The background of the cover features a photograph of several tall, white, fluted classical columns. The columns are set against a modern building with large glass windows. The sky is visible through the windows, showing some greenery and a clear day. The overall aesthetic is clean and professional, reflecting the university's heritage and modern architecture.

*Graduate and
Professional Student*

GUIDE TO GETTING INVOLVED



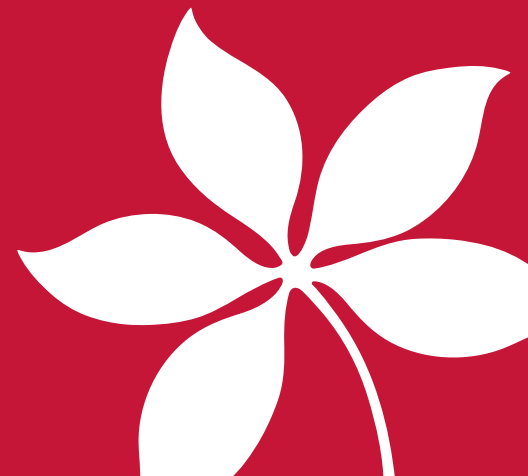
THE OHIO STATE UNIVERSITY
OFFICE OF STUDENT LIFE



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GET INVOLVED

at The Ohio State University

What Opportunities Exist for Graduate and Professional Students at Ohio State?

That's what this guide is all about. Flip through the pages to get ideas about what path you'll choose. Whether it's by joining a student organization, playing an intramural sport, volunteering in the community or diving into any of Ohio State's other amazing opportunities, you'll discover that there's no place quite like The Ohio State University!

Who Should Pursue These Opportunities?

Ohio State's expectation is that every graduate and professional student finds at least one meaningful activity outside of their program to complement their academic study. Involvement is not just for undergraduates!

Why Should I Get Involved?

When compared to uninvolved students, those who get involved are more likely to succeed in their program, establish a network of friends, organize their time better, manage their stress more effectively and most importantly—graduate! Getting involved also helps prepare you for your career and enables you to enjoy the Buckeye experience to the absolute fullest!

When Should I Get Involved?

That's a decision that's completely up to you. Many students start getting involved within their first semester, so that they can start meeting people and getting connected. Others wait a few weeks, a couple of months or even a whole semester to get used to classes and establish a schedule for studying, work, exercise, etc. Both are perfectly good strategies, but we recommend getting started within the first semester.

How Do I Get Started?

This guide is full of suggestions for offices, websites and organizations to which you can go for more information. Here are some other tips:

- Attend the grad/prof involvement and resource fair at the beginning of the autumn semester.
- Check the OUAB, CGS, IPC or Student Life calendar for events and opportunities. Talk with advanced students in your program or representative to your student government.
- If it's more comfortable for you, start out by getting into things that you did in undergrad. Once you get established, you can move on to things you can only try while you're here.

**Great opportunities are almost everywhere you turn on campus...
*but don't wait for them to come to you!***





OUAB GRAD/PROF INFO

The mission of the Ohio Union Activities Board Grad/Prof

OUAB Grad/Prof strives to design and execute programs that are intentionally created to enhance the graduate and professional student experience. Graduate and Professional student programming is structured around five key areas: personal development, professional growth, social activities, family programs and special events.

Personal Development

The personal development series includes a set of activities in which students improve awareness of themselves and their identities. It is the goal of these activities to help students develop talents and potential, enhance their quality of life and contribute to the realization of dreams and aspirations.

Personal Development Programs:

- OUAB Fit Series (Yoga, ZUMBA®, Pilates, Barre None, Kickboxing)
- Cupcakes and Canvases with Soul Palette
- Wellness Wednesdays Series with the Student Wellness Center (Financial Workshops, Intuitive Eating Principles, Imposter Syndrome, Art Therapy, etc.)
- Instructional Kitchens

Professional Growth

The professional growth series features a number of structured activities in which students work with various partners from the university and in the city of Columbus. This series assists students in developing skills, qualifications and experiences that will enhance their ability to progress through their careers.

Professional Development Programs:

- Preparing for the Academic Job Search
- Preparing for the Non-Academic Job Search
- Daring the Doctoral Degree
- Technical Tuesday Series (How to Create a Good Poster Presentation, Developing a Strong Technical Talk, Tax Preparation, Time Management)
- Etiquette Dinners

Social Activities

OUAB Grad/Prof's social activities allow for students to interact and network with students among and between different graduate and professional programs. In order to create overall balance for students, the social activities allow for students to develop a sense of community and promote the development of friendships outside of their academic programs.

Social Activities Include:

- Grad/Prof Quiz Night
- Happy Hours
- Socials
- Experience Columbus Events

Family Programs

Because many of our graduate and professional students have spouses, partners and children, OUAB Grad/Prof has developed a series of programs in which the families of the students are incorporated into the student experience.

Family Programs Include:

- Family Friendly Cooking and Painting Classes
- Sibs, Kids and Family Day Programs
- Fall Festivals
- Family Friendly Excursions into Columbus

Special Events

The Grad/Prof committee hosts a number of special events throughout the year. These events often overlap the four previously mentioned categories and give students opportunities to interact and mingle among and between professional and graduate programs. Students often provide input as to the direction of these events.

Special Programs have Included:

- Valentine's Day Ball
- Fall and Spring Picnics
- Dinner and a Show



Dear Graduate Student,

On behalf of the Council of Graduate Students, welcome to The Ohio State University! Throughout your time as a graduate student at Ohio State, CGS is here to support you in all of your Buckeye ventures!

The Council of Graduate Students (CGS) is the official representative body for Ohio State's graduate student body. As such, we are considered valued stakeholders in the university's shared governance model. With the world constantly changing, CGS uses its unique positionality to stand as a devoted advocate for positive improvements to the graduate student experience at Ohio State. This year, we will especially be focusing on improving graduate student compensation, off-campus housing, childcare accessibility, graduate student accommodations, affordable academic regalia, the international graduate student experience and more in response to feedback and concerns we heard throughout the 2023-24 academic year.

