

[View this email in your browser](#)



## This Week in Involved Living

**Monday, February 15 - Sunday, February 21**

**Have a great week everyone!**

**Monday 2/15** - Mondays with MUNDO: Lunar New Year, Interpersonal Communication and Healthy Relationships wellness group, Salary Negotiation Workshop for Women, Stress Management wellness group

**Tuesday 2/16** - RHAC General Body Meeting: Black History Month, RHAC Presents: Virtual Magic Show with Kevin Li, Construction Virtual Career Fair, RHAC Grant Deadline

**Wednesday 2/17** - Environmental & Sustainability Career Fair

**Thursday 2/18** - Food & Agricultural Sciences Career Fair, Social Work Job Fair, ILO/Community Council Presidents Meeting, Spread the Love Craft Event with OUAB, Fear of a Black Planet, OUAB in the Kitchen: At-Home Edition: Breakfast for dinner, Men's basketball game vs. Penn State @ 8pm (BIG 10 Network), OUAB Quiz Night,

**Friday 2/19** - Total Body Blast (12-12:45pm) Rec Sports online fitness class, Wrestling vs Penn State @ 7pm (BIG 10 Network)

**Saturday 2/20** - Men's ice hockey game vs. Michigan @ 5:30pm (BTN plus)

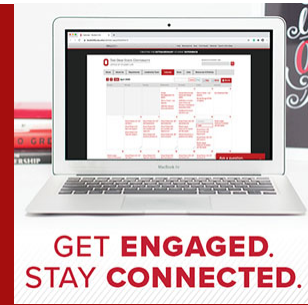
**Sunday 2/21** - **Love Your Body Week Begins!** OUAB Presents: Writing A Revolution: Book Club, Men's basketball game vs. Michigan @ 1pm (CBS)

**Get involved where you live!**

**Leah Wheeler** - Leadership & Involvement Specialist

*Please note that if you see a time in parentheses, please click the Student Life Calendar link in the box below to find more details. Other event details can be found in this newsletter.*

The Student Life Event Calendar is your go-to spot to find a range of activities for outside the classroom. Visit [go.osu.edu/slcalendar](https://go.osu.edu/slcalendar) for programming and event options throughout the year.



Complete your  
COVID-19 testing.

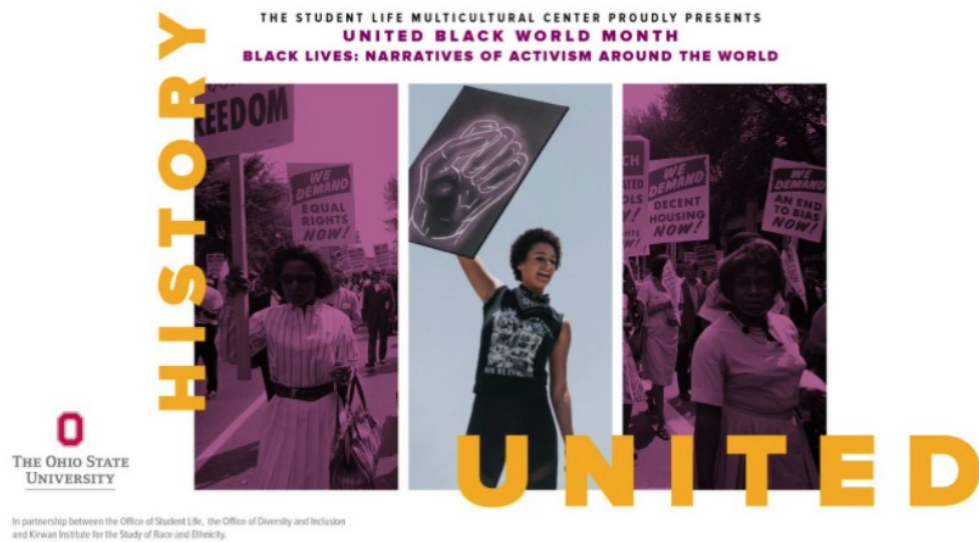
***safeandhealthy.osu.edu*** ✱



## Win Big by Completing Your Safe and Healthy Requirements

**Want to be rewarded for keeping our community safe and healthy?** Students who complete their weekly, required COVID-19 test will be eligible to win a variety of prizes. From gift cards to special tours and opportunities on campus, tech products and more, your dedication to the health and safety of our community can help you win big.

