



Student Handbook

2025-2026





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[Explore the Campus map here.](#)

DR. V'S TOP 3 TIPS FOR SUCCESS

Explore Navigate360



your go-to student success platform that helps you stay organized, connected, and on track to achieve your goals.

With Navigate360, you can Schedule advising appointments with just a few clicks, Get reminders for important deadlines like registration and financial aid, Connect with your support team—advisors, faculty, and staff—all in one place. Think of Navigate360 as your personalized success hub, designed to make college easier to navigate and your goals easier to reach.



A NOTE FROM THE DEAN OF STUDENTS

Welcome to Southern Oregon University. We are thrilled to have you join the Raider family. SOU is a special place and during your time here I hope you push yourself to try new things, meet new people, and expand your mind.

This handbook has been developed with you in mind. The goal is to have the information you need in one easy location. I encourage you to read through the handbook, click on the links, and explore all of the supportive and engagement opportunities available to you. We expect each member of the Raider family to become familiar with the community standards and to assume responsibility for making decisions governing their behavior within the community.

If you experience any problems, concerns, or challenges during your time at SOU, the Dean's office is a good place to start if you can't figure out what to do, where to go, or who to ask. All of us (faculty and staff) are here to support and encourage you. Let us know how we can help.

Have a fantastic year!

Dr. Carrie Vath, Assistant Vice President of Student Affairs and Dean of Students at SOU

Build Community



Student Clubs & Organizations serve as a means for connecting with other students and enhancing the college experience.

SOU's Office of Student Belonging and Engagement houses over 60 student clubs and organizations! Visit SU 312 or the QR code for the most up-to-date information on SOU events.

Come say Hi!



Stop by and say hello at SU 321, or send an email at dos@sou.edu with any questions or concerns you may have while at SOU.

Be sure to explore the resources and support the Dean of Students Office has for SOU students by visiting dos.sou.edu.

Guide for Student Support & Services by Topic

Issue or Concern	Contact	Number	Email	Location
Accommodation Requests	Disability Resources	541.552.6213	dr@sou.edu	Central Hall
Advising/Class Registration	Academic Advising		advising@sou.edu	Varies
	Raider Student Services	541.552.6005	studentservices@sou.edu	Campus Bookstore, Steven- son Union
After Hours Emergency	If Life Threatening, Call 911	911		
	Campus Public Safety	541.552.6911	campuspublicsafety@sou.edu	382 Wightman
	University Housing (if in the Halls)	541.552.6371		450 Wightman
Changing Majors, Major Exploration, Career Options	Career Connections	541.552.8820	careerconnections@sou.edu	SU 310
	Academic Advising	541.552.6213	advising@sou.edu	Varies
	Raider Student Services	541.552.6600	studentservices@sou.edu	Campus book- store, Steven- son Union
Financial Difficulties	Financial Aid	541.552.6600	finaid@sou.edu	CS
	Bursar's Office	541.552.6631	New Students: studentaccounts@sou.edu	Curchill 154
			Returning Students: studentbalances@sou.edu	
	Submit Cares Note		sou.edu/caresnote	
Find a Job	Career Connections	541.552.8820	careerconnections@sou.edu	SU 310
Help with a Class	Faculty Advisor or Student Success Coordinator	Varies	advising@sou.edu	Varies
	Tutoring Center	541.552.6860	tutoring@sou.edu	Hannon Library 146
Internships/Job Search	Career Connections		careerconnections@sou.edu	SU 310
I've Experienced Bias/ Discrimination	Title IX/ Equity Grievance		equitygrievance@sou.edu	
I am Struggling/Need More Resources	Cares Note		sou.edu/caresnote	

Guide for Student Support & Services by Topic

Issue or Concern	Contact	Number	Email	Location
Meal Plans/Dining Concerns	University Housing	541.552.6371	housing@sou.edu	450 Wightman
Medical or Mental Concerns	If Life Threatening, Call 911	911		
	Student Health & Wellness Center	541.494.4875		560 Indiana St.
	Telus	866.743.7732		
Nothing to Do at SOU	B B		belong@sou.edu	SU 312
	SOU Events Calendar		events.sou.edu	Varies
	Intramurals		recreation.sou.edu	Campus Rec Center
	Campus Clubs		hawknest.sou.edu/ login_only	Varies
Parking Permits, Tickets, or Questions	Campus Public Safety	541.552.6911	campuspublicsafety@sou.edu	382 Wightman
Relationship Difficulties	Student Health & Wellness Center	541.494.4875		560 Indiana St.
	Title IX/Equity Grievance		equitygrievance@sou.edu	
Roommate Problems	Resident Assistant/ Area Coordinator	541.552.6371	housing@sou.edu	450 Wightman
Stress/Grief	Student Health & Wellness Center	541.494.4875		560 Indiana St.
Transferring Schools	Academic Advising		advising@sou.edu	Varies
	Raider Student Services	541.552.6005	registrar@sou.edu	Campus Bookstore, Stevenson Union
Technology Help	IT Helpdesk	541.552.6900	helpdesk@sou.edu	CS