My name is Sabrina Durso, and I have the honor of serving as the President of CGS for the 2024-25 academic year. In this position, I do my best to support individual graduate students and their concerns, graduate student departments and colleges, as well as CGS's various committees including but not limited to Academic Affairs, Diversity and Inclusion, Government Affairs, Health, Wellness and Safety, Housing and Family Affairs, International Student Affairs and Sustainability and Environmental Responsibility. Additionally, I serve on the Dean of the Graduate School's Advisory Board and the University Senate, allowing for all graduate student concerns to be heard at various impactful levels of Ohio State governance.

I joined CGS as a delegate for my department during Welcome Week and strongly encourage you to do so as well. Any graduate student in good standing can serve as a member of any University or CGS committee as an appointed representative of CGS to help further specific goals or address problems relevant to the graduate student body. CGS members come together at monthly public meetings to share updates on current advocacy, share issues and concerns from across the university and problem-solve as a community. I hope to see you participate in one of these monthly meetings, which can be found on our website under the "About Us" tab.

If you are looking for a community of passionate, dedicated and friendly scholars and advocates, CGS is the right place for you. Every day in my position, I continue to be amazed by the graduate students who help advocate for the best graduate student experience at Ohio State. If you find yourself interested in CGS and/or in need of support, a resource or two, a friend or just a place to rest/vent between classes, my email (durso.19@osu.edu) and office door in 2088 Ohio Union remain open to all. On behalf of CGS, I wish you the best of luck as a Buckeye and beyond!

Warmly,

Sabrina Durso
President, Council of Graduate Students

To learn more about CGS's work, its various membership roles, how to get involved as a member of CGS in any capacity or about upcoming programming, events and more, please visit our website at cgs.osu.edu, and check out the "About Us" and "Get Involved" tabs!

COUNCIL OF GRADUATE STUDENTS INFO

Founded in 1955, the Council of Graduate Students (CGS) is the official representative body of the over 11,000 graduate students at Ohio State. CGS promotes and provides academic, administrative and social programs to fulfill their statement of purpose, "to effectively advocate and program to ensure that The Ohio State University graduate student experience is the best that it can be."

CGS uses a representative democracy model, and as such is made up of a range of members including Executive Officers, Committee Chairs, Senators, Delegates and Committee Members. Delegates are elected from graduate programs by their colleagues and are responsible for communicating concerns with, representing the opinions of and voting to support their constituents within the larger CGS body. Graduate students can see who their delegate is by checking out the "CGS Delegates" page under the "About Us" tab on our website cgs.osu.edu. CGS elects 10 Senators who serve on the University Senate as voting-members to represent the needs and interests of all graduate students, and to communicate University Senate happenings with CGS and beyond.

All members of CGS serve as staunch advocates to help shape university policy for the betterment of graduate students, and in support of our programming, funding and advocacy to further address the needs and concerns of the graduate student body, as they are defined and expressed by the graduate student body.

In addition to advocacy work, CGS and its committees also fund, plan and facilitate events and programming in support of graduate students throughout the year, including (but not limited to):

- Encouraging and aiding presentations at conferences through the competitive Edward J. Ray Travel Award for Service and Scholarship Grant (up to \$1,000 per awarded grant).
- Supporting professional development (workshop attendance, licensure exams, conference attendance and more) through the Career Development Grant (up to \$350 per awarded grant).
- Organizing the Edward F. Hayes Advanced Research Forum, and co-sponsoring it along with the Graduate School, Enterprise for Research, Innovation and Knowledge (ERIK) and the Office of Postdoctoral Affairs (including \$17,000 in prize funds for presentation winners) for almost 40 years.
- Planning and holding events on issues of concern for graduate students including an annual tax workshop and Q&A for international students, the 2024 Accessibility Stakeholder Symposium, a "Know Your Rights" event on housing and renters' rights in collaboration with Student Legal Services and Off-Campus and Commuter Student Engagement, Voter Registration Drives in collaboration with OSU Votes and more.
- Q&A discussions with various university units and administrators at special events and before CGS meetings (past guests include Ohio State Presidents, Provosts, Senior Vice President of Student Life Dr. Melissa Shivers, Graduate Dean Mary Stromberger, Ohio State Graduate and Professional Ombuds Dr. Rebekah Campos-Astorkiza and more) to facilitate discussion and problem-solving on graduate issues across campus.

Professional Students of The Ohio State University,

Welcome Buckeyes! It gives me great pleasure to congratulate you on the start of your journey at one of the nation's top universities. Currently, The Ohio State University is one of only a handful of institutions in the United States that is directly associated with six professional colleges: Law, Dentistry, Optometry, Medicine, Pharmacy and Veterinary Medicine.

My name is Tyson Montgomery, and I have the pleasure and privilege of serving as the President of the Inter-Professional Council (IPC), a student government run by and for all professional students at The Ohio State University. All IPC senators are dedicated to representing the professional student voice at the college level working closely with college deans, administrators and fellow students. We also serve on various university committees to assure that the concerns and well-being of professional students are considered in all university wide decisions.

IPC proudly provides funding for student organizations hosting meaningful and educational events that benefit the inter-professional community as well as individual students' professional development opportunities. In addition, IPC hosts numerous social events throughout the year to promote interprofessional networking and raise money for local charities. This coming year, IPC will be sponsoring events such as the Inter-Professional Summit, the charity Drag Show and a few service opportunities to support our Ohio State community. Last year, with the help of professional students, we raised funds to support both the Kaleidoscope Youth Center and the Buckeye Food Alliance.