**Learn more:** [go.osu.edu/testingincentives](https://go.osu.edu/testingincentives)



## United Black World Month

The Student Life Multicultural Center, in collaboration with various departmental offices and student organizations, annually celebrates United Black World Month.

United Black World Month, also known as Black History Month, is a month-long celebration of the diasporic experience. This year's United Black World Month theme is centered around **Black Lives: Narratives of Activism Around the World** and will include speakers, artist, panels and various other programs. For more information, contact [Katherine Betts](#).

[United Black World Month 2021 Calendar of Events](#)

## This Week

### Fear of a Black Planet

Thursday, February 18 at 7pm

**Register at** [https://osu.zoom.us/meeting/register/tJ0pd-GgrzkiE9RLEE0PwZMJF\\_su5K7o3VE0](https://osu.zoom.us/meeting/register/tJ0pd-GgrzkiE9RLEE0PwZMJF_su5K7o3VE0)

"Music and the Movement; from a Hip Hop perspective." Join us for a "political party" and conversation with DJ O' Sharp and Dr. Tony Anderson, Hip Hop Theorist & Educator. Wear your hip hop gear and bring your spin. \*Prizes and trivia will be incorporated.

Sponsored by Office of Student Life; Social Change

Contact: Charity Martin-King ([Martin-King.1@osu.edu](mailto:Martin-King.1@osu.edu))



## **This Week from MUNDO**

### **Mondays with MUNDO**

### **Lunar New Year**

**Monday, 2/15 6:30 - 8pm on Zoom**

Join MUNDO for this virtual celebration! Lunar New Year is the observance of the start of a new year in a lunar or lunisolar calendar. (<https://www.dictionary.com/e/historical-current-events/lunar-new-year/>). In Chinese Astrology 2021 is the year of the Ox (a symbol of hard work, intelligence, and humility. <https://chinesenewyear.net/zodiac/ox/>).

**[Zoom Link to all MUNDO events](#)**

## Next Week from MUNDO

### Mondays with MUNDO

#### A Graeter Love

**Monday, 2/22 6:30 - 8pm on Zoom**

Tonight's session will explore ways to find ways to appreciate, celebrate, and love yourself. Stop by for a healthy dose of positivity and healthy tips to get through the last of the winter months

**MUNDO = Multicultural Understanding through Non-traditional Discovery Opportunities**

[Check our website for resources, information, and more!](#)



[MUNDO Facebook](#)



[MUNDO Website](#)



[MUNDO Instagram](#)



## This Week from RHAC

### General Body Meeting - Black History Month

**Tuesday, 2/16 at 7-8pm on Zoom**

Join us for this general body meeting on Tuesday at 7pm for RHAC elections!

[Weekly Meeting Zoom Link](#)

## **Virtual Magic Show with Kevin Li**

**Tuesday, 2/16 at 8-9pm on Zoom**

Join us at the below Zoom link at 8pm on Tuesday! Kevin Li combines mentalism, comedy, and visual magic into an engaging 45 minute virtual show that you don't want to miss!

# VIRTUAL MAGIC SHOW WITH KEVIN LI

February 16, 2021 • 8:00 pm  
Kevin Li combines mentalism,  
comedy, and visual magic into an  
engaging 45-minute virtual show  
that you don't want to miss!

**RSVP AT [RHAC.OSU.EDU](https://rhac.osu.edu)**



**[Zoom Link to Magic Show](#)**

**Next RHAC Grant Deadline**

**Tuesday, February 16th**

The next grant deadline is February 23rd! Please get your grant applications in!

