

The logo for Oasis, featuring the word "OASIS" in white capital letters inside a teal speech bubble shape.

New Horizons on the First-Year College Experience

Transitioning to college can be overwhelming, but Oasis is here to help you!

Check out the Oasis App for tips, videos, exercises, and articles for coping with big changes as you adjust to college life, new social interactions, and roommates.

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



Scan to download the Oasis App!



Suggested Self-Care Content

- College Life Basics
- Managing Your College Life
- Feeling Homesick
- Commuter Life
- Getting Involved on Campus



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