IPC is here to support you through your professional school journey and to enhance your experience as a Buckeye. While there is no doubt you will be working hard in your program, I encourage you to take the time to get involved in IPC events and enjoy all that Ohio State and Columbus have to offer! IPC is here for ALL professional students, so please do not hesitate to reach out if there is anything we can do to better serve you or if you would like to get involved. For more information on IPC, please visit our new website at ipc.osu.edu and you can also find us on Instagram (@ohiostate_ipc). You are welcome to reach out to me at montgomery.974@osu.edu to voice any concerns or for additional information. Again, from all of our Inter-Professional Council representatives, welcome to The Ohio State University and Go Bucks!

Best Wishes,

Tyson Montgomery



INTER-PROFESSIONAL COUNCIL

The Inter-Professional Council is the representative body of the approximately 3,800 professional students enrolled in the colleges of Dentistry, Law, Medicine, Optometry, Pharmacy and Veterinary Medicine. IPC dedicates itself to the betterment of higher education and student life at The Ohio State University on behalf of all professional students. The 36 Senators and six Justices are elected representatives, however, all professional students are members of the organization. IPC welcomes concerns from students and provides services ranging from funding for professional development to hosting social events. IPC also appoints students to various university committees, serving as a voice for professional students across all of university governance.

IPC specifically serves and supports professional students in the following ways:

- Providing funds of up to \$750 per person for a broad array of professional development experiences through the Professional Development Fund (PDF)
- Providing opportunities to participate in philanthropic activities such as the Charity Soccer Tournament and the Charity Volleyball Tournament which benefit an array of charities
- Hosting the annual Health Professionals Summit
- Sponsoring monthly social activities for all professional students

More information is available at ipc.osu.edu.



THE GRADUATE SCHOOL

at The Ohio State University

The Graduate School is here to provide a central resource to prepare and sustain graduate programs for excellence, ensure the integrity and quality of the graduate programs, share knowledge and best practices to support the advancement of graduate students and programs, nurture career development and a positive culture for the next generation of learned scholars, such that our alumni value their education, and appreciate the importance of their graduate colleagues and programs.

Graduate School Vision for Students

Creating a vision for each student's success is very important at the Graduate School. We aspire to be a national leader with robust and impactful advanced education programs to produce skilled, diverse graduates that will be successful, sought-after leaders in knowledge, innovative and creative; as well as embody an awareness and engagement of individual and societal inclusion to influence the world.

Goals for Student Engagement

Engagement starts with developing a culture that allows students to capitalize on their skills and knowledge as they work with the robust faculty and staff within the university. The goals of the Graduate School showcase this belief through delivering a comprehensive graduate course curriculum, strong interaction of the Graduate School across the university, delivery of awards and scholarships, supporting the nurturing of students from intersectional, underserved backgrounds, providing governance to ensure integrity, fairness, efficiently administering services and guidelines and creating alumni that have had a positive graduate studies experience.

Initiatives for Student Involvement

We are here to support all students regardless of the needs across our various teams covering: enrollment and registration; degree completion and graduation; diversity and recruitment; engagement and development.

Here are some examples of other resources that we provide to aid students at Ohio State:

- Research Resources – gradsch.osu.edu/research-resources
- Funding Opportunities – gradsch.osu.edu/funding
- Degree Options – gradsch.osu.edu/find-your-program
- Financial Education – gradsch.osu.edu/financial-education

Locating the Graduate School and Graduate Student Amenities

All students should come and visit us at the home of the Graduate School at 250 University Hall on the northwest end of the Oval next to Thompson Library. We also have many resources available to work with you digitally in and out of our offices. You should already be receiving a graduate student edition of OnCampus Weekly each Sunday with specific news designed specifically for graduate students. We are always available if you have a question or a problem. Call, email or stop in:

- Graduate School | 250 University Hall | 230 N. Oval Mall | Columbus, Ohio 43210
gradsch.osu.edu | grad-schoolosu@osu.edu | 414-292-6031

Mary Stromberger, PhD,

Vice Provost for Graduate Education and Dean of the Graduate School
ENGIE-Axium Endowed Chair

CAMPUS EVENTS

at The Ohio State University



Ohio State is one of the most exciting universities in the nation when it comes to events on campus! Attending those events and helping to plan them are both great ways to get involved and meet people. The Student Activity Fee you pay each semester creates literally hundreds of free events every year.

The Ohio Union Activities Board (OUAB)

The Ohio Union Activities Board, the student programming organization at Ohio State, strives to provide diverse programs and events that are educational, entertaining and thought provoking for the students of the Columbus campus. OUAB plans and executes over 200 free events throughout the year for undergraduate, graduate and professional students. Recent events have featured performers and public figures such as Jaden Smith, Trixie Mattel, Tom Daley, Jennette McCurdy, Big Time Rush and Janelle James, as well as interactive events like bringing skating and roller rinks. Be sure to follow @OUAB on Instagram so that you don't miss out on big event announcements and ticket release dates.

Ohio State Signature Events

Some of Ohio State's most prominent and traditional student events receive Student Activity Fee funds and are designated as Signature Events. Some of those events are described below. Visit activities.osu.edu/programs/signature_events for more info.

Welcome Week

Welcome Week features dozens of events during the first week of autumn semester. Highlights of the week include the Student Involvement Fair, Buckeye Kick-Off, a large outdoor movie sponsored by OUAB and a Graduate and Professional Student Welcome Picnic. Find the whole schedule at welcomeweek.osu.edu.

Homecoming

Homecoming offers Buckeye spirit and enthusiasm through a variety of events occurring the week leading up to the Homecoming football game. Don't miss the annual Homecoming Parade, which is a great event for the whole family. Be sure to visit homecoming.osu.edu to learn about other events and opportunities connected with Homecoming.

Involvement Fairs

Near the beginning of each semester, the Office of Student Life's Student Activities hosts special table fairs where you can meet members of Ohio State student organizations, departments and community agencies. The Autumn and Spring Involvement Fairs are a must if you want to get a leg up on getting involved. The beginning of the Autumn semester also features a special Graduate/Professional Student Involvement and Resource Fair. Visit go.osu.edu/SIF for more details.