Important Dates

Further information can be found on the online SOU academic calendar at
sou.edu/student-services/dates/ *

Fall 2025

- September 24 Fall term classes begin
- October 13 Last day to drop classes with a full refund
- October 27 Priority registration for Winter 2026 begins
- December 2 Last day to submit course withdrawal
- December 8 - 12 Finals Week
- December 14 Fall term ends

Winter 2025

- January 5 Winter term classes begin
- January 21 Last day to drop classes with a full refund
- February 2 Priority registration for Spring 2026 begins
- March 9 Last day to submit course withdrawal
- March 16 - 20 Finals Week
- March 22 Winter term ends

Spring 2025

- March 30 Spring term classes begin
- April 14 Last day to drop classes with a full refund
- April 28 Priority registration for Fall 2026 begins
- June 1 Last day to submit course withdrawal
- June 8 - 12 Finals Week
- June 14 Spring term ends
- June 13 Commencement

* Some masters level courses are on a different academic calendar so students should refer to their department regarding their schedule.

Student Code of Conduct

All students are accountable to the Student Code of Conduct upon matriculation to SOU. We recommend you review of the [Code of Student Conduct \(SOU Policy SAD 15\)](#) to ensure familiarity with these expectations.

Sexual Misconduct, Bias, or Discrimination Policy

All students, staff, faculty, and guests are accountable under the [Equal Opportunity, Harassment, and Sexual Misconduct Policy \(SOU Policy GEN 9\)](#). We recommend careful review of this policy as it sets the minimum standards for the SOU community.

To report these concerns please use the SOU Sexual Misconduct and Equal Opportunity Report form by clicking the button below. The Campus Choice Program allows reports to be made both confidentially and anonymously.

Learn more about the role and services provided by this team by reading the Equity Grievance and Title IX section of this handbook.

FILE A REPORT NOW

**VIEW CAMPUS
CHOICE OPTIONS**

THE SOU BUCKET LIST

Read the
HANDBOOK

■ Visit THE FARM
for a free dinner/event

■ High-five ROCKY
at an Athletics event

■ Take a selfie with SWAMPY in
HANNON LIBRARY (2nd FL)

■ Find a Club to Join at the
INVOLVEMENT FAIR

■ Volunteer During
EARTH MONTH

■ Check out a performance at the
Oregon Center for Arts

■ Go on an OUTDOOR PROGRAM TRIP

■ Book an appt
at OASIS

■ Walk the campus BOTANICAL TOUR

■ Attend GLOW FEST

■ Meet your
ASSOU
team in SU

■ Join/Submit/Watch
FRINGE FEST

■ Go to SO
PRIDE

Campus Services

ATHLETICS

SOU is a member of the Cascade Collegiate Conference and the National Association of Intercollegiate Athletics (NAIA). The SOU Raiderette Dance team, the SOU Cheer team, and the Raider Band lead with spirit. Our student athletes represent Southern Oregon University through their values and personal character of integrity, service, diversity, gender equity, and high academic achievement. SOU Athletes represent the following teams:

Men's sports: Women's sports:

Basketball	Basketball	Soccer
Cross Country	Beach Volleyball	Softball
Cycling	Cheer & Dance	Track & Field
Football	Cross Country	Volleyball
Golf	Cycling	Wrestling
Soccer	Golf	
Track and Field		
Wrestling		

For information on recruitment, eligibility, athletic staff, event schedules, and tickets visit www.souraiders.com.

Matt Sayre • 541.552.6273 • sayrem@sou.edu • souraiders.com • Lithia Motors Pavilion

CAMPUS RECREATION

SOU Campus Recreation oversees the Student Recreation Center (SRC) and four programming areas: Outdoor Programs, Intramural Sports, Sport Clubs, and Fitness Programs. The SRC includes two indoor gymnasium courts, a suspended running track, a fitness center, two fitness studios, a bike maintenance shop, a 40+ ft climbing wall, and more. The SRC membership fee is included in the tuition fees for enrolled students, and available for purchase for online students, staff, and faculty. The Intramural Sports programs offer opportunities to play with and compete against the different SOU teams during the seasons (from 1-day tournaments to a few weeks in length). Sport Clubs are student-led organizations who offer opportunities to play their respective sport and engage in competitions within regional and national leagues.

