

Student Services

Career Services

OSU Career Services offers comprehensive career support to the Cowboy family while making OSU a top talent hub. The goal of OSU Career Services is to create valuable connections and provide life-changing career opportunities for OSU students and alumni.

The department assists students one-on-one in exploring academic majors and careers, provides insight into securing part-time jobs, hosts nearly a dozen specialized career fairs each year and organizes connection sessions for students and alumni to engage with employers. Through campus recruiting, students and alumni have access to employment opportunities with hundreds of employers across the United States and beyond. Additionally, students receive support with other career-building activities, including career exploration, job shadowing, leadership and volunteer experiences to develop the skills necessary for future employment.

Career development activities, including help in identifying a major well suited to a student's interests, skills and abilities, are facilitated by career coaches available in each academic college and the OSU Career Services office. Career coaches utilize various career assessments, followed by one-on-one appointments to offer personal insight to foster professional growth. Students can work with a career coach throughout their collegiate career to build professional application materials as they explore part-time jobs, internships, full-time employment or graduate and professional school. In addition to individual consultations, Career Services offers mock interviews, career-related workshops, portfolio development and other professional development programming. These services continue as students graduate and become members of the OSU Alumni Association.

Students and alumni can utilize the Job and Interview Portal (<https://okstate.12twenty.com/Account/Login>) to search and apply for jobs and upload their information to allow recruiters to find them. Employers interested in hiring OSU students and alumni post opportunities for full-time jobs, internships, co-ops, federal work-study positions and part-time jobs on the Job and Interview Portal. Additional job search and preparation tools such as Interview Prep, GoinGlobal, Career Shift and other job search resources and assessments are accessible through careerservices.okstate.edu (<https://careerservices.okstate.edu/>).

OSU Career Services offers several free and discounted job search supplies to enhance students' professional image including resources that answer frequently asked questions pertaining to success in the job search, as well as free resume paper and thank-you notes to use at career fairs and networking events. Portfolios and business cards are available for purchase. You can find OSU Career Services in 360 Student Union.

Cowboy Central

Cowboy Central was created with one goal: to enhance the Cowboy experience. Gone are the days of multiple platforms, juggling various calendars and searching through inboxes to find out what's happening on campus. Beginning in August, Cowboy Central will be the primary tool for discovering events, joining organizations, exploring service opportunities and tracking out-of-class experiences.

Involvement at Your Fingertips

For increased accessibility and ease of use, Cowboy Central will also have a mobile app that will officially debut in August. Available on the App Store and Google Play, the app will allow users to:

- Scan-In: Use a digital event pass for quick entry to campus events and activities.
- Explore Anywhere: Browse the 500+ student organizations and service opportunities directly from your smartphone.
- Stay in the Loop: Receive real-time notifications about organization meetings and university happenings.

Download the Cowboy Central mobile app for Android (<https://play.google.com/store/apps/details?id=com.novalsys.okstate>) and iOS (<https://apps.apple.com/us/app/cowboy-central/id6766200609>) here.

Fraternity & Sorority Affairs

Oklahoma State University's award winning fraternity and sorority community is comprised of members of four governing councils: Interfraternity Council, Multicultural Greek Council, National Pan-Hellenic Council and Panhellenic Council. While the fraternal community at Oklahoma State University began more than one hundred years ago, its impact continues to flourish on campus. Today, more than 4,000 students are strong and vital members of the OSU fraternity and sorority community. We are proud to have a thriving system on campus with numerous, diverse nationally-recognized fraternities and sororities represented.

Our fraternity and sorority community offers students a unique opportunity to have a balanced college life with a focus on academic excellence, brotherhood/sisterhood, community service and responsible social interaction. Greek affiliation also allows students to make lasting friendships with individuals with similar ideals and common purposes. For more information, visit our website at <http://gogreek.okstate.edu>.

Honor and Service Organizations

OSU offers opportunities for personal and professional development through many nationally-affiliated honor and service organizations. These organizations provide opportunities for leadership and program development, new friendships and recognition of achievement. University-wide organizations include:

- Mortar Board (junior and senior honor society) (https://cowboycentral.okstate.edu/feeds?type=club&type_id=35867)
- Order of Omega (https://cowboycentral.okstate.edu/feeds?type=club&type_id=35589&tab=about) (honor society for sorority and fraternity members)

See College sections for organizations within each college. Also at Cowboy Central at <https://cowboycentral.okstate.edu>.