Commencement Week

Commencement Week is a series of events taking place during the end of the autumn and spring semesters. The week is celebrated during finals week to appreciate all graduating undergraduate, graduate and professional students, providing an opportunity for graduates and their families to celebrate their momentous achievement! The Candlelight Ceremony takes place the evening before Commencement. It features the university president and graduating students selected to serve as featured speakers of the program. This special tradition where we sing Carmen Ohio under the stars is something no graduating student should miss. Check out commencementweek.osu.edu for more info.

BuckeyeThon

BuckeyeThon is the largest student-run philanthropy on campus, raising over \$14 million in its history. It is a year-long fundraiser, culminating in a 12-hour dance marathon at The Ohio State University. Money raised supports Nationwide Children's Hospital and the Children's Miracle Network. During the event, enthusiastic morale captains host activities, games and challenges for the dancers. Visit buckeyethon.osu.edu for more info!

Disability Awareness Month

During April, Student Life Disability Services celebrates Disability Awareness Month by hosting numerous activities, such as wheelchair basketball, beep ball, movie viewings, art exhibitions and dancing wheels. See ods.osu.edu for event info.

Sibs, Kids and Family Day

Sibs, Kids and Family Day is a day brought to you by Parent and Family Relations in which any Ohio State faculty, staff or student can invite any child, sibling, family member or friend of the family to the Columbus campus to experience the excitement of life as a Buckeye! Go to parent.osu.edu for more details.





SIGNATURE EVENTS

at The Ohio State University

Autumn Events

Welcome Week

OUAB

Student Involvement Fair

Student Organization Success Coaches

International Student Welcome Party

International Friendships

Block 'O' Rivalry Run

Block 'O'

Homecoming Parade and Celebration

OUAB

National Pan-Hellenic Council Yard Show

National Pan-Hellenic Council

Blood Battle (Blood Drive)

The Buckeye Blood Club

HackOHIO

HackOHIO

Thanksgiving Dinner

Office of Diversity and Inclusion and Office of International Affairs

African Night

African Youth League

Greek Shriek!

Sorority and Fraternity Life

Light Up the Lake

Ohio Staters, Inc.

Autumn Commencement Week

OUAB



Welcome Back Week

OUAB

Asian Pacific Islander Desi American Heritage Month

Student Life Center for Belonging and Social Change

Spring Student Involvement Fair

Student Organization Success Coaches

Taste of OSU

Office of International Affairs

Spring Musical and Spring Play

Off the Lake Productions

Cultural Showcase

Multicultural Greek Council

TedxOhioStateUniversity Main Event

TedxOhioStateUniversity

African American Heritage Festival

Student Life: African American Leadership Consortium

Buckeye Nation Week

OUAB

RUOK Day

Office of Student Life Suicide Prevention

Time for Change Week

Time for Change Week

Spring Commencement Week

OUAB

See activities.osu.edu/programs/signature_events for dates and details!

Brought to you by your Student Activity Fee.

D-TIX PROGRAM

at The Ohio State University

The Discount Ticket Program at the Ohio Union (D-Tix) funded by the Student Activity Fee, is offered exclusively to Ohio State students to provide undergraduate, graduate and professional students access to hundreds of events at a discounted rate.

Students also have an opportunity to experience events in surrounding areas of Columbus at a great price. Students can get their Discounted Tickets at the Information Center in the Ohio Union. Select ticketed events require online registration through the D-Tix Lottery System. Be sure to check out the D-Tix website and sign up for weekly e-mail updates at dtix.osu.edu. You can also contact D-Tix at 614-688-INFO (4636) or follow D-Tix on X at @DTixOSU.

Some examples of general discounts available weekly include:

Columbus Museum of Art, COSI, Columbus Zoo, Franklin Park Conservatory, SegAway Tours of Columbus, Rock N' Roll Hall of Fame (Cleveland, OH), Columbus Food Adventure Tours and many more.

Other lottery events offered through D-Tix online registration include:

Columbus Crew, Columbus Blue Jackets, Columbus Clippers, Columbus Symphony and Jazz Orchestras, BalletMet, Broadway Across America and other special events at venues such as Value City Arena, Nationwide Arena, KEMBA Live! and Newport Music Hall.





BELONGING AND ENGAGEMENT

at The Ohio State University

Buck-I-SERV

at The Ohio State University

Be a Buck-I-SERV Advisor or Participant!

Buck-I-SERV is The Office of Student Life's alternative break program. Buck-I-SERV provides students with week-long, substance free alternative break service trips and offers challenging and fun opportunities to lead and learn through direct service experiences. Approximately 50 total trips travel during the university's winter, spring and summer break periods. Graduate and Professional Students can participate in Buck-I-SERV as Trip Advisors, as well as participants.

Advisors are critical to the success of all Buck-I-SERV trips and can expect to reap the following benefits with full participation:

- Gain the opportunity to participate in extended community service experiences alongside students
- Increase interaction with a small group of students from a variety of college departments and interest areas across campus
- Participate without incurring personal expenses related to transportation, lodging and meals throughout the trip experience
- Share personal expertise or research interest with a group of students in real-life setting

Advisors do not pay for their trip spot, and participants pay a heavily subsidized participant fee. The application link and more information is available at buckiserv.osu.edu. Please direct questions to buck-i-serv@osu.edu.

Getting involved with the incredibly vibrant programming of the Ohio State student population means learning about those with a different experience than you, but it also means sharing your story with others. Learning a new perspective can take place where you live, where you study and take classes, within a student organization or at any of the hundreds of events that occur on campus every year. These pages describe some of those important events. For more information on the vibrant student life at Ohio State, see studentlife.osu.edu.

Student Life Center for Belonging and Social Change

The Student Life Center for Belonging and Social Change (CBSC) occupies a beautiful space on the first floor of the Ohio Union lantern tower that shines a light on this space where everyone is welcome. Operating a safe and welcoming space on campus serves as a center for intercultural dialogue, learning and community building. The Center for Belonging and Social Change focuses its programs and services on three themes: belonging and student support, student education and empowerment, and student outreach and social change. For more information about all of the ways you can get involved, visit cbsc.osu.edu.