Campus Recreation also houses the Esports Hub. The Hub has twelve stations outfitted with all the best gaming equipment. Along with providing practice and competition space for the competitive Esports teams, the Hub is open for all students to play on their own. Space reservations for students will be included in their membership to the SRC.

The SRC invites its members to find serenity and relaxation. The Oasis is a room inside the SRC with a massage chair, humidifier, speaker, and tranquil beach theme. If you are in need of a massage, nap, or a quiet spot to meditate, the Oasis is the space for you.

Hugues Lecomte • 541.552.7230 • lecomteh@sou.edu • recreation.sou.edu • 1465 Webster St.

CAMPUS PUBLIC SAFETY

We support the mission of SOU through our dedication to student safety, success, and responsible citizenship. We strive to serve the campus community by maintaining the highest standards of work performance and interaction between the officers and the campus community. Through our partnerships, programs, and a 24/7 presence across campus our officers work to deliver services to meet the diverse needs of our students, faculty, staff, and visitors. Part of our duties includes enforcing state laws, city ordinances, and university policies when those violations compromise safety and/or the livability of the campus community.

Robert Gibson • 541.552.6258 • campuspublicsafety@sou.edu • inside.sou.edu/security/index • 382 Wightman St.

CAREER CONNECTIONS

The Office of Career Connections provides resources to assist students from all academic programs and class years to identify and achieve their individual career goals. We welcome all students and foster opportunities to collaborate with employers; apply for graduate and professional schools; connect with faculty, staff, and student organizations; as well as obtain support from alumni in order to provide the highest quality of service to our students.

Stacey Westrum • 541.552.8820 • careerconnections@sou.edu • careers.sou.edu • Stevenson Union 310

COMMUNITY STANDARDS

The Dean of Students Office contributes to the holistic development of students by enforcing the Student Code of Conduct through processes that promote education, fosters a sense of accountability, encourages personal and community responsibility, and mutual respect. Review the Student Code of Conduct to become familiar with behavioral expectations for SOU students at sou.edu/knowthecode.

Amnesty Policy: When the health and safety of a fellow Raider are at risk, calling for help is always the right thing to do. Students should call for help in an alcohol- or drug-related emergency, or large social gatherings, without the concern of university disciplinary actions, as stated in the Amnesty Statement.

Molly Kresl • 541.552.7163 • student-conduct@sou.edu • dos.sou.edu/community-standards • Stevenson Union 321

Campus Services cont'd

BELONGING AND ENGAGEMENT

Belonging and Engagement provides social, cultural, and educational programs experiences to promote campus involvement and a sense of connection to the SOU community. Belonging and Engagement includes Student Clubs and Organizations, the Social Justice and Equity Center, Student Government, the Stevenson Union, EPIC (student program board), and new student programming. Belonging and Engagement offers weekly activities and events that are free for students. We are here to help students make the most of their university experience. Follow @soustudentlife and @souepic on instagram for social media updates.

Jonathan Chavez Baez • 541.552.6478 • belong@sou.edu • Stevenson Union 312

STUDENT CLUBS AND ORGANIZATIONS

Student clubs and organizations serve as a means for connection with other students while growing leadership skills, promoting campus pride, and advancing a wider representation and inclusion of all SOU students. Leaders are supported by the student-led Club Board of Advisors which provides engagement opportunities, leadership support, and funding. Whether you would like to join an existing student group or begin a new one, we have the resources and staff to assist you. Visit hawknest.sou.edu for more information on events & student clubs and organizations.

Jay Sorensen • 541.552.8827 • sou-clubs@sou.edu • sou-clubs.sou.edu/clubs • Stevenson Union 312

SOCIAL JUSTICE and EQUITY CENTER

The Social Justice and Equity Center (SJEC) provides advocacy, education, and community building at SOU, centering the needs of Black students, Indigenous students, students of color, queer and trans students, women and femmes. The SJEC has full-time and student staff working in the following areas:

GENDER AND SEXUALITY JUSTICE

The Gender and Sexuality Justice (GSJ) team provides visible and accessible advocacy for the needs of queer, trans, women, and femme students on campus and in our community. The GSJ team is passionately dedicated to improving our community through education, empowerment, physical resources, and support services. Follow @gjsou on instagram for social media updates.