International Students and Scholars

The Office of International Students and Scholars (ISS) is a unit within OSU GLOBAL that provides assistance to more than 1,500 international students, scholars, and their dependents at OSU. OSU hosts students and scholars from more than 90 countries. ISS helps international students and scholars achieve their educational objectives by assisting with U.S. immigration regulations and opportunities provided for international visitors. This includes opportunities such as degree related internships, on-campus employment eligibility, immigration processing of appropriate documentation, interactions with embassies and consulates as well as

possible post-degree employment opportunities. ISS also works with academic units across the campus to provide a safe and welcoming academic environment for the international community at OSU.

ISS provides services to newly arriving international students and scholars including coordination of initial check-in, immigration registration, new international student and scholar orientation, on-campus employment eligibility processing, assistance with connecting to other student organizations, and leadership opportunities. ISS regularly communicates with OSU's international student body through a weekly listserv and the ISS website. In addition, ISS provides a variety of seminars on issues relevant to the needs of the campus community. ISS also provides services to students who are under contract from a third-party agencies or governmental sponsorship. For more details on these services, please visit the Sponsored Student Services link on the ISS website.

One of the ways that ISS supports cultural events and activities is through the sponsorship of the International Student Organization (ISO). ISO provides leadership opportunities through multiple programs that encourage international student integration into campus life. Those programs allow international students to present their respective cultures to the OSU and Stillwater communities. ISO is the parent organization to nearly 20 Area Clubs that represent a variety of nationalities. For more information on ISO International Area Clubs please visit <https://campuslink.okstate.edu/organization/international-student-organization>.

ISS is located at 309 Wes Watkins Center.

Office of International Students & Scholars
OSU GLOBAL
Oklahoma State University
309 Wes Watkins Center
Stillwater, OK 74078
Phone: 405-744-5459
Email: iss@okstate.edu
Website: [iss.okstate.edu \(https://lcl.okstate.edu/iss/\)](https://lcl.okstate.edu/iss/)

Lectures

Oklahoma State University, through its academic organizations and student groups, has a significant number of speakers each year, enriching the intellectual life on campus. Individuals, from both off-campus and on-campus, share their expertise with faculty, students, staff and town's people on a wide variety of topics.

Many of the academic units as well as student groups invite speakers to their meetings in order to enhance the educational component of the University. These lectures are generally of interest to specific academic areas, rather than to the general campus.

The Student Government Association, through its Speaker's Board, brings major figures in politics, entertainment, and business to campus. The purpose of the Speaker's Board is to bring speakers of a high caliber to OSU's campus in order to spark the imagination and interest of the student body. Other student organizations conduct active lecture programs concerning their areas of interest.

Non-Traditional Student Services

The primary goal is to assist nontraditional students, anyone with at least a two-year break in education, by providing support, information and referrals. The coordinator serves as a resource person for the entire campus community and seeks to raise the awareness of faculty,

administrators and students with regard to the needs of this special group. All nontraditional students are encouraged to stop by the Student Support Center in 214 Student Union to discuss their concerns or questions.

Camp Cowboy

Camp Cowboy is a program that helps new students deepen their OSU connection by building friendships, learning history and traditions, and setting priorities for their time as OSU Cowboys.

Students who attend Camp Cowboy...:

- Develop friendships and a sense of community with fellow Cowboys entering their first semester at OSU
- Learn about OSU's history, traditions and what it means to be a Cowboy.
- Build relationships with student camp staff who help them find connection points, provide peer guidance on how to excel and keep them informed of leadership opportunities around campus.
- Discover co-curricular resources that are critical partners in students' campus support networks.
- Understand common challenges of first-year students and develop strategies for addressing those challenges.
- Are more likely to be involved and stay engaged in campus and community activities throughout their time at OSU.
- Earn higher GPAs and complete their OSU degrees in a more timely fashion.

For more information, visit our website at <http://campcowboy.okstate.edu>.

Family Engagement

The college experience not only impacts future career success, but is instrumental to overall development. OSU Family Engagement strives to nurture collaborative partnerships with students' immediate, extended and chosen family members in support of student learning, development and success. At OSU, we understand that earning a degree is a family endeavor. Learn more at <https://go.okstate.edu/family>.

Cowboy Family Portal

The Cowboy Family Portal is the communication and engagement portal for families of current OSU students. The portal empowers you to set your preferences for communication timing and content, identify and sign up for opportunities to be involved and provides you a way to keep your contact information up-to-date. Login to the Cowboy Family Portal (<https://okstate.campusesp.com/>).

Family Weekends

Celebrate being a member of the Cowboy Family. OSU welcomes families to visit their students on campus and in the community at any time throughout the year, but each semester we host a designated Family Weekend to celebrate the Cowboy family and provide special opportunities for immediate, extended and chosen family members to spend some quality time with their students. Learn more about Family Weekend (<https://go.okstate.edu/family/family-weekends>).