[Apply for Grants Here!](#)

[RHAC Links](#)



[RHAC Twitter](#)



[RHAC Website](#)



[RHAC Instagram](#)



**National Residence Hall Honorary**  
Buckeye Chapter

## **This Week from NRHH**

### **National Residence Hall Honorary (NRHH) Interest Form**

**Fill out this form to learn more about our organization along with instructions on how to apply.**

[https://forms.office.com/Pages/ResponsePage.aspx?id=NIYJ61IQiUiVKx\\_53x0RITeCr4pmRZ1BoyfgRQJvo7NUMFRLQURJQU9JOFQ2MERYMkZJR1E1MEw3Ni4u](https://forms.office.com/Pages/ResponsePage.aspx?id=NIYJ61IQiUiVKx_53x0RITeCr4pmRZ1BoyfgRQJvo7NUMFRLQURJQU9JOFQ2MERYMkZJR1E1MEw3Ni4u)

The National Residence Hall Honorary (NRHH) makes up the top 1% of leaders on campus and strives to provide recognition and service for our community.

**Write an OTM (Of The Month) for October!**



**Due Monday, March 1st by 11:59pm**

Want a fun and easy way to recognize the amazing things taking place in your residence hall? Write an "Of the Month" ! **Anyone can write an OTM!**

These awards are exciting ways we like to recognize people on campus who are going above and beyond for their communities. With categories like Student of the Month, Social Program of the Month, Resident Advisor of the Month, and more, there is a large variety to who and how you would like to recognize someone for their work.

**Click the "Submit an OTM" link below to submit an OTM nomination on the top left hand corner of the page, click "The Ohio State University" and fill in the required boxes.**

NRHH = National Residence Hall Honorary

[Submit an OTM](#)



[OSU NRHH Website](#)



[Buckeye NRHH Twitter](#)



[Submit an OTM](#)



**This Week from OTL**

**Check out our social media below for more updates  
about our upcoming events!**



[OTL Instagram](#)



[OTL Twitter](#)



[OTL Website](#)



[YouTube](#)



## **This Week from CARE**

### **Follow us on social media!**

We are a student-led organization affiliated under Office of Residence Life and are composed of a group of proactive leaders who are actively involved in various Residence Halls. We CARE about the social and cultural adjustment processes of incoming international students, especially of how they interact with domestic students in Residence Halls and strive to build a welcoming and strong community among both international and domestic students that promotes well-being and success through a variety of social, academic and educational support programs.

### **Applications for Spring:**

Interested in becoming a CARE Ambassador? Check out the [link here](#) for the application!

**Come and join this exciting and dynamic group to celebrate and learn about the world and share your stories & culture!**



[CARE Website](#)



[CARE Instagram](#)



## This Week from BSA

Check out our social media below for more updates  
about our upcoming events!



[BSA Instagram](#)



[BSA Twitter](#)



[BSA Website](#)

OFFICE of STUDENT LIFE





## Call for Artists

Apply by March 15th, 2021

Student Life's Residence Life is calling undergraduate and graduate artists from diverse backgrounds to be part of a juried mix media exhibition, "To Be Heard, To Be Seen, To Belong."

This collection seeks to uplift the journeys all Ohio State students take to be seen, to be heard and to belong. Honorariums and kick-starter grants are available for this opportunity. All artwork must be available to display during the 2021-2022 academic year.

Read more at [go.osu.edu/ArtGrant](https://go.osu.edu/ArtGrant) or click the button below

[More information about the art grant here](#)

# Other Opportunities & Resources



## Be Careful with Your BuckID

With a combination of access and payment options directly on your BuckID, it's important to protect it like you would your driver's license or credit card. Here are a few tips on how to keep yours safe and secure:

- Do not take or post photos of your BuckID
- Do not lend your BuckID to anyone else for use
- Immediately report a lost or stolen BuckID

For additional information, visit [buckid.osu.edu/](http://buckid.osu.edu/)

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## Help Spread Kindness at Ohio State

We are looking for artists to help spread kindness at Ohio State! **The Office of Student Life and Kind Columbus are hosting a contest for Ohio State students, faculty, staff, alumni and Columbus community members to submit artwork that could be featured in outdoor spaces around campus.** These Instagrammable Walls will help promote kindness, positivity and mental health support on campus and in the Columbus



community. In addition to seeing their artwork displayed around campus, winners of the #BeKind Instagram Wall Contest will also receive \$500 to donate to a non-profit organization from the Columbus Foundation's Giving Store of their choice.