Sweets Underwood • 541.552.8582 • underwoods@sou.edu • socialjustice.sou.edu/gsj/ • Stevenson Union 305

RACIAL JUSTICE

The Racial Justice team endeavors to create an inclusive program that promotes academic achievement, celebrates diversity, and supports the rich life experiences of the SOU community. Toward this goal, we seek to advocate on behalf of Black, Indigenous, and Students of Color, faculty, and staff by conducting training and programming where participants connect and explore the multifaceted issues of Race, Racial Justice, and the inherent diversity of a global community. Follow @_rjsou on instagram for social media updates.

Marvin Woodard • 541.552.8793 • woodardm@sou.edu • socialjustice.sou.edu/ • Stevenson Union 307

STUDENT GOVERNMENT

The Associated Students of SOU (ASSOU) provide students with resources that enrich the college experience, encourage the exchange of ideas, and foster a positive campus environment. ASSOU positions are appointed or elected. ASSOU oversees a budget of \$4M of student fees that fund campus involvement, civic engagement, and legislative advocacy. Follow @assouraiders on instagram for social media updates.

ASSOU President • ASSOUPresident@sou.edu • studentlife.sou.edu/assou • Stevenson Union 333

STEVENSON STUDENT UNION

Stevenson Union (SU) provides an environment that encourages interaction and strives to increase a sense of campus community for students, faculty, staff, alumni, and visitors. The SU offers a supportive space for cultural, recreational, educational, social, and service activities; appropriate facilities for the diverse needs and activities of the campus community; and a sense of community that fosters university pride.

Alex Smith • 541.552.6462 • su_scheduling@sou.edu • studentlife.sou.edu/su • Stevenson Union 312

Campus Services cont'd

DEAN OF STUDENTS OFFICE

The Dean of Students Office is here to support you. If you experience any problems, concerns, or challenges during your time at SOU, the Dean's office is a good place to start if you can't figure out what to do, where to go, or who to ask.

It is our goal to make your college experience a very fulfilling and successful one. Drop in (SU 321) or call our office (541.552.6221) anytime. We support students in their educational and personal goals by connecting them to resources and helping resolve issues and complaints. To this end, we offer a variety of programs and services: Care Coordination, Social Justice and Equity Center, Belonging and Engagement, Career Connections, and YOU@SOU.

Dr. Carrie Vath • 541.552.6221 • dos@sou.edu • dos.sou.edu • Stevenson Union 321

DINING

Campus dining is available to on- and off-campus students or guests and include:

The Hawk is located in the Dining Commons where guests enjoy home-style classics to ethnic and healthy entrees. Breakfast, lunch, and dinner are served.

Elmo's is located in Stevenson Union and offers Stack Burger, Chilaca, and The Green Leaf salad bar. Signature options are available for breakfast and lunch.

Einstein's Bros. Bagels serve coffee, smoothies, bagels, and more!

Southern Grounds is a coffee shop in the Hannon Library serving treats from the Human Bean and sandwiches and soups from Erbert & Gerbert's.

The Landing is located in the Dining commons and offers a quick snack, Starbuck's coffee, beverages, salads, sandwiches, and groceries.

Staci Buchwald • 541.552.6377 • sou-dining-dept@sou.edu • sou.campus-dining.com • Greensprings Lobby

DISABILITY RESOURCES

Our office provides accommodations for students with disabilities and is a resource to all of SOU for creating an inclusive and accessible learning environment. Accommodations are individually determined with the student through an interactive process. Some of our more common accommodations include: testing accommodations, note-taking services, alternative textbook formats, assistive technology, housing accommodations, accessible classroom seating, and sign language interpreters/captioning. If students feel they may benefit from receiving these services, please call to schedule a meeting with our team.

Aubrey Owens • 541.552.6213 • dr@sou.edu • inside.sou.edu/dr/index.html • Central Hall

Free Campus Events

SOU students benefit from a variety of free activities offered on campus, some include:

ATTEND STUDENT ATHLETIC EVENTS

Students are able to attend athletic events for free, [visit the Raiders athletic calendar](#) to view upcoming events. Raider Athletics has 19 teams for students to cheer on year-round.

EXPLORE the SCHNEIDER MUSEUM of ART

The museum is free to SOU students and community members. It is open year-round, and features a rotating slate of exhibitions focused on historical and contemporary perspectives of art and progressive work by nationally- and internationally-recognized artists. Learn more about the Schneider Museum and its exhibits by [visiting the SMA site](#).