Religious Life

Campus religious centers, supported by state and national church bodies specifically to serve the University community, provide opportunity for worship in both traditional and contemporary services; religious education commensurate with higher learning for the development of the whole person; counseling that maintains a spiritual basis for the cohesion and meaning of life; and social activities which allow relationships and life views to deepen. The religious centers have strategic locations close to campus and, in addition to their own ministry, coordinate many of their efforts with each other, other campus religious organizations and through the Interfaith Council.

Student Volunteer Center

Since the Student Volunteer Center's inception in 1984, Oklahoma State University students have served at hundreds of non-profit agencies, building a reputation of civic responsibility within higher education and other communities in Oklahoma. Working together toward a common goal, the Student Volunteer Center has had an impact on communities worldwide. The focus of the Student Volunteer Center is to provide OSU students purposeful volunteer opportunities to give back to our community. Working with local, state and national non-profit agencies, students at Oklahoma State University are provided with opportunities to grow and excel through meaningful hands-on involvement in service, research and academic activities. Through information sessions and the annual volunteer fair, a traditional fall event, the Student Volunteer Center keeps students informed about upcoming events and needs in the local community. Through civic engagement participation, students learn and develop through active participation in thoughtfully organized service experiences that meet actual community needs. Undergraduates, if you have 400 cumulative impacts and hours at your graduation semester, you can apply for the exclusive Orange C.O.R.D. Transfers and Graduates, if you have 100 cumulative impacts and hours per year you are at OSU, you can apply for the exclusive Orange C.O.R.D. The Student Volunteer Center continues to enrich lives of our community members through intergenerational and interpretive service projects.

For further information, please visit the Student Volunteer Center website. (<https://campuslife.okstate.edu/student-volunteer-center/>)

Student Union Activities Board

SUAB is the premier programming board at Oklahoma State, enriching OSU through cultural, entertainment and recreational activities. Students in SUAB coordinate events that are as diverse in nature as the students at OSU, such as movies, bingo, karaoke, murder mystery dinners, laser tag, OSU's largest Talent Show, and the Spirit Walk, as well as many other events. It is one of the most active campus organizations at OSU. Find us at <http://suab.okstate.edu/>.

Housing and Residential Life

OSU Housing and Residential Life offers 33 residence halls, six apartment neighborhoods and several special interest housing options known as Living Learning Programs for residents. Students who live in university housing graduate earlier and maintain higher grades than their off-campus counterparts. Many residents are involved in planning and leading educational, recreational and social activities within the halls.

Housing Registration and Leasing Information

Admitted, incoming first-year students may register for housing as early as December 15 (starting 2027-28); however, they must submit the \$300 enrollment deposit before housing can be assigned. First-year students are guaranteed housing for the upcoming academic year. Room assignments are based on housing preferences and the date and time the enrollment deposit is submitted.

All residence halls remain open throughout the academic year, allowing residents to stay during breaks and holidays.

OSU offers the following registration and leasing options:

- Academic Year: Begins the Wednesday before classes start in August and continues through the end of the spring semester in May
- Fall Semester: Begins the start of classes in August and continues through the end of December
- Spring Semester: End of December through the end of the spring semester in May
- Summer Semester: Mid-May through the beginning of August
- Year-round housing (<https://reslife.okstate.edu/registration/dates-deadlines/fgsh-registration.html>) follows the academic year with eligibility for a summer extension.

For more details concerning registration and leasing, visit the following webpages:

- Visit Housing Registration (<https://reslife.okstate.edu/registration/>) for processes and timelines.
- Visit Financial Responsibility for more information about housing fines, fees, charges and refunds.
- Learn about housing rates and dining plans at Housing Rates Overview. Housing rates include all utility bills. Undergraduate rates are quoted per person.
- Consider applying for a Living Learning Program (LLP) (<https://reslife.okstate.edu/housing-options/living-learning-programs/>).
- Read the Oklahoma State University Lease Agreement (pdf).

Freshman Residency Requirement and Exemption Requests

In support of the mission of Oklahoma State University, first-year freshmen are required to live in university housing. Research suggests that living in university housing increases the probability of a student's academic success.

To support student success, first-year freshmen are required to live in university housing. Research shows that students who live on campus are more likely to succeed academically.

Students seeking an exemption must submit the required form and documentation by the stated deadline. Approval is subject to university review.

Learn more at Freshman Residency Requirement and Housing Exemption Request (form).

Housing Options

OSU offers four living styles to choose from - Traditional, suites, deluxe suites and apartments. To compare living options and housing rates, visit the Hall Finder (<https://reslife.okstate.edu/housing-options/halls/>).