Outreach and Engagement

The Student Life Center for Belonging and Social Change works to connect Ohio State students with service and social change opportunities on and off campus. With a focus on organizing, advocacy, economic development, philanthropy, leadership development, participatory research, socially responsive behavior and formal action, participants take part in initiatives that address justice incarceration and recidivism, literacy and information access, preK-12 education, college and career readiness, and community development through neighborhood transformation. Programming such as A Day in the Life of a Buckeye, Buckeye REACH and Buckeye Buddies are just a few of the civic engagement projects in which students can participate.

Belonging and Awareness Events

Belonging and Awareness Events are the hallmark programs of the Student Life Center for Belonging and Social Change and demonstrate a strong tradition of honoring historical contexts, exploring culturally significant events and raising visibility of a variety of groups. We invite all students to take part in these celebrations to learn more about themselves and others they may encounter in the world.

Educational Workshops and Opportunities

Educational Programming in the Student Life Center for Belonging and Social Change includes dialogues and workshops that cover a variety of topics which address the changing culture and climate related to local and national contexts. Professional staff facilitate pre-planned programming as well as sessions for groups by request.



Experience Columbus

Get a complete overview of all the great things to do in Columbus at experiencecolumbus.com.

Performing Arts

Columbus Association for the Performing Arts—CAPA, as it is known locally—owns and operates three beautifully restored theaters in downtown Columbus: Ohio, Palace and Southern. The theaters are home to organizations such as The Columbus Symphony, BalletMet, Opera Columbus, Broadway Across America—Columbus, Columbus Jazz Orchestra and ProMusica Chamber Orchestra. In addition, CAPA operates three theaters in the Riffe Center, also located downtown. Companies that make the Riffe Center their home include the Contemporary American Theatre Company (CATCO) and Phoenix Theatre Circle (family theater). Visit capa.com for more details about venues and performances.

RECREATIONAL SPORTS

at The Ohio State University

Live a life in motion through Student Life's Department of Recreational Sports! Rec Sports offers Ohio State students the opportunity to live active and meaningful lives while on campus. Rec Sports is enhanced by its award-winning indoor and outdoor facilities, including six indoor locations—the Recreation and Physical Activity Center (RPAC), Jesse Owens Recreational Centers (JORC), Adventure Recreation Center (ARC), the North Recreation Center and Esports Arena—and outdoor parks, courts and fields.

Make the most of your fee and have fun doing what you love at Ohio State Rec Sports:

- Free group fitness classes
- Five pools, spa and two saunas
- Indoor/outdoor tennis and pickleball
- Over 570 pieces of state-of-the-art fitness equipment
- Gaming, lounge, study and leisure space
- Free basketball, squash, badminton, volleyball, disc and racquet spaces check out
- Student meeting and event space
- Flag football, baseball/softball and soccer fields
- Family hours, swim classes and summer day camps
- Spouse, domestic partner and dependent memberships available

Download our Rec Sports App!

Download our app for easier access to our facilities, programs and services.

Visit go.osu.edu/recsportsapp for more information. .

Group Fitness

Group fitness classes are a fun way to stay active while finding community on campus! Rec Sports offers a wide variety classes each week, ranging from ZUMBA®, strength training and cycling, to yoga, barre and more. Classes are FREE for all members and open to all fitness levels! Schedule changes by semester and can be found at go.osu.edu/groupfitness.

Personal Training

Learn more about your personal health and fitness with the help of a certified personal trainer! Our personal training program offers one-on-one training, group training, instructional programs and fitness assessments to help you reach your fitness small-group goals.

Sport Clubs

Sport Clubs bridge the gap between intramural and intercollegiate athletics by providing competition at specialized levels, participating in tournaments and arranging opportunities to practice. The level of competition varies depending on the club. With over 50 clubs, there's a variety to choose from! View a list of Sport Clubs online at go.osu.edu/sportclubs24.

Open Recreation

Want to play drop-in badminton, squash, racquetball, basketball, volleyball, pickleball or climb? There are many ways to participate in open recreation at all of the Rec Sports facilities!

Esports

Explore the world of online gaming at the Esports Arena! Connect with other gamers, learn new games, compete in tournaments and more. One of the largest facilities of its kind, the Esports Arena offers 90 computers, two Virtual Reality Stations, a broadcast room and multiple gaming console stations. Learn more at esports.osu.edu.

Follow us on X and Instagram @OSURec or visit recsports.osu.edu.



COMMUNITY ENGAGEMENT

at The Ohio State University

Woody Hayes said, *“You can never pay back, so you should always try to pay forward.”*

In this spirit, we believe all Buckeyes should have an opportunity to pay it forward.

Service can include something small like a single-day project, or something large such as a yearlong commitment to regular volunteering with a community partner.

Many graduate/professional students seek community engagement activities that align with their academic major or professional pathway. Engagement opportunities are available for individuals through the online Service Search Engine or through student organizations.

Pay It Forward

Pay it Forward is committed to instilling a lifelong passion in Ohio State students for ‘paying it forward.’ They make giving back easy by planning, implementing and connecting students and organizations to service initiatives on campus and within the Columbus community. For more information, visit payitforward.osu.edu.

- Community Commitment, held annually during Welcome Week
- MLK Day of Service, held annually in January
- Local service trips, held nearly weekly in autumn and spring semesters

OSU Votes

A non-partisan, student-led effort around civic engagement, OSU Votes registers, educates and encourages students to vote as part of being an active citizen. For more information, visit go.osu.edu/osuvotes.



UNIVERSITY LIBRARIES

at The Ohio State University

Semester of Service

Semester of Service is a leadership and service program that matches Ohio State students with local nonprofit organizations, where they serve on a weekly basis throughout the course of a semester. Students also participate in an educational curriculum to help prepare them to act as servant leaders in the Columbus community. Visit go.osu.edu/semesterofservice for more information.