EXPERIENCE THEATER & CONCERTS

The Oregon Center for the Arts (OCA) is an academic division of SOU. They also serve as a community arts presenter, partner, and producer. The OCA offers multiple opportunities a week for students to dive into the fantastical world of theater or enjoy a stimulating evening concert.

[View the OCA's upcoming events calendar.](#)

VARIOUS STUDENT ACTIVITIES and EVENTS

Belonging & Engagement houses over 60 student clubs and organizations and offers weekly activities and events free for SOU students. Visit [Hawk N.E.S.T.](#) to view current clubs and meeting times and follow [@souepic](#) and [@soustudentlife](#) on Instagram to keep up-to-date on festivities!



Campus Services *cont'd*

OFFICE OF EQUITY GRIEVANCE & TITLE IX

The [Equity Grievance Department](http://sou.edu/equity-grievance) (sou.edu/equity-grievance) serves students, staff, and faculty. Concerns about sexual harassment, sexual assault, stalking, intimate partner violence, bias and discrimination are all addressed by the Office of Equity Grievance at SOU. The Interim Director of Equity Grievance/Title IX Coordinator is Dr. Sarah Olejniczak and can be reached via email at equitygrievance@sou.edu

Southern Oregon University is committed to a timely, thorough, and thoughtful response to concerns of equity violations. We are also committed to providing an educational environment that is safe and accessible to all. In addition, Southern Oregon University values due process, clarity of procedure, and strives to ensure equal access for all members of the campus community.

Survivor/Victim of Sexual Violence

Southern Oregon University is committed to maintaining a safe and healthy campus for all of its students. If you are, believe you may be, or know someone who is the victim of sexual violence and/or bias and discrimination, there are resources available to you. Begin with an SOU Confidential Advisor or the online reporting form to learn about all your available options. **If you are in immediate danger, call 911.**

Campus Choice

Campus Choice is Southern Oregon University's system of addressing sexual assault, domestic violence, stalking, and intimate partner violence. Campus Choice serves students, staff and faculty.

Through Campus Choice you can receive coordination of care, help with whatever you need, options, information, care, and education related to your specific situation. You do not need to make a report to receive help through Campus Choice.

You can choose to make a formal report to the University and a member of the Equity Grievance/Title IX team will assist you through the process.

**VIEW CAMPUS
CHOICE OPTIONS**

Campus Reporting Options and Resources:

Anonymous Report [Click to file an Anonymous Report](#)

Anyone can submit an anonymous report via the Southern Oregon University's Sexual Misconduct and Equal Opportunity Report Form. You can also meet with a Confidential Advisor without giving identifying information. To be connected with a Confidential Advisor, please email equitygrievance@sou.edu or review this [Resource List](#). Anonymous reports give you the opportunity to provide any information you would like about an assault and allow you to decide if you would like to be contacted or not in the event another report is made about the same person. At any time you can decide to make a formal report.

Formal Report [Click to file a Formal Report](#)

You can request to make a formal report via the Southern Oregon University's Sexual Misconduct and Equal Opportunity Report Form. You may also make a formal report to a Confidential Advisor or an Equity Grievance team member or Title IX official (University Title IX Coordinator or Deputy Title IX Coordinators).

FILE A REPORT NOW

Confidential Advising Reporting

An SOU Title IX Confidential Advisor will also assist you if you need housing accommodations for health or safety reasons. Please note, aside from SOU Confidential Advisors or medical or counseling staff at the Student Health and Wellness Center, no other group, faculty, staff, or administrator on our campus can guarantee that what you tell them will be held in confidence.

SOU Cares

To report concerns for yourself or a student surrounding the topics of mental and emotional health, academic performance, alcohol and other drug use, or similar concerns, please submit an [SOU Cares Note](#). For more information on this resource, visit the SOU Cares section of this handbook.

SUBMIT A CARES NOTE

Campus Services *cont'd*

THE FARM at SOU

The student-led organic Farm produces healthy, sustainably-grown food for the SOU community. It is a hub for education, student and faculty research, and community outreach to the Rogue Valley. Projects on The Farm inspire a generation of ecologically-committed leaders who promote a vision of living and working sustainably. All SOU students are invited to work and study at The Farm. We welcome volunteers to the weekly work parties at the Farm on Friday afternoons. Come have fun in the dirt and sun and help grow healthy veggies for your fellow students.

541.552.6487 • thefarm@sou.edu • farm.sou.edu • 155 Walker Avenue

FINANCIAL AID

The Financial Aid team is here to assist students with research, knowledge, and processing of Financial Aid funding. We have a student-focus and are here to answer student's questions on aid status, scholarships, grants, loans, and work study.