The #BeKind Instagram Wall Contest is open throughout February 2021

Learn more: [go.osu.edu/instagramwalls](https://go.osu.edu/instagramwalls)



## Love Your Body Week

Love Your Body Week is a university-wide collaboration led by the Student Life Student Wellness Center to promote body acceptance and positivity at Ohio State. This week of events is devoted to educating, celebrating and creating a sustainable and supportive campus environment for all body types and experiences. Events will take place virtually February 21-26. Love Your Body Week offers a wide range of program options including but not limited to fitness classes, educational programs, art therapy, mindfulness, and

more. All events are open to all students, staff and faculty. For event descriptions, registration link and more information please visit [go.osu.edu/LYBW](http://go.osu.edu/LYBW).

[Love Your Body Week website](#)

## OUAB Upcoming Events

### *Marquee Programs*

**Thursday, February 18, 2021 4:00 PM (2hours) – Spread the Love Craft Event**

**Admission:** - RSVP Required

All you need is love... and chocolate of course. And some flowers... and maybe some jewelry too? Join OUAB and come get a craft or two from the Ohio Union to make gifts for that special someone to show how much you love them. Pickup times are from Feb. 18th-21st from 4-6 PM.

Signup at [go.osu.edu/spreadlove](http://go.osu.edu/spreadlove)

<https://go.osu.edu/spreadlove>

Tatum McPhillips-Ohio Union Activities Board [mcphillips.16@osu.edu](mailto:mcphillips.16@osu.edu) 614-688-1029

### **OUAB Presents: Writing A Revolution**

- **Sunday, February 14 at 1pm – Book Club: When They Call You A Terrorist: A Black Lives Matter Memoir**
- **Sunday, February 21 at 1pm - Book Club** (book and event registration will be announced Monday, February 15<sup>th</sup>)

- **Monday, February 22 at 7pm – featuring Angela Davis, Patrisse Khan-Cullors and** (third speaker will be announced Monday, February 15<sup>th</sup>) – event registration will open February 16<sup>th</sup>

**Grad/Prof** *(these events are open to our graduate and professional student populations)*

**Wednesday, February 17, 2021 at 6pm (2 hours) – Cupcakes and Canvas**

**Admission:** - RSVP Required

Relaxing and making time for entertainment is a crucial part of overall wellness. With this in mind, join OUAB for an evening of cake cups and canvases with local artist Cody Heichel, from the comfort of your own home on Wednesday, February 17<sup>th</sup> at 6:00 PM.

Grab-n-go supply kits will be distributed to winners prior to the event.

Please [register](#).

<https://ouab.osu.edu/Secure/lottery/events/?eventId=210>

Dustin Beech-Ohio Union Activities Board [OUABGradProf@osu.edu](mailto:OUABGradProf@osu.edu) 614-688-1029

**Thursday, February 18, 2021 at 7pm (1 hour) – OUAB in the Kitchen: At-Home Edition: Breakfast for Dinner**

**Admission:** - RSVP Required

Join OUAB for OUAB in the Kitchen: At-Home Edition: Breakfast for Dinner for a chance to cook a meal of your own under the guidance of the Union's own professional chef, Chef Wolf. Following a cooking demonstration by the chef, students will create the menu providing a unique hands-on learning opportunity virtually, from the comfort of their own home. In this fun and interactive environment students will enjoy a delicious meal and gain useful culinary skills to show off in their own kitchens. Whether you're are a master chef in your own kitchen or a novice, there is an OUAB in the Kitchen program for you!

The menu will feature Shakshuka-a classic stew with poached eggs, garbanzo beans, Moroccan spices, tomatoes and mild peppers, chipotle sauce, scallion and cilantro



accents. Spice rubbed pita crisps accompaniment.

Please [register](#).

<https://ouab.osu.edu/Secure/lottery/events/?eventId=200>

Dustin Beech - Ohio Union Activities Board [OUABGradProf@osu.edu](mailto:OUABGradProf@osu.edu) 614-688-1029

### **Thursday, February 18, 2021 7:00 PM (2 hours) – Quiz Night**

#### **Admission: - RSVP Required**

Join us as grad/prof students get together for a night of trivia and fun! Pre-arranged and impromptu-created teams compete in a night of trivia. Prizes are awarded to the top team of the evening. **Check in begins at 6:30 PM. First question begins at 7:00 PM.**

All teams must register for each quiz night. **Please visit [ouab.osu.edu/grad-prof/social-engagement-programs/quiz-night](https://ouab.osu.edu/grad-prof/social-engagement-programs/quiz-night) for more information on how to register.** Teams may include up to 50% non-student guests. Due to overwhelming popularity, registrations the day of the event may not be available. Check out the website for fuller details. The registration period for a quiz night begins at the conclusion of the previous quiz night.