Leadership Development

Leadership development is a key part of a graduate/professional school journey. The Office of Student Life views leadership as a lifelong process of learning and growth and offers a variety of programs to support students' learning and development. By practicing leadership skills, students will be more prepared to work with teams, create positive change, transition to careers and understand their own values and motivations. Learn more about the many opportunities Leadership and Community Engagement and other offices host for graduate and professional students to learn about leadership and gain valuable experiences by visiting go.osu.edu/studentslead.

Offering study spaces in 11 locations, an extensive physical collection and wealth of online resources and experts to help with research, University Libraries is committed to graduate student success.

Resources that are especially useful to graduate students are:

- Access to hundreds of research databases offering free full-text journal articles: go.osu.edu/databases
- Free digital delivery of articles through the "Article Express" service: go.osu.edu/articleexpress
- Special Collections that offer unique research opportunities: library.osu.edu/special-collections

Research Commons

Part of University Libraries, the Research Commons is a campus community where faculty, postdocs and graduate students can connect with experts for support at any stage in the research life cycle. Driven by services that enable research, it is where great minds gather to connect, collaborate and tackle projects that change the world. The services of the Research Commons focus on empowering graduate students to explore areas of digital humanities, mapping and geospatial information services, data visualization, research impact and managing research data outputs. The Research Commons supports graduate student research by offering workshops and consultations, specialized technology in collaborative spaces and research showcasing events. Visit us on the third floor of the 18th Avenue Library or check out our website at library.osu.edu/researchcommons.





MICHAEL V. DRAKE CENTER FOR TEACHING AND LEARNING

at The Ohio State University

The Michael V. Drake Institute for Teaching and Learning (Drake Institute) supports The Ohio State University as an exemplar of teaching excellence, research and innovation to improve student success. Its mission is to advance at-scale professional learning, evidence-based instructional strategies and research and policy that elevate, across the university, the work of all who teach.

If you are a graduate student with a current or anticipated teaching appointment, the Drake Institute offers support of your teaching endeavors through:

- An annual Graduate Teaching Orientation
- A Teaching Endorsement program that includes nearly 20 professional learning opportunities on topics to support GTA teaching; completed endorsements are noted on official university transcripts
- A GTA Toolkit workshop series, through which GTAs from across the university connect and learn together
- Confidential one-on-one consultations with staff who can help you prepare academic job search materials or identify ways to continually improve your students' learning
- Teaching@OhioState, a self-directed, five module online experience that serves as an introduction to key topics about teaching at The Ohio State University. Participants are presented with opportunities to become familiar with multiple perspectives on teaching, be exposed to evidence-based teaching practices, reflect on their own teaching practice and connect with resources that support their teaching.

Online resources are available on a wide variety of teaching-related topics. Please visit drakeinstitute.osu.edu for more information.

OFFICE OF RESEARCH OFFICE OF POSTDOCTORAL AFFAIRS *at The Ohio State University*

Established in 2017, the Office of Postdoctoral Affairs seeks to enhance the postdoctoral experience for scholars across the university, serving 15 colleges and with 700+ postdocs at Ohio State.

Services

The Office of Postdoctoral Affairs (OPA) will:

- Fund your membership to the National Postdoc Association (NPA) and sponsor opportunities to attend the NPA annual meeting
- Provide you with research and professional development resources and opportunities
- Collect and disseminate data on Ohio State postdocs

Key Initiatives

Advocacy

We address all advocacy and policy issues that affect Ohio State's postdoctoral community – general policies, benefits, conflict resolution and more.

Professional Development

We offer assistance with fellowship/grant writing, postdoctoral mentoring plans and guidance on academic and non-research career paths.

Enhancing Mentorship

We provide resources, training and assistance with mentoring plans for research proposals. We support the recruitment of international and underrepresented minority postdocs.

Development

We will bring more fellowships and research funding to Ohio State's postdoctoral scholars.

For More Information

Contact: Office of Postdoctoral Affairs, Office of Research

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Please visit go.osu.edu/osupostdocs for more information.

SPIRITUALITY

at The Ohio State University

Developing your spiritual life can give you a sense of purpose and help you figure out where you are most passionate in your professional, social and personal life. Spirituality is not religion, although they may act together, and its definition is different for everyone. Spirituality can help people find their place in the world while still keeping an open mind toward all beliefs.

Religious and Spiritual Student Organizations

There are dozens of student organizations founded on faith-based, spiritual, agnostic and atheist concepts and practices. To explore existing organizations, visit the online student organization directory at getinvolved.osu.edu and either enter keywords or do an advanced search and select "Religious/Spiritual."

Ohio State Interfaith Association

The Ohio State Interfaith Council is an organization that unites a wide variety of faith traditions, worldviews and spiritual communities of faith. Their goal is to promote spiritual wellness through understanding and respect of diverse spiritual beliefs by means of communication, awareness, dialogue, education and advocacy, both on campus and in the greater community.

STUDENT ORGANIZATIONS

at The Ohio State University

The incredible variety of available organizations is a direct reflection of Ohio State's diversity of students and eclectic interests.

The roster of organizations changes each semester as new organizations form and old ones close. For the most updated information, visit activities.osu.edu under Involvement > Student Organizations. You can search the online directory by keyword or type of organization.

Starting a New Student Organization

If you don't find an existing organization that totally interests you, it's not that difficult to start your own.

1. You'll need a minimum of five student members.
2. Three different students must be listed as primary officers – president, treasurer and secondary leader.
3. You'll need a faculty or staff member to serve as the organization advisor.

Once you've identified those key people, you can begin the online registration.

4. Submit a registration request at activities.osu.edu/involvement/student_organizations/registration.
5. A staff member will review your request and schedule a brief meeting to provide resources to get you started.
6. After that meeting, you can complete the online registration process including general info, roster, constitution and organization goals.
7. In addition to the online process, the president, treasurer and advisor also need to complete training.