- Traditional Halls feature shared bedrooms and community bathrooms. These include Iba, Parker, Stout and Wentz Halls. The University Commons Complex includes three modified traditional

buildings with shared bedrooms and smaller blocks of rooms sharing community bathrooms. North Commons#is reserved for women only.

- Suites include one or two private bedrooms with a shared bathroom. Available in Bennett Hall and the Villages
- Deluxe Suites offer two or four private bedrooms, or two shared bedrooms, along with a living room and kitchenette (except in Bennett Hall). Located in Bennett, Booker-Stinchcomb, Patchin-Jones and Zink-Allen Halls. Bennett Hall also includes some three-bedroom suites.
- Apartment living offers three options:
 - Deluxe Apartment Neighborhoods (undergraduates only). Units house two to four roommates and include private bedrooms, a living room, and a kitchen with a washer and dryer. Deluxe Apartment Neighborhoods include:
 - KPF Neighborhood (Kamm, Peterson-Friend Halls)
 - Morrison Neighborhood (Carreker East/West, McPherson, Payne Ellis Halls)
 - North Monroe Neighborhood (Bost, Davis, Morsani-Smith, Sitlington, Young Halls)
 - Apartment Neighborhoods are ideal for upper-division undergraduate, graduate and doctoral students, as well as single students, married couples and families. Apartment rates are split between roommates or charged in full if occupied by one student. The West Neighborhood offers fully furnished apartments. Select units in other neighborhoods may also be fully furnished. Apartment leases are year-round and align with the academic year. Residents may request a summer extension, subject to eligibility and approval. Additional charges apply for approved summer occupancy.

Rates for two-bedroom, one-bathroom apartments include:

- Gas, water and electricity
- Trash and recycling services
- Internet service
- Access to laundry facilities at no additional cost

Housing Accommodations

If a student needs housing accommodations based on a disability or health-related concerns, or needs to register a service dog or emotional support animal (ESA), visit Student Accessibility Services or call (voice/TTY) at 405-744-7116.

Residence Hall Student Organizations

Residence halls are supported by a strong student leadership structure. Each hall has its own council, and all halls are represented by the Residence Halls Association (RHA) (<https://reslife.okstate.edu/residential-experience/student-jobs/rha.html>), which serves as the voice of residential students and coordinates campuswide programs.

Students can get involved through leadership roles such as floor officers, committees and activity planning groups. The Prepare to Program Conference helps new students explore leadership opportunities within the halls.

Students With Children

Childcare and family support resources are available on campus and in the Stillwater community.

- Family Resource Center, 719 N. Walnut, 405-744-6539. The Family Resource Center offers a variety of programs to meet the needs of

the year-round housing residents. These programs vary depending upon the needs of the clientele. Typical programs include English as a Second Language class (ESL), after-school programs, children's programs, as well as cultural and social gatherings. School bus transportation is provided to the Stillwater High, Junior High and Middle schools, and to Westwood and Will Rogers elementary schools.

- Non-Traditional Student Services, 211 Classroom Building, 405-744-5488
- Non-Traditional Student Organization, 211 Student Union, 405-744-7508

Contact Housing and Residential Life

To explore housing options, compare rates and take a 360-degree virtual tour, please visit the website at reslife.okstate.edu (<https://reslife.okstate.edu/>). For further information or questions, please contact the OSU Housing and Residential Life Office, Iba Hall, Stillwater, OK 74078, 405-744-5592.

Enterprise Information Technology

Enterprise Information Technology (EIT) creates and manages the OSU/A&M technology infrastructure and provides services such as software, ID cards, wired and wireless networks, walk-in computer labs, virtual labs, email, multifactor authentication, file storage, a learning management system and others.

For questions or additional information, visit the EIT website at it.okstate.edu (<http://it.okstate.edu>) or contact the EIT help desk by calling 405-744-HELP (4357) or emailing helpdesk@okstate.edu. Visit Enterprise IT in person in 115 Math Sciences Building on the Stillwater campus.

Service Access

Access to EIT services is managed through the O-Key system. O-Key organizes identity data and roles to assign the correct access to the appropriate resources at the right times. Individuals use O-Key to manage passwords, emergency alert preferences, missing contact information and more.

TeamDynamix (TDX)

TeamDynamix (TDX) is Oklahoma State University's IT service management platform, designed to provide a more modern and user-friendly way for the campus community to request support, track tickets, and access technology services. Through a centralized portal with self-service tools and real-time updates, TDX improves visibility into requests and streamlines the support process, helping Enterprise IT deliver faster, more efficient service across the OSU/A&M system.

Learn more: services.okstate.edu/TDClient (<https://services.okstate.edu/TDClient>).

