Cascades... and get a paleta while you're at it!"

### **TYKH 111 & Bruckner Courtyard**

Lupita Gamez | Belonging and Equity Coordinator  
Lupita.Gamez@osucascades.edu

### **Library Show & Tell**

Remember the joy of sharing your special treasures with your classmates during Show and Tell? The library is excited to share its treasures with new students! During this open house-style event, visit the library at 202 Tykeson Hall to explore everything the library has to offer. Learn about the money-saving benefits of our textbook course reserves system, browse our Library of Things to see what the library loans out other than books, and leave with a poster for your dorm room courtesy of the library's large-format printer.

#### **TYKH 202**

April Witteveen | Library Director  
april.witteveen@osucascades.edu

### **Student Health & Wellness Resource Breakout**

Discover several health and wellness resources available to you on campus and in the community. Brooke Martindale will review some of the most needed amenities for our new students and facilitate conversations to help you make sure you have what you need to be healthy your first-year.

#### **OBSN 207**

Brooke Martindale | Wellness Coordinator  
Brook.Martindale@osucascades.edu

### **SnoPlanks Academy Orientation**

SPA would like to introduce students to the mission, vision, and possibilities within SnoPlanks Academy here at OSU Cascades. From showcasing future board designs, to talking about the company, we hope to get students familiar with SPA, raise awareness about positions opening in the Spring, and opportunities for experiential learning.

#### **TYKH 205**

Annie Sibul | Head of Sales and Customer Support; SnoPlanks  
sibula@oregonstate.edu

### **So what are Student Fees?**

ASCC VP Allison Barr will share with you some of the cool things that we are doing with student fees, how you can get involved, and more! Wonder how decisions get made? How do students request consideration for funding a special activity, student jobs, or even new buildings. Attend for some cool student government swag (e.g. new Hydroflasks) for folks that actively participate in the session.

#### **TYKH 207**

Allison Barr | ASCC Vice President, Chair of Student Fee Committee  
studentfees@osucascades.edu

### **Your Voice, Your Experience with Student Government**

Join ASCC President Whitney McFarlane to learn more about what your student government does for you, how you can be sure your voice is heard here on campus to help influence now and the future, and have a chance at some cool swag!

#### **TYKH 204**

Whitney McFarlane | ASCC President  
ascc@osucascades.edu