Registered and active student organizations are eligible for a variety of benefits including:

- Access to funding for operations and programs.
- Ability to reserve meeting and event space on campus, in many cases for no cost or at a discounted rate.
- Access to free marketing, graphic design, photography, videography, website hosting and email services.



ATHLETICS AND BUCKEYE SPIRIT

at The Ohio State University

There are also several ways to get involved with the traditions related to Buckeye spirit and athletics. Here are a few examples...

Varsity Sports

There are 37 varsity sports at Ohio State! While getting involved with the teams as a student-athlete is a limited opportunity based on many factors, athletics is a huge part of the Ohio State culture, and supporting the sports teams is a great way to show your Buckeye Spirit! Here's a list of Ohio State's varsity sports:

Men's Athletics

Baseball	Gymnastics	Spirit Program
Basketball	Ice Hockey	Swimming/Diving
Cross Country	Lacrosse	Tennis
Fencing	Pistol	Track and Field
Football	Rifle	Volleyball
Golf	Soccer	Wrestling

Women's Athletics

Basketball	Lacrosse	Swimming/Diving
Cross Country	Pistol	Synchronized
Fencing	Rifle	Swimming
Field Hockey	Rowing	Tennis
Golf	Soccer	Track and Field
Gymnastics	Softball	Volleyball
Ice Hockey	Spirit Program	





Brutus Buckeye

One of the more visible symbols of Ohio State Athletics is Brutus Buckeye, the school's mascot. In 1965, an art student designed and introduced the first Brutus, while the name was chosen in a contest. The mascot began as a hardened paper mache affair that looked like a bowling ball with legs. In 1975, a radical new Brutus was designed with a prune-like head and a man's body. That attempt was booed off the field and was re-worked, giving way to a mascot comparable to the beloved present-day Brutus. Interested in sharing your spirit and pride as Ohio State's proud and energetic mascot? Try-outs for the famed position occur each spring semester in conjunction with Cheerleading try-outs. Each Brutus is considered by demonstrating personality skills, creativity and the ability to interact with crowds.

Spirit Program

Ohio State Athletics' Spirit Program consists of the Cheerleading/Brutus Buckeye Squad and the Dance Team. These students are a constant source of support at athletic and other special events throughout the year.

Buckeye Grove

Since 1934, a Buckeye tree has been planted in honor of each of Ohio State's All-American football players. Trees are usually planted in a pre-game ceremony at the spring game. With the renovation of Ohio Stadium in 2001, the Buckeye Grove is now located at the southwest corner of the stadium.

The Illibuck Trophy

The winner of the Ohio State-Illinois game has received the Illibuck trophy since the tradition began in 1925. Illibuck was a live turtle, but has been a wooden replica since 1927. Also representative of the rivalry is the peace pipe. Members of two junior honor societies, Bucket and Dipper of Ohio State and Sachem of Illinois, annually meet at halftime of the Fighting Illini-Buckeye game to present the "Illibuck" trophy to the winning school from the previous year.

The Ohio State University Marching Band

Skull Session

In 1932, Eugene J. Weigel enhanced the band's performance by having members completely memorize music before the game each week. By doing this, bandmen could concentrate more on the marching maneuvers without sacrificing the music. Weigel then scheduled a final rehearsal of the music before game time so the band could play and think through the show one last time—one last "Skull Session." Skull Session starts one and a half hours before kickoff of every home football game. It is a popular concert/pep rally, with over 10,000 fans in attendance. Seats for Skull Session are in high demand, and it is not unusual for dedicated fans to arrive up to two hours before the band.

Script Ohio

The signature formation of the Ohio State Marching Band performed before, during halftime or after home games is Script Ohio. Each time the formation drill is performed, a different fourth or fifth-year sousaphone player has the privilege of standing as the dot in the “i” of “Ohio.”

Dotting the “i”

At exactly 16 measures from the end of “Le Regiment,” the drum major struts out toward the top of the “i,” with the sousaphone player high-stepping a couple of paces behind. As the crowd’s cheering crescendos, the drum major stops and dramatically points to the spot. The sousaphone player assumes the post of honor, doffs his hat and bows deeply to both sides of the stadium. Woody Hayes, Bob Hope, Jack Nicklaus and John and Annie Glenn are among the select few non-band members who have had the honor of dotting the “i.” This is considered the greatest honor the band can bestow to any non-band person and is an extremely special (and rare) event.



STUDENT ACTIVITY FEE

Frequently Asked Questions

What is the Student Activity Fee?

It is a fee charged to all undergraduate, graduate and professional students each academic term (autumn, spring and summer). The fee is used to fund major campus events planned by the Ohio Union Activities Board, student organizations, student governments, the Discount Ticket program, Buck-I-SERV (the alternative breaks program), select local community service initiatives planned by Pay It Forward and some of Ohio State’s largest and most traditional campus programs, called Signature Events.

How much money do I pay for the Student Activity Fee?

The amount of the student activity fee is \$37.50 per semester for graduate and professional students.

What is the money generated from the fee used for?

A fixed amount from the Student Activity Fee (SAF) revenue is dedicated to funding student organization resources, graphic design and video editing services and limited staffing for positions that support SAF-funded programs. The balance of the revenue is allocated according to a formula determined by the Council on Student Affairs.

As of the Council on Student Affairs’ most recent review in Spring 2022, the breakdown is:

- 54.43% campus-wide programming administered by Ohio Union Activities Board (OUAB)
- 15.91% Discount Ticket Program (D-Tix)
- 13.43% student organization funding
- 9.35% student government funding
- 4.21% Buck-I-SERV (alternative breaks program)
- 2.67% Pay It Forward (local service initiatives)

What types of events are sponsored by the fee?

The fee funds free concerts, lectures, comedy shows, movies and special events, as well as graduate and professional student programming, alternative break service trips, local community service initiatives, discounted tickets to cultural events occurring off-campus and on-campus programs sponsored by registered student organizations.