Erica Riggs • 541.552.6162 • finaid@sou.edu • sou.edu/financial-aid • Computing Services

HOUSING

University Housing oversees Residence Halls, SOU Dining Services, Student Apartments and Family Housing, and conferences for our students, staff, faculty, and campus guests. For information on SOU Dining services, see the Dining section in this handbook.

We provide a safe and secure learning and living environment that complements our students' academic pursuits. Students who reside in our residence halls quickly become part of the campus community. A group of students, or Resident Advisors (RAs), serve as a source of support, mentorship, and connection. A professional staff team is on-site to guide social and educational programming and promote campus and personal safety.

Staci Buchwald • 541.552.6371 • Housing@sou.edu • sou.edu/housing • Greensprings Lobby, 450 Wightman St.

OFFICE OF INTERNATIONAL PROGRAMS (OIP)

International Programs provides a wide variety of unique cultural exchange opportunities to students through international university partnerships, study away providers, and the National Student Exchange (NSE). Study away advisors offer step-by-step guidance to all students interested in an education abroad program. The team enthusiastically welcomes and supports international students by offering quarterly orientations & workshops, advising services, and mentorship.

Tracey Culbertson • 541.552.8180 • international-programs-dept@sou.edu • oip.sou.edu/ • Stevenson Union 140

OUTDOOR PROGRAM (OP)

The SOU Outdoor Program is committed to making outdoor recreation accessible to all students. It provides leadership opportunities, empowering students to gain skills that will benefit their careers and personal lives. On campus, our Climbing Center, Bike Repair shop, and rental shop are full of outdoor adventure and camping gear. Off-campus opportunities include kayaking, whitewater rafting, mountain biking, hiking, backpacking, snowshoeing, snowboarding, skiing, and rock climbing.

The OP also offers regular programming for students through themed Climbing Nights, multi-day adventures around Oregon, and more!

Willie Long • 541.552.7231 • outdoorprogram@sou.edu • recreation.sou.edu/outdoor-program • 1465 Webster St.

PARKING

On-campus parking is managed by our Campus Public Safety (CPS) department. This team offers regular lot maintenance, painting, and resurfacing to meet the access and safety needs of our campus. Parking rules are enforced 365-days-a-year, including summer term and federal holidays. Parking permits are offered on a first-come, first-served basis. Visit the website for information on rates, parking maps, and online purchase information.

Robert Gibson • 541.552.7275 • parking@sou.edu • parking.sou.edu • 382 Wightman St.

RAIDER STUDENT SERVICES

Raider Student Services serves as a central hub for student needs. Here you will find information on course registration, transcripts, changes to your course schedule, and academic policies and payment policies. You can find information on your student account, your SOU OneCard, tuition and fees, and make a payment to your student account.

Zac Olson • 541.552.6600 • studentservices@sou.edu • sou.edu/student-services • Computing Services

Campus Services cont'd

VETERANS RESOURCE CENTER

The Veterans Resource Center serves students based on a framework of integrity, serving others, and excellence in student support. We do this by creating regular programming, educating the university community through outreach initiatives, and partnering with campus and community agencies in support of the military affiliated population at SOU. We provide assistance to veterans and military families as they work to achieve their educational and personal goals at the university. Veterans benefits certification is also available here in cooperation with the Financial Aid Office.

Clinton Lytle • 541.552.7114 • VMF@sou.edu • veterans.sou.edu • Stevenson Union 301

VA BENEFITS

A team of advisors from the office of Financial Aid will address the needs of our military connected students in support of your enrollment, academic course scheduling, certification, and benefits. Services include information on programming, advocacy, support, student organizations, networking, and recognition.

541.552.7114 • VAbenefits@sou.edu • sou.edu/financial-aid/veterans • Stevenson Union

OFF-Campus jobs & Internships



Instructions:

Go to sou.12twenty.com > Login with your SOU SSO
Watch the intro video in Announcements
Explore Job, Intern & Volunteer Listings!

For more information about job searching, check out careers.sou.edu/students

SOU CARES

We encourage a culture of supporting one another at SOU. The Dean of Students office provides many services and tools to the SOU community to ensure students get access to vital resources during their time here. Key areas of interest are outlined below; visit the SOU Cares site to explore the full depth of services available to students to promote mental, physical, and academic wellbeing at dos.sou.edu/sou-cares.