Video Conferencing

Zoom is available to all OSU students, faculty and staff through their O-Key login. Zoom is a cloud-based video conferencing application that allows you to set up virtual video and audio conferencing, webinars, live chats, screen-sharing, and other collaborative capabilities, all while conducting live chats — and it lets you record those sessions to view later. Alternatively, Microsoft Teams offers a video conference feature that can be used as part of the Microsoft 365 suite.

Learn more about Microsoft Teams at OSU: it.okstate.edu/services/microsoft-teams (<http://it.okstate.edu/services/microsoft-teams>).

Learn more about Zoom at OSU: it.okstate.edu/services/zoom (<http://it.okstate.edu/services/zoom>).

Collaboration Tools

Microsoft Teams is the centerpiece for collaboration at OSU as part of the Microsoft 365 suite offered to all students, faculty and staff. Microsoft Teams offers chat, audio and video meetings, and collaborative file sharing services. Microsoft Teams integrates with the Office 365 subscription applications and other products via extensions.

Learn more: it.okstate.edu/services/microsoft-teams (<http://it.okstate.edu/services/microsoft-teams>).

ID Cards

The ID card is the physical extension of the O-Key information. ID cards are used for on-campus purchases, meal plan transactions, borrowing library items, riding the off-campus Stillwater bus without charge, entering selected events, entering secured doors if permitted, and accessing the Colvin Recreation Center.

Learn more: it.okstate.edu/services/id-card-services (<http://it.okstate.edu/services/id-card-services>).

Email and File Storage

Email is provided to all employees and students. Cowboy Mail, OSU's email service provided by Microsoft Office 365 contains generous file storage options through Microsoft OneDrive and offers access to other Microsoft Office products and communication tools.

myOKSTATE Banner Portal

The myOKSTATE Banner portal (my.okstate.edu (<https://my.okstate.edu>)) is a single-access point for most university administrative systems and services. Users find applications and information specific to them, such as enrollment, housing, academic records, employment records and more.

Multifactor Authentication

Multifactor Authentication (MFA) plays an important role in helping keep OSU accounts and services protected by providing a second layer of authentication to accounts. DUO is the MFA system used at OSU.

DUO is available as a downloadable application for mobile devices. Alternatively, passcodes are receivable by text message. All users are required to set up MFA.

Learn more: it.okstate.edu/services/multi-factor-authentication (<https://it.okstate.edu/services/multi-factor-authentication>).

Learning Technologies

Canvas is the learning management system used at OSU. It allows students to access lecture notes, course activities, assignment submissions, quizzes, grades and discussions.

Instructors have two additional tools available to use in conjunction with Canvas: Respondus Lockdown Browser (RLB) and Turnitin. RLB is a specialized browser that limits the online testing space by preventing test-takers from wandering to other websites and functions on the computer in use. Turnitin compares student assignments against millions of web pages to detect plagiarism.

Computer Labs

EIT computer labs contain desktop computers, printers, scanners, standard software suites and specialized software. Instructors can reserve selected labs for classroom use. Printing is available. More information is available at labs.okstate.edu (<http://labs.okstate.edu>).

Virtual Labs is the internet-based version of the physical IT computer labs and hosts the same software. Students reach Virtual Labs by going through desktop.okstate.edu (<https://desktop.okstate.edu>). This site also provides connections to other on-campus computing resources.

Network

The Network and Telecommunications Service team offers the OSU community access to wired and wireless network connections. Network access availability is determined by students' enrollment status or employees' employment status.

The secure wireless network option for students and employees is Eduroam, which is accessible at most higher education institutions in the United States and internationally. Additionally, wired connectivity and Eduroam are available across all OSU/A&M campuses.

Virtual Private Network (VPN)

OSU has an internal network that allows access to many applications that are unavailable through other internet connections. Employees, faculty, and students can connect to the OSU network from their home computers using OSU's VPN, which securely encrypts the connection from a computer to OSU's network.

Learn more: it.okstate.edu/services/osuvpn (<https://it.okstate.edu/services/osuvpn>).

Software Distribution Center

The Software Distribution Center (SDC) hosts much of the software available to OSU students, staff and faculty. Availability is dependent upon each user's role with OSU. The Software Distribution Center is located at sdc.okstate.edu (<http://sdc.okstate.edu>). In addition to the SDC, the full Microsoft Office 365 software suite is available for download to students, faculty, and staff through their Office 365 email accounts.

Remote Printing

Remote printing is a technology that lets users send a print request from anywhere to an on-campus remote print station. The user signs into the print station, selects the documents for printing and collects them from the adjoining printer. Print jobs are held for six hours. Print station locations can be found by visiting it.okstate.edu/services/remote-printing ([https://it.okstate.edu/services/remote-printing](http://it.okstate.edu/services/remote-printing)).