How can I be involved in deciding which events are brought to campus?

Go to ouab.osu.edu to provide a suggestion. You can also join OUAB and have your voice heard or give current members your ideas! OUAB receives the largest portion of the fee to plan campus events. OUAB is always looking for thoughtful students to help brainstorm ideas of what performers and events to bring to campus. New members are selected at the beginning of each autumn semester. Go to ouab.osu.edu for more information about the membership process.

How do student organizations benefit from the Activity Fee?

Each registered student organization is eligible to receive up to \$500 in operating funds and has the opportunity to apply for up to \$3,000 or \$4,500 more (depending on their registration status) for special programs that anyone on campus can attend. In addition, the Resource Room in the Keith B. Key Center for Student Leadership and Service at the Ohio Union receives funding for the equipment and tools that student organizations can use.

What other Activity Fee-funded resources are available to student organizations?

The Resource Room, which receives its budget from the Activity Fee, provides registered student organizations with access to a variety of resources and supplies including photocopying, poster printing, free reservation of equipment and use of various marketing materials. Once registered, student organizations receive a \$250 line of pre-paid credit for products and services in the Resource Room. Student organizations may also receive the free services of a team of graphic designers to help with design of posters, brochures, flyers, postcards, logos, etc. The graphics department can help secure price quotes from outside printers and manufacturers, etc., but the organizations themselves must incur the costs of printing the items that the graphics department designs.

What sort of accountability exists for organizations that get the largest share of the Activity Fee?

The primary beneficiaries of the Student Activity Fee funding are the Ohio Union Activities Board (OUAB), Undergraduate Student Government (USG), Council of Graduate Students (CGS), Inter-Professional Council (IPC), the Discount Ticket Program, Buck-I-SERV, which plans alternative break trips and Pay It Forward, which plans local service initiatives. All of those organizations must report on a per-semester basis to the Council on Student Affairs (CSA) Allocations Committee, sharing information about their budgets, their upcoming plans and the success of their past programs. Those same groups must report on an annual basis to the full CSA committee. Because it receives the largest portion of the Activity Fee, OUAB must also report on a monthly basis to the Ohio Union Council, which is made up of students, staff, faculty and alumni.

Who decides how the Student Activity Fee is allocated?

The Council on Student Affairs (CSA), which is a subcommittee of the University Senate, makes all decisions about the structure of the Student Activity Fee. CSA is a representative group of undergraduate, graduate and professional students, faculty members and staff members. One of CSA's subcommittees, the Allocations Committee, reviews funding requests made by registered student organizations and makes decisions about approving those requests.

How can I find out about Student Activity Fee-funded events?

The most convenient way to make sure you hear about some of the great campus events and opportunities off-campus funded by the Fee is to sign up for the D-Tix and OUAB mailing lists. To find out about upcoming Discount Tickets (D-Tix) events, visit dtix.osu.edu or follow D-Tix on X at @DTixOSU.

To learn about upcoming campus events sponsored by the Ohio Union Activities Board (OUAB) and release dates for the tickets to those events, look for the "Sign Up" icon at ouab.osu.edu or follow @OUAB on social media.

STUDENT WELLNESS CENTER

at The Ohio State University

Student Wellness Center Overview

The Student Life Student Wellness Center empowers students to strive for balance and wellness. We define wellness as an active and ongoing process that allows individuals and the broader community to reach their full potential through our Ten Dimensions of Wellness framework (go.osu.edu/10dimensions). We are here to provide support to our student community through free individual coaching, group workshops, outreach programming and on-demand resources designed to help our students thrive during their time at Ohio State.

The SWC offers lots of opportunities for how to get involved with your wellness. Find out more at swc.osu.edu.

Volunteer Opportunities

The Student Life Student Wellness Center is supported by student volunteers in a variety of topic areas. Our volunteers work with their peers on important issues that affect the well-being of other students including alcohol and other drug prevention, self-care, nutrition, stress management, financial literacy, mental health, sexual health and more. We welcome volunteers from all disciplines, backgrounds and cultures. We are frequently seeking talented, enthusiastic students to join our team, as we create the extraordinary student experience for every Buckeye. Find out more at swc.osu.edu/get-involved.

Alcohol, Tobacco and Other Drug Prevention (ATOD) Team

The Alcohol, Tobacco and Other Drug prevention team uses several approaches to address drug and alcohol misuse across campus. Volunteers in this area will facilitate harm reduction training sessions and assist the ATOD Team with substance use prevention programming. Volunteers in this program will gain the necessary skills and knowledge to address substance misuse among college students in an interactive, innovative and strategic way.

Scarlet and Gray Financial

Scarlet and Gray Financial Coaching is a group and one-on-one peer coaching service designed to educate the campus community on topics within the financial wellness dimension. Volunteers will gain knowledge of critical financial topics like student loans, credit and credit cards, basic investing strategies, saving decisions and budgeting through the use of a goal-driven financial process, as well as group and one-on-one peer coaching experiences.



Wellness Coaching

Wellness Coaching is a free service that supports all Ohio State undergraduate, graduate, and professional students by enhancing holistic wellness and growth through empowering conversations. Wellness coaches take a positive approach to personal development, focusing on strengths and using the Ten Dimensions of Wellness as a framework for generating individualized, meaningful goals. Volunteers gain skills in motivational interviewing, active listening and one-on-one peer coaching.

Wellness Ambassadors

The Wellness Ambassador Program provides multiple opportunities for students to gain invaluable experience with Public Health and Health Education. Students interested in serving in the role of Wellness Ambassador will have the opportunity to assist with both outreach and tabling events, as well as presentations for such events as FYSS (First Year Success Series), STEP (Second Year Transformational Experience Program) and SOEs (Standards of Excellence), in addition to various opportunities to lead programs and workshops for numerous groups across campus.



**THE OHIO STATE
UNIVERSITY**

OFFICE OF STUDENT LIFE

OHIO UNION AND STUDENT ACTIVITIES