Please send registration information to [OUABgradprof@osu.edu](mailto:OUABgradprof@osu.edu). **Please note new email address as of March 2019 AND virtual delivery method for Spring 2021.**

- March 4, 2021 - Registration Opens February 19, 2021 (Location: Virtual - more info upon registering)
- March 18, 2021 - Registration Opens March 5, 2021 (Location: Virtual - more info upon registering)
- April 1, 2021 - Registration Opens March 19, 2021 (Location: Virtual - more info upon registering)
- April 15, 2021 - Registration Opens April 2, 2021 (Location: Virtual - more info upon registering)
- April 29, 2021 - Registration Opens April 16, 2021 (Location: Virtual - more info upon registering)

- May 13, 2021 - Registration Opens April 30, 2021 (Location: Virtual - more info upon registering)

If you require an accommodation such as live captioning or interpretation to participate in this event, please contact Dustin Beech at [OUABGradProf@osu.edu](mailto:OUABGradProf@osu.edu) or 614-688-1029. Requests made one week in advance of the event will generally allow us to provide seamless access, but the university will make every effort to meet requests made after this date.

<https://ouab.osu.edu/grad-prof/social-engagement-programs/quiz-night>

Dustin Beech - Ohio Union Activities Board [OUABGradProf@osu.edu](mailto:OUABGradProf@osu.edu) 614-688-1029

**OUAB Fit Class** – takes place weekly on Monday & Wednesday, class offering change frequency so please check our out our calendar for details [ouab.osu.edu](https://ouab.osu.edu)

**Weekly Grad/Prof Workshops** – please check the calendar for updates [ouab.osu.edu](https://ouab.osu.edu)

**Family Programming** *(these events are open to our students with children)*

**Thursday, February 18, 2021 at 5:30pm (1 hour) – OUAB for Kids in the Kitchen: At-Home Edition Pizza Night**

Join OUAB for Kids in the Kitchen: At-Home Edition for a chance to cook a meal of your own under the guidance of the Union's own professional chef, Chef Wolf. Following a cooking demonstration by the chef, students and their families will create the menu providing a unique hands-on learning opportunity virtually, from the comfort of their own home. In this fun and interactive environment students will enjoy a delicious meal and introduce the children in their lives to useful culinary skills to show off in their own kitchens!

The menu will feature build your own hummus face, build your own pizza, and chocolate cream parfaits.

\*Note: Each kit will serve four people.

Please note this is a lottery based event. **The lottery closes on Sunday, February 14th at 11:59 PM.** Please [register](#).

<https://ouab.osu.edu/Secure/lottery/events/?eventId=214>

Krystal Vielman-Diaz - Ohio Union Activities Board [vielman.1@osu.edu](mailto:vielman.1@osu.edu) 614-688-1061

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## Spring Semester Virtual Career Fair Events

[Construction Virtual Career Fair](#): Tuesday, February 16

[Environmental & Sustainability Career Fair](#): Wednesday, February 17

[Food & Agricultural Sciences Career Fair](#): Thursday, February 18

[Social Work Job Fair](#): Thursday, February 18

[Summer Internship and Opportunity Fair](#): Thursday, March 4

**Complete listing of all Spring Semester Virtual Career Fairs:**

<https://careers.osu.edu/employers/career-fairs>

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### Get Involved Consultations - Update Your Information

[Student Organization Success Coaches](#) are now offering a new service called Get Involved Consultations for students who are looking for opportunities for involvement on campus. Many students have expressed interest in joining organizations, but need support in making the connection. Make sure your [Student Org Directory](#) profile is up-to-date with the latest information, as students will be provided contact and membership information based on the profile. The President can access the General Information section within the [Student Org Management System](#) at any time to update details. Email [csls@osu.edu](mailto:csls@osu.edu) with questions.