EIT Helpdesk

The EIT Helpdesk assists students and employees with technology questions and issues. Students and employees can get help with software issues on personally owned computers and devices by taking them to 115 Math Sciences Building for in-person assistance. Additional help is available by phone and email.

Contact the EIT help desk by calling 405-744-HELP (4357) or emailing helpdesk@okstate.edu.

Parking and Transportation Services

Steve Spradling—Director of Parking and Transportation Services

Jay Doggett—Manager, Parking and OrangeRide Bicycle Rental and Repair

Joseph Bailey—Manager, Transit

Rick Newton—Manager, Transportation Services

Vehicle Registration and Parking Regulations

Any motor vehicle parked on University property between the hours of 5:00 a.m. and 5:00 p.m., Monday through Friday, must display a valid OSU paid parking permit or pass unless otherwise posted. The color and type of permit indicates the area where the vehicle may be parked. Use of a motor vehicle on University property is a privilege, not a right, and is made available only under the policies established in the University Parking and Traffic Regulations manual currently in effect. Any vehicle driven or parked on the campus of the University by an OSU student or employee should be registered with the OSU Parking Services.

The purpose of these regulations is to expedite the safe and orderly conduct of University business and to provide parking facilities in support of that function within the limits of available spaces. Purchase your permit online at <https://parking.okstate.edu/>; new faculty or staff, vendor, handicap, university vehicle, carpooling, retiree, construction, visitor or special permits must be purchased in person at the Parking and Transportation Services office. A copy of the OSU Parking Rules and Regulations booklet is available from the Parking Services office, 1006 West Hall of Fame on the corner of Monroe and Hall of Fame; or view online at <https://parking.okstate.edu/>.

Bicycle registration with the OSU Department of Parking and Transportation Services is required to park at OSU bike racks and is advantageous in the event the bicycle is stolen or lost. When bicycles are recovered by the department they are checked against bicycle serial numbers maintained in the registration files for return of the bicycle to the rightful owner. Permits are free of charge and can be obtained in-house or online (shipping fees will apply). Prior to obtaining a permit you are required to review safety guidelines before registering your bicycle. You can view the tutorial, and take the quiz online at <https://shuttle.okstate.edu/parking/bikesafetyquiz/video>.

OrangeRide Bicycle Rental and Repair

OrangeRide is a bicycle rental program being offered to promote affordable and convenient transportation to the campus and Stillwater community. The shop, which is located on the west end of the Multi-Modal Transportation Terminal, will be open Monday-Friday offering rentals on a daily, weekly, or by semester basis. In addition to bicycle rental, the shop will also provide basic bicycle repair for personally owned bicycles. For details or to make an appointment call OSU Parking at 405-744-6525.

Transit Services

The BUS is the campus and community transit service operated by the Department of Parking and Transportation Services. The BUS offers fixed route transit and on-demand paratransit service year-round. Bus transportation is available from 6:30 a.m. until 10:30 p.m. Monday through Friday during the school year and 6:30 a.m. until 7:00 p.m. during the summer. Route and time information are available at the Parking and Transit Services office or online at <https://transit.okstate.edu> (<https://shuttle.okstate.edu/Account/Login?ReturnUrl=%2FReserve%2FIndex>).

THE BUS also offers an online bus tracking system at <http://thebus.okstate.edu/> where you can select a route and identify where the buses are on route in relation to your location, available on your desktop and mobile device (Android and iPhone apps).

Tulsa Shuttle

BOB, OSU's Big Orange Bus, is a shuttle service between the Stillwater and Tulsa campuses. There are nine round trips daily from each campus Monday - Thursday; seven round trips on Friday. It is open to current students, staff and faculty and is now open to the public. The cost is \$7.50 one way for students; and \$13 one way for faculty/staff and public. Reservations can be made at <https://shuttle.okstate.edu> or in person: Stillwater at the Shuttle office in 1006 West Hall of Fame, at the corner of Hall of Fame and Monroe, Monday - Friday 8:00 a.m. to 5:00 p.m., or in Tulsa at the North Hall Information Center, Monday - Thursday from 7:00 a.m. to 6:00 p.m. and Friday from 7:00 a.m. to 5:00 p.m. In Stillwater, call 405-744-7100 and in Tulsa call 918-594-8332.

University Counseling Services

University Counseling Services (UCS) provides a broad range of services and programming to meet the dynamic and diverse mental health needs of college students. UCS houses the Student Counseling Center, Alcohol and Substance Abuse Center, and the Reboot Center. UCS is committed to supporting students' personal and academic development by holistically addressing needs such as their emotional, social and physical well-being.

