



Empowering Success with Academic Counseling



The Oasis platform is here to help your Academic Counseling office prepare you for life after college, beyond the classroom.

Strengthen your mental health by visiting the Oasis library of video exercises and coping strategies to increase your confidence.

Reach out to an Oasis Support Counselor today to receive emotional support!



Suggested Self-Care Content

- Requesting a Meeting with a New Professor
- Identifying Areas Where You May Need Help
- Using the 5-Minute Rule to Combat Procrastination
- Procrastination Busters: Tips for Getting Things Done
- Healthy Study Habits

Oasis is a free mental health resource to students at your School.



Scan to download the App!