BASIC NEEDS RESOURCES

SOU understands that basic needs have a direct impact on the wellbeing and success of students. Basic needs are conditions and resources you need to survive and thrive and can include food, housing, transportation, finances, and more. SOU provides a centralized website to help connect students and their families to basic needs information and resources available at SOU, the southern Oregon community, and beyond.

dos.sou.edu/basic-needs-resources

CARES NOTE

The entire SOU campus is committed to supporting the success of students, faculty, and staff. Anyone can [submit an anonymous note of concern](#) about a student online to the Dean of Students Office. Some examples of reported concerns include, mental and emotional health, academic performance, personal illness or injury, alcohol and other drug use, academic integrity, distressing or threatening behavior.

Dr. Carrie Vath • 541.552.6652 • dos@sou.edu • [Submit Cares Note: sou.edu/caresnote](http://sou.edu/caresnote) • Stevenson Union 321

CARE COORDINATORS

The Care Coordinators in the Dean of Students Office provide short-term assistance for students with complicated issues and concerns. Our Care Coordinators work with students directly and can provide connections to services, SOU offices, and resources both on campus and in the community. When a single problem escalates, or if a student encounters multiple life challenges, the Care Coordinators serve as ongoing support, working with students to help them succeed during their time at SOU.

Stevenson Union 321 • 541.552.6221 • [Schedule Now](#) • <https://dos.sou.edu/meet-the-team/>

STUDENT FOOD PANTRY

The SOU Food Pantry is committed to providing students with food and other basic necessities to alleviate the effects of hunger and poverty. We strive to promote human dignity and increase the likelihood of continued academic success. Visit the site for more information, including access hours and contact.

Check in for access at Stevenson Union 312 or email foodpantry@sou.edu • studentlife.sou.edu/food-pantry

Campus Services cont'd

LA CLINICA STUDENT HEALTH AND WELLNESS

CENTER AT SOU

The SHWC is SOU's on-campus clinic which provides access to primary medical care, mental health care, preventive services, and campus-wide health promotion. All students taking at least four on-campus credits automatically pay the Health Fee which allows them access to our services. In addition to the mental health counselors on campus, students can access counseling via chat, text, or telehealth by visiting MySSP.app.

Appointments cost \$15; students do not need health insurance.

Anna D'Amato • 541.494.4875 • health.sou.edu • 560 Indiana St.

TRANSPORTATION OPTIONS AT SOU

SOU Bike Maintenance Shop: SOU has its own Bike Shop! Located in the [Outdoor Program](#), the Bike Shop is available to students during the Outdoor Program and Climbing Center hours. All students with a Student Recreation Center membership are welcome to bring their bikes and use the shop's tools.

Carpool: Connect with fellow SOU commuters and others on your route easily through the [GetThereOregon.org](#) website.

Want to get a [carpool parking permit](#)? Get a discount on your SOU parking permit for sharing the ride. Make sure that you specify you want a carpool permit for \$135.

Bus: Students can purchase a bus pass for \$15 by downloading the UMO Pass app ([Apple Store](#)) ([Google Play](#)) and sign in with your SOU email. Then head to Raider Student Services or email registrar@sou.edu, and ask for the student bus pass.

Shuttle: The [POINT shuttle](#) offers low-cost transportation across southern Oregon. Besides Grants Pass and Brookings, you can get a ride to the Amtrak Train Station in Klamath Falls and the Medford Airport. Routes are included for the Cascades, Eastern, High Desert, NorthWest, and SouthWest Oregon.

Walk: Ashland is ranked as Oregon's most walkable community.

For more information:

<https://dos.sou.edu/basic-needs-resources/transportation>

TRiO: SUCCESS AT SOUTHERN OREGON

TRiO is a free program that serves low-income, first-generation students, and students with disabilities. Services include academic advising, tutoring, financial aid and scholarship advising, dedicated study space and tutoring center, and workshops and cultural events. Admission is application based and can be found on the TRiO website.

Kim DeSimone • 541.552.6062 • success@sou.edu • inside.sou.edu/success/index.html • Stevenson Union 322

Sensory room

What is a sensory room?

A sensory room is space that provides individuals with a controlled and immersive sensory experience.

Here is how a sensory room most commonly uses our senses:

- **Visual Stimulation:** such as dimmable LED lights with calming colors
- **Auditory Stimulation:** we incorporate various sounds and auditory experiences
- **Tactile Stimulation:** can provide comforting sensations.
- **Interactive Sensory Equipment:** we have specialised sensory equipment such fidget toys, stress balls etc
- **Kinesthesia (movement) Stimulation:** we have three different forms of seating that use swinging, bouncing, and balancing.