The Student Counseling Center and the Alcohol and Substance Abuse Center provide confidential, professional mental health counseling for students. Common areas of concern addressed include stress, anxiety, depression, eating disorders, substance abuse, interpersonal relationships, academic functioning, and self-exploration. These centers offer individual and group counseling, a walk-in clinic, after-hours mental health crisis management via TimelyCare and 1-855-CALLSAM, access to online therapeutic services, and outreach programming such as grief support and programs tailored to specific populations or groups. Students may schedule services by calling 405-744-5458 or visiting 320 Student Union.

The Reboot Center provides stress management services to students, faculty and staff. The Reboot Center is an inviting space to relax, recharge and refocus to calm the mind and the body amidst the hustle and bustle of college life. The dogs of Pete's Pet Posse also make frequent visits to the Reboot Center throughout the semester.

Americans With Disabilities Act (ADA) Compliance Program

Office of Equal Opportunity

OSU is committed to improving the full and nondiscriminatory participation in all aspects of campus life for individuals with disabilities. Considerable progress has been made to enhance ADA access to OSU programs, services, facilities and grounds. Students with disabilities are encouraged to help with such efforts by identifying and reporting barriers and other access issues encountered throughout the University Community to the Office of Equal Opportunity. Any student who believes they have experienced discrimination on the basis of a disability can seek resolution through the Equal Opportunity Officer. For more information, contact the Office of Equal Opportunity, 408 Whitehurst, 405-744-9153 or by email address at eeo@okstate.edu.

Student Accessibility Services

Student Accessibility Services (SAS) at Oklahoma State University offers academic, housing, and dining support to students with disabilities attending the OSU Stillwater and NOC Stillwater campuses. Student Accessibility Services is committed to providing a community that

ensures full participation for students. Additionally, Student Accessibility Services is a resource for faculty and staff members. Appropriate services are determined on an individualized basis and may include housing or dining accommodations, accessible textbooks, classroom access, testing accommodations, assistive technology, reduced course load and other services based on disability-related need.

Reduced Course Load Accommodation

A reduced course load accommodation generally provides the same services, benefits, and responsibilities as full-time students, including eligibility for undergraduate honor rolls (notwithstanding the usual 12-hour requirement of University Academic Regulation 6.11), university-sponsored scholarships, student housing, and participation in university-sponsored clubs and activities. Taking less than 12 hours in a fall or spring semester, even with a reduced course load accommodation, may have implications on financial aid, veteran education benefits, visa status, athletic eligibility, and timely progress toward graduation. Students are encouraged to consult their academic advisor and pertinent campus offices before requesting a reduced course load accommodation to understand potential consequences.

Students can initiate a request for services by contacting Student Accessibility Services located in the Seretean Wellness Center Office #103A, phone 405-744-7116, fax 405-744-8380 or VP 405-571-9860 or by email at accessibility@okstate.edu.

University Dining Services

When it comes to food, it's all about choices - and with nearly 30 unique dining options, there's something for every Cowboy. From national franchises to local favorites, healthy meals to indulgent snacks, the possibilities are endless. Whether you want an early-morning coffee or need a late-night snack, we've got it covered. We recognize that our students have varying needs and tastes when it comes to food; that is why we offer some of the most flexible plans in the nation.

Being a part of "America's Healthiest Campus" means there are always well-balanced, nutritious options for our customers. Our Choose Orange food labeling program encourages students to choose healthier options while dining on campus by easily identifying better-for-you choices without having to read a nutrition label. The program is based on the U.S. Dietary Guidelines and qualified items are identified by the Choose Orange icon.

All freshmen living on campus are required to have a meal plan at the bronze level or higher. Campus meal plans are available to on- or off-campus students, as well as any staff or faculty member.

How our Meal Plans Work

Two weeks before the start of each semester, your meal plan amount is automatically loaded on your student ID, which can be swiped at any dining outlet on campus like a debit card. You can immediately spend as much or as little as you want, whenever you want and your balance declines as you make purchases.

Your meal plan is valid anywhere you can eat or drink on campus, including on-campus sporting venues. Each item on campus has a dollar value associated with it, and you are only charged that specific amount each time you use your meal plan to dine on campus—no "blocks," "meals" or limits!

Didn't use your full meal plan this semester? No worries! 100% of your remaining balance at the end of the fall semester will roll over to the

following spring semester with a valid meal plan contract. Rollover is only available from fall to spring semester within same academic year (this does not include the non-contract G plan). To learn more about everything UDS has to offer, please visit dining.okstate.edu (<https://dining.okstate.edu>). For meal plan questions, call 405-744-4920, email dining@okstate.edu or visit the Meal Plan office at 301 Student Union.

