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Parent Student Guide for WOU

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As a former parent student, I understand the struggle, anxiety and stress of working, studying and raising a family on top of that. The last thing we need on our plate is to take time out of the day that can be used on school, or spending time with the little ones to look up resources. I developed this guide as a quick reference with resources on campus and around the community that can provide support. One of the best things a parent student can have during their time in school is a support network. Be proud of the accomplishments and risk you are taking by being in school. Be proud and happy that your dependent will watch you walk across that stage.

Tools to Find Resources

For a comprehensive list of resources to meet your needs, visit this website: <https://wou.edu/basic-needs/>. It provides contact information for different resources to meet basic needs such as food, housing, safety, and health.

[Student Needs Feedback Form](#) - This is a quick feedback tool that provides information and contact info for different resources you are searching for on campus. It also provides an area for you to provide feedback on how WOU can better assist you.

Child Care

PreSchool Promise

What is Preschool Promise?

Preschool Promise is a model for a publicly-funded, high-quality preschool system. Preschool Promise leverages high-quality, local and culturally-relevant early child care and education programs and makes them available to children living at 200% of the poverty level. By incorporating a mixed delivery approach which recognizes that



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high quality early learning experiences can take place in a wide variety of settings, Preschool Promise provides opportunities for families to access and choose the preschool setting which best meets their needs.

Preschool Promise Application 2020/2021: <https://airtable.com/shrNdFo2tAIDuhrLn>

Check out these two websites for more information:

[Preschool Promise: https://oregonearlylearning.com/preschool-promise](https://oregonearlylearning.com/preschool-promise)
[Parenting Hub: https://parentinghub.org/programs/free-preschool/preschool-promise/](https://parentinghub.org/programs/free-preschool/preschool-promise/)

WOU Child Development Center

WOU's Child Development Center is a Preschool Promise partner that also offers discounted childcare to WOU Students. WOU has a number of childcare programs available that are taught by experienced teachers.

Toddler Program: 18months-3 years

Preschool Program: 3-5 years

For more information please visit: <https://wou.edu/cdc/>

For Other Preschool Promise Providers visit:

<https://parentinghub.org/programs/free-preschool/preschool-promise/>

To Find Other Child Care Options in Oregon visit:

<http://triwou.org/projects/fcco>.

Bambino's Oregon:

Non-profit providing essential supplies, safety equipment, extra-curricular scholarships, and spiritual & emotional support for families with children.

<https://www.bambinosoregon.org/>



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Academic Options and Support

We understand that always coming to campus is just not possible. Below you will find a few resources that can be accessed remotely to help you navigate and provide support during your time at WOU.

Online Major Options: <https://wou.edu/salem/for-prospective-students/>.

Bachelor of Applied Science (B.A.S): Possible option for students who have an Applied Science Associate's Degree (AAS) or 60 or more credits towards an ASS degree, which is a career or technical Associate Degree.

Potential Areas of Study:

- Information Systems
- Early Childhood Studies
- Economics
- Psychology
- Gerontology
- Liberal Studies
- And more!

For more information visit: <https://wou.edu/provost/degree-completion/>

Advising and Academic Support

Student Success and Advising provides advising support and success strategies to help succeed in your courses. SSA currently has appointments available by phone or Zoom from 9 am - 4 pm for your convenience. Advisors in our office are equipped and open to having young children participate during appointments as needed.

For more information on our resources and our staff go to: <https://wou.edu/advising/>

For help with scheduling an appointment, check out this video:

<https://youtu.be/waEh8E43uIY>.

Tutoring



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There are six academic tutoring centers at WOU. In the evening and late night after every chore is done and everyone is asleep, that is when the textbooks open. Just because the sun is down, does not mean tutoring centers are closed. Utilize the resources available at your convenience. Links to all six centers are listed below, and also available at: <https://wou.edu/freetutoring/> For any questions about tutoring at WOU, you can email: tutoring@wou.edu.

***Note: for Winter and Spring 2021 terms: these resources have been moved online**

Tutoring Services by Appointment:

- [SSA Tutoring](#) provides tutoring for over 20 general education subjects, intro major courses, and standalone support for study skills. For more information on what specific subjects are available, and to meet our tutors and their areas of focus, visit: [Tutoring – Student Success and Advising Office](#)
 - This link will provide instructions to schedule a tutoring session: [Zoom Tutoring](#)
 - Appointments can be scheduled online using WCS, located in the WOU Portal. Click “Get Support” then “Tutoring” as the service and “Student Success and Advising.”
 - Tutors submit their hours of availability, so available hours vary. Tutoring is generally offered M-F and on Sunday (Select Saturday availability), with most tutors having daytime and evening hours.
- [The Writing Center](#) can help students with more than just grammar and punctuation. You can utilize the Writing Center for any class that includes written assignments. This resource can go a long way.
 - Evening Hours on Campus: HL 116 from 6 pm to 9 pm, Sunday through Thursday. ***currently moved online***
 - Evening Hours in Salem: 2611 Pringle Rd ***currently moved online***
 - You can schedule an appointment by clicking on the red Writing Center icon in the WOU Portal. You can also use the “Make an Appointment” tab on the Writing Center’s homepage.



