

Wellness Resources

Wellness Resources at Ohio State

Want to explore your wellness further? Wellness Coaching is a free service grounded in positive psychology that is available to all enrolled students. Coaches are trained to help you identify and use your strengths to help you create the life you want to be living at Ohio State and into the future. For more information or to set up a coaching session, please email wellnesscoaching@osu.edu.

Please note: Wellness Coaching, and the resources below, are not intended to respond to crisis situations or to treat ongoing concerns related to your mental, emotional, or psychological health. Please call 9-1-1 in any emergency, or contact Counseling and Consultation Service at 292-5766 for ongoing support.

Career Wellness

- [Office of Student Life's Career Counseling and Support Services](#)- provides high quality and diverse-sensitive services through counseling, consultation and lasting partnerships that are designed to facilitate learning and advance well-being, purpose, identity, development and citizenship.
- [Office of Student Life's Buckeye OnPace Program](#)- self-guided career modules that can assist you in learning more about yourself and choosing a major(s)/careers, applying to grad school, and preparing to enter the workforce as a responsible, global citizen.
- [GradSense](#)- a unique online tool designed to help students plan financially for their education and future careers. Along with median debt and income data, the GradSense website also provides students with loan repayment advice, spending tips and career guidance.
- [Handshake](#)- Ohio State's university-wide position posting system where you have access to search and apply for part-time jobs, internships, co-ops, and full-time career opportunities.

Creative Wellness

- [Wexner Center for the Arts](#)- offers multidisciplinary programs encompassing performing arts, exhibitions, and media arts (film/video) that focus on cutting-edge culture from around the globe.
- [Drake Performance and Event Center](#)- houses the Department of Theatre and hosts a variety of theatre and television productions.
- [Experience Columbus](#)- provides all the information you need for events, attractions, shopping and dining in the Columbus, Ohio area.

Emotional Wellness

- [Office of Student Life's Counseling and Consultation Service](#)- provides counseling and consultation to currently enrolled students, as well as spouses/partners of students who are covered by the Comprehensive Student Health Insurance.
- [Office of Student Life's Student Wellness Center: Wellness Coaching](#)- using the nine dimensions of wellness framework, the Center supports holistic student success through innovative, evidence-based programs, workshops, coaching and advocacy.

- [Office of Student Life's Student Advocacy Center](#)- assists students in cutting through campus bureaucracy, and empowers students to overcome obstacles to their growth both inside and outside the classroom.
- Office of Student Life's Disability Services- creates an accessible educational experience for students with disabilities.

Environmental Wellness

- [Office of Student Life's Recreational Sports: Outdoor Adventure Center](#)- home to the Tom W. Davis Climbing Center with a 4,000-square-foot, 35-foot tall climbing structure and bouldering cave, outdoor equipment rental office, and a trip-planning resource center.
- [Chadwick Arboretum & Learning Gardens](#)- exists to enhance the use of plants for educational enjoyment by training the future public garden horticulturists, preserving green space, and by bringing people and plants together.
- [Office of Student Life's Energy Services and Sustainability](#)- the focal point for continued energy conservation, education, recycling and other sustainability initiatives.

Financial Wellness

- [Office of Student Life's Student Wellness Center: Scarlet & Gray Financial](#)- empowers students by helping them to develop healthy financial behaviors that will enable them to achieve their short and long term personal goals to create the life they desire.
- [Student Service Center](#)- assists with financial aid matters, tuition and fee payments, registration challenges, managing your Student Center or other related issues.
- [GradSense](#)- a unique online tool designed to help students plan financially for their education and future careers. Along with median debt and income data, the GradSense website also provides students with loan repayment advice, spending tips and career guidance.

Intellectual Wellness

- [Dennis Learning Center](#)- provides academic learning services and support, including courses, workshops, and appointments, as well as online student resources.
- [Office of Student Life's Younkin Success Center: Tutoring Services](#)- free tutoring provided by certified peer tutors.
- [The Writing Center](#)- free help with writing at any stage of the writing process for any member of the university community.

Physical Wellness

- [Office of Student Life's Recreational Sports](#)- offers programs and services for living active and meaningful lives, including class instruction, aquatics, adventure trips, climbing, drop-in fitness and recreation, intramural sports, sport clubs, massage therapy, personal training, disc golf, roller hockey, and many other activities.
- [Office of Student Life's Student Health Services](#)- a Joint Commission accredited outpatient facility providing a variety of health care services to the student population, regardless of health insurance coverage.
- [Office of Student Life's Student Wellness Center: Nutrition Coaching](#)- each session includes a nutrition assessment, education, and goal setting.
- [ScreenU for Alcohol](#)- a web-based method that administers screening, brief intervention and referral to treatment (SBIRT) to college students.

Social Wellness

- [Office of Student Life's Student Organizations](#)- with over 1,000 student organizations, Ohio State provides a wide range of opportunities for students to get involved.
- [Office of Student Life's Multicultural Center](#)- offers several hundred programs a year - cultural and intercultural celebrations, heritage and awareness events, dialogues, workshops, student leadership and cohort meetings, prejudice-reduction trainings, wellness initiatives and Social Justice Engagement courses - all focused on teaching students personal and interpersonal skills necessary to be most effective in a diverse world.
- [Office of Student Life's Sorority and Fraternity Life](#)- 60+ fraternal organizations - while diverse in their own distinctive ways - all have one consistent purpose: exist to enhance the leadership, learning, and service that occur within our Buckeye community and to challenge our members to live a life of responsible values-based citizenship.

Spiritual Wellness

- [Office of Student Life's Student Organizations](#)- with over 1,000 student organizations, Ohio State provides a wide range of opportunities for students to get involved.
- [Interfaith Association of Central Ohio](#)- builds a multi-faith community which fosters harmony, appreciation, and respond among different faiths.