Current 2026-2027 Plans

Meal Plan	Meal Plan Rate Per Semester	Dining Dollars Per Semester
Platinum	\$2,425 [^]	\$2,275
Gold	\$2,155 [^]	\$2,005
Silver	\$1,905 [^]	\$1,755
Bronze*	\$1,700 [^]	\$1,550
Copper	\$1,330 [^]	\$1,180
Plan G (Non-Contract)** \$100 Increments		

*Minimum meal plan for freshmen living on campus.

[^]\$150 operations surcharge per semester to all contracted meal plans to help offset the cost associated with back-end systems and infrastructure, repairs and maintenance, debt service repayment, and major deferred maintenance to support dining service program.

**Option for students who wish to have occasional meals on campus. Starts with a \$100 minimum balance and is loaded in \$100 increments as the student wishes. Full balance will carry from semester to semester.

University Health Services

University Health Services is an urgent care facility, designed to provide affordable, provider-directed health care to students. UHS offers a wide range of services including lab work, x-ray, an onsite and drive-thru pharmacy, and general clinic care. A complete list of services can be found at <http://uhs.okstate.edu>. In the event a medical condition exists that is beyond the scope of the services offered, referrals can be placed to local providers and specialists. Emergency services can be provided by Stillwater Medical Center.

Health Requirements

All new students are required to submit Immunization records and a complete health history form found at <https://uhs.okstate.edu/forms.html>. Oklahoma law requires that students report their compliance with childhood immunizations including measles, mumps, rubella (MMR), and hepatitis B. These records can be submitted electronically through the UHS Health Portal at <https://okstateportal.pointnck.com> (<https://okstateportal.pointnck.com/confirm.aspx>) by using their O-key login and password. More details about immunization requirements can be found at <http://uhs.okstate.edu/>. Failure to comply with these requirements could result in restrictions on future enrollment.

Tuberculosis Testing International Students

All international students are required to undergo tuberculosis (TB) screening before enrolling. This screening is conducted at UHS and includes a blood test. If TB testing is required based on the results, the student is responsible for any associated costs. Please note that only tests conducted within the U.S. are accepted; a chest x-ray from outside the U.S. will not satisfy this requirement. No other vaccines or tests can replace the TB screening.

We can complete the TB screening at the International Student Health Screenings, held at UHS on specific walk-in dates provided

by International Students and Scholars. All required records must be submitted in English.

Tuberculosis Testing Domestic Students

Domestic students need to be tested for tuberculosis if they meet any of the following conditions:

- Have lived outside the U.S. for more than 8 weeks continuously,
- Have a medical condition that suppresses the immune system, or
- Have had a known exposure to someone with active tuberculosis.

For more information about OSU's Immunization Compliance Policy, visit <https://uhs.okstate.edu/immunizations/>.

201 General Academic Building
Stillwater, OK 74078
405-744-5449
osu-benefits@okstate.edu

Mandatory Health Insurance for Non-Immigrant Students

The Oklahoma State University Board of Regents requires non-immigrant students to maintain health insurance as a condition of enrollment. The premium for the Student Health Insurance Plan will be automatically added to the Bursar account, along with tuition and fees, for all non-immigrant students at OSU.

Please note that waivers are not accepted for students who have purchased their own health insurance. All international students on F and J student visas will be enrolled in the university's insurance plan following the drop/add date for the semester. For details on plan coverage and pricing, students should contact Oklahoma State University Human Resources.

Insurance Waivers & Exceptions

For inquiries related to Curricular Practical Training (CPT) or visa-based insurance waivers, please contact the International Students and Scholars (ISS) office at: 405-744-5459 or iss@okstate.edu.

- The insurance premium will be waived for students on Curricular Practical Training (CPT) who provide documented evidence of health insurance coverage — including medical evacuation and repatriation — through an employer whose plan meets the standards of the Patient Protection and Affordable Care Act.
- Non-immigrant students employed by OSU and eligible for the OSU employee insurance plan will not be covered by the student insurance plan. Proof of OSU employer coverage should be submitted to ISS with a waiver form.
- University Human Resources does not process or approve waivers. Please direct all waiver inquiries to ISS.

Graduate Assistants & Health Insurance

Graduate Teaching Assistants/Research Assistants may be eligible for the Student Insurance Plan as part of their assistantship if the GTA/GRA position, lasting the full semester, meets one of the following criteria:

- taking 9 credit hours spring/fall (2 summer) at 0.25 FTE, or
- taking 6 credit hours spring/fall (2 summer) at 0.50 FTE, or
- on reduced continuous enrollment of 2 credit hours or more for post-candidacy doctoral GTA/GRAs at 0.25 FTE.

Student Health Plan related inquiries should be directed to University Human Resources. Graduate assistants do not need to submit waiver forms to ISS.

University Human Resources