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- The [English Tutoring Center](#) provides assistance to English Language Learners in English reading, listening, speaking and grammar. English Tutoring Center tutors are trained to teach English as a second language and could assist language learners in developing confidence and competence in their use of both academic studies and social interaction. The English Tutoring Center service is currently online, where students can schedule appointments via WCS and meet tutors via zoom through the week and evening.

Subject-Based Tutoring Services with Drop-in (Same Day) appointments:

The following centers are available on a drop-in basis for these specific courses. Click on each department link for more details on how to access tutoring and what courses tutoring is available for.

- **Science Center:** <https://wou.edu/sciencecenter/>
- **Math Center:** <https://wou.edu/mathcenter/> - Now Open on Saturdays for Winter Term!
- **Computer Science:** <https://wou.edu/cs/tutoring/> - Some availability on Saturday

Additional University Resources

WOU Food Pantry: <https://wou.edu/foodpantry/>
SNAP Application: [SNAP Client Application](#)

Family Housing

Housing eligible for WOU students who are taking at least 8 credits at WOU and has a Partner/Spouse and/or children/dependents. There are two family housing complex options available. Each complex has a number of services provided. There is a maximum number of 4 occupants per apartment. For more information regarding floor plan for each complex and family housing please visit:

<https://wou.edu/housing/housing-and-dining-2/family-housing-at-wou/>.

For more information regarding cost and application please visit:

<https://wou.edu/housing/applications/> & <https://wou.edu/housing/costs/>



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Student Health and Counseling Center

The Student Health and Counseling Center provides medical and counseling services to WOU students who have paid the health fee**. They have made changes to adjust to COVID-19. Below you will see these changes and what resources they have available. For more information please visit their website: [Student Health & Counseling Center – Mental and Physical Health Facility](#)

Counseling Services

- All scheduled appointments will be by phone. The counselor will call you at the number we have on file.
- Crisis services are still available. Call 503-838-8313 to make that appointment at the time of your crisis and a counselor will call you back.
- After hours crisis services are still available. Contact Campus Public Safety to connect to an on-call counselor.

Medical Services

- CCARE
- Covid Testing
- We will telephone triage as many as possible.
- 8 a.m.-1 p.m. daily – urgent visits only.
- 1-4 p.m. daily – sick visits only.
- Anyone with a fever subjective or checked with a thermometer currently or in the past 48 hours must call 503-838-8313 to speak to one of our providers, who will instruct you on what to do next.
- In addition to communication via phone, medical staff is working to increase their ability to communicate remotely. You can 'secure message' a medical provider with questions you may have regarding your health. To do so, click on this link: <https://wou.medicatconnect.com/> . Log in with the same username and password as your student portal. Click on "Messages/Compose New."

Note, in order to use the services provided by SHCC, there is a one time fee that will be added to your account for the term. Once the fee has been added to your account, you can use the service as often as needed



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Service Learning and Career Development

Whether exploring majors, navigating programs and career paths, or developing a resume and cover letter, the [Service Learning and Career Development Center](#) is here to assist you in finding jobs, resources, and internships that provide future opportunities to students after graduation. For more information, go to: <https://wou.edu/slcd/>

Financial Aid

The Financial Aid can help you find options for paying for school. WOU has a number of scholarships available for WOU students. Knowing when to apply is key to these scholarships. Here are common due dates for WOU Scholarships:

- WOU General Scholarships*: March 1st
- WOU Departmental Scholarships: May 1st

**Presidential Scholarship winners have to submit the WOU General Scholarship app by Feb 15th*

[Scholarship Frequently Asked Questions – Financial Aid](#)

Make sure to apply for the [FAFSA](#) or the [ORSAA](#) each year. For more details go to: <https://wou.edu/finaid/>. You can schedule an appointment with a Financial Aid Counselor through WCS in the Portal.

Link for Incoming Students: [Incoming Students – Financial Aid](#)

Business Services

Business Office staff are available to meet with WOU students to discuss financial strategies (budgeting, etc) and questions about your tuition and charges. Schedule an appointment through the Wolf Connection System (WCS) by clicking the WCS button in Portal. For more information, go to: <https://wou.edu/business/>.

- Tuition Refund Dates/Deadlines:
<https://wou.edu/business/tuition-fees/concerning-refunds/>
- Tuition Payment Information:
<https://wou.edu/business/tuition-fees/payment-information/>



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Hamersly Library

A tip of advice, being able to pull up articles that are reliable quickly and pinned them is a lifesaver when you are studying/researching. The Hamersly Library has a large database for students to use, they also have computers available, and now have the ability to check out technology to help you be successful in school. If you are able to study/research during the day and early evening, the Hamersley website has librarians available to chat with you. They can help you find an article or steer you towards the right direction for your research. You can access their chat and database on their website: <https://library.wou.edu/>

Another great thing Hamersly has been providing is accessibility to an internet connection from home through mobile hotspot checkouts. To find out if you are eligible and to request a hotspot go to: <https://library.wou.edu/hotspots-waitlist/>