Who Can benefit from a Sensory room?

Everyone AND

- Individuals with ADHD
- People with Anxiety or Stress
- Individuals with Sensory Processing Disorders (SPD)

Check in at the Dean of Students Office(SU 321) for your sensory room experience.

Campus Services *cont'd*

THE TUTORING CENTER

SOU is committed to providing academic support to its students. Operating under the Hannon Library, the Tutoring Center offers in-person and online appointments, as well as in-person drop-in assistance for math, science, and writing skills.

Hannon Library • 541.552.6860 • tutoring@sou.edu • libguides.sou.edu/tutoring • Hannon Library 146

MATH and SCIENCE LAB

The goal of the Math and Science Lab is to provide insight and support in helping students problem-solve with mathematical or scientific concepts. Students should leave a tutoring session feeling empowered with a better understanding of the material and additional tools needed for success.

THE WRITING CENTER

The Writing Center works with all undergraduate students who may be beginning writers or advanced writers. The Writing Center will help you incorporate research, organize longer papers, and properly cite sources. From one-paragraph summaries to full-length research papers, we provide guidance in all aspects of the writing process.

If you are writing a long paper or planning a research project, you may want to schedule a series of appointments. Regular weekly meetings with a tutor can help you stay on track and manage deadlines.

UNIVERSITY COACHING AND ACADEMIC MENTORING (UCAM)

UCAM provides support for students in the areas of time management, organization, self-advocacy, emotional health, academic/life balance and resiliency. Professional coaches meet with students individually to hear their specific needs and assist with their transition to college and utilization of campus resources. Students have access to weekly academic coaching, a professional writing coach, a two-credit academic skills class, student mentors, and social activities. An additional fee is assessed and is included in the total cost of attendance for estimating Financial Aid awards. A limited number of need-based scholarships are available.

Aubrey Owens • 541.552.6213 • UCAM@sou.edu • inside.sou.edu/ucam/index.html • Central Hall

Community Contacts

Medical & Mental Health Resources

Jackson County Mental Health: 541.774.8201
Local Crisis Hotline 24/7: 988 or 541.779.HELP (4357)
Ashland Police Department: 541.488.2211
Asante Ashland Community Hospital: 541.201.4000
Asante Rogue Regional Medical Center: 541.789.7100
National Suicide Prevention Lifeline: 1.800.273.8255
Crisis Text Line 24/7: text 741741
Providence Medical Clinic: 541.732.8300

Urgent and Non-Urgent Medical Services

Rogue Community Health: 541.482.9741
La Clinica Health Center, Ashland and Phoenix:
541.535.6239
Jackson County Public Health: 541.774.8209
Valley Immediate Care: 541.488.6848

Having trouble finding what you are looking for?

Contact Dr. Carrie Vath, Dean of Students

541.552.6221
dos@sou.edu
Stevenson Union 321



SOU Department Quick Guide

ASSOU

studentlife.sou.edu/assou

Athletics

541.552.6273

souraiders.com

@souraiders

Bookstore

541.552.6248

sou.bncollege.com

@soucampusbookstore

Business Services

541.552.6631

inside.sou.edu/bus-serv

Campus Public Safety

541.552.6258

cps.sou.edu/

Career Connections

541.552.8820

careers.sou.edu

@soucareerconnections

Dean of Students

541.552.6221

dos.sou.edu

@sou.student.support

Disability Resources

541.552.6213

dr.sou.edu/

@soudisability_resources

Financial Aid

541.552.6600

sou.edu/financial-aid

Hannon Library

541.552.6860

hanlib.sou.edu

@sou_hannon

University Housing

541.552.6371

sou.edu/housing

IT Helpdesk

541.552.6900

support.sou.edu

Oregon Center

for the Arts

541.552.6101

oca.sou.edu

President's Office

541.552.6111

sou.edu/president

@presrickbailey

Office of Equity

Grievance/Title IX

541.552.7079

sou.edu/equity-grievance

Parking

541.552.7275

parking.sou.edu

La Clinica Student Health &

Wellness Center at SOU

541.494.4875

health.sou.edu

Raider Student Services

541.552.6600

sou.edu/student-services

@souraiderstudentservices

SOU Dining

541.552.6042

sou.campus-dining.com

@raidersdining

Study Away Programs

541.552.6336

inside.sou.edu/international/

study-abroad.html

You read the Student

Handbook! Stop by SU 321

to claim a prize.

Tutoring Center

541.552.6860

libguides.sou.edu/tutoring

@sou_hannon