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*We're here*  
**FOR YOU**

THE OHIO STATE UNIVERSITY | OFFICE OF STUDENT LIFE

## Support Your Mental Health and Well-Being

Your mental health and wellbeing can impact your success as a student, and we want to help you be well and thrive. At Ohio State there are many resources available to support your mental health. From videos to one-on-one consultations and the Ohio State: Wellness app, there is something available to help you 24/7. Check out the mental health resources available to you: [go.osu.edu/mhsupport](https://go.osu.edu/mhsupport)

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**OUAB Collab Apps are OPEN NOW until February 26<sup>th</sup>**

**Apply here:** <https://ouab.osu.edu/plan-an-event-with-ouab>

Apply to collaborate with OUAB for Fall 2021 today! Every semester, OUAB's Collaborative Events Committee works with organizations and departments from the university to help plan their dream event. Past collaborations include

- Now They See us with Dr. Yusef Salamm and Raymond Santana, a collaboration with African American Heritage Festival
- OUABreaking the Ice with Adam Rippon, a collaboration with the Multicultural Center
- An Evening with Brittany Snow, a collaboration with BodySense
- Pentatonix Live in Concert, a collaboration with A Capella Alliance & The Ohio State of Mind
- In the Country We Love: A Conversation with Diane Guerrero, a collaboration with Alpha Psi Lambda

Any active Columbus based student organization or campus department is eligible. To schedule an information session or for any additional questions about the collaboration process, please email Brayden Dewitt at [dewitt.182@osu.edu](mailto:dewitt.182@osu.edu). **Applications close Friday, February 26th at 11:59 PM.**



## Spring 2021 LEAD Series Workshops

The [full schedule for LEAD Series Workshops](#) is currently published along with descriptions and registration links. Explore your values, prioritize self-care, learn your love language, and more through this interactive workshop line-up full of fantastic opportunities to strengthen your leadership no matter where you are at in your leadership journey.

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## **Interactive Wellness Groups**

Are you feeling overwhelmed and stressed with life going on around you? Connect virtually with OSU senior nursing students for an interactive wellness group to improve your overall health and wellness. You are welcome to join one or both opportunities:

**Interpersonal Communication and Healthy Relationships**, topics may include anger management, conflict resolution, setting healthy boundaries, forgiveness, etc.

**5pm, Monday, 2/15/21**, from your student email, message instructor Shane  
[Gahn.8@osu.edu](mailto:Gahn.8@osu.edu) to receive the Zoom invite\*

**Stress Management**, topics may include recognizing and reducing impacts of anxiety and depression, substance use, healthy coping skills, mindfulness, etc.

**6pm, Monday, 2/15/21**, from your student email, message instructor  
Shane [Gahn.8@osu.edu](mailto:Gahn.8@osu.edu) to receive the Zoom invite\*

**\*emails will only be used by the instructor to send information related to these opportunities**

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### **Set Goals to Care for Your Well-Being This Semester**

There's no one-size-fits-all model for exploring and developing wellness habits, that's why the Ohio State: Wellness app gives you options. Set custom wellness goals or use our presets to make daily, weekly and monthly plans that help you create a life that you love. [Download the app today to get started.](#)

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2021 STUDENT LIFE

# Leadership Awards

[go.osu.edu/LeadershipAwards](https://go.osu.edu/LeadershipAwards)



THE OHIO STATE UNIVERSITY | OFFICE OF STUDENT LIFE | STUDENT ACTIVITIES

## 2021 Student Life Leadership Awards

Event happening April 9th, 2021 at 11:59pm

On behalf of the Department of Student Activities within the Office of Student Life, we are excited to announce that the 61st Student Life Leadership Awards-Masquerade will be hosted on April 9th, 2021 at 4:00 pm ET! As the Masquerade theme suggests, this Spring's Leadership Awards will be a fully virtual celebration that continues the tradition of highlighting student, staff, and faculty that have demonstrated a clear commitment to leadership, service, collaboration, and activism in the Ohio State community. Find out more about this event here: [go.osu.edu/leadershipawards](https://go.osu.edu/leadershipawards).

Contact [wagner.1476@osu.edu](mailto:wagner.1476@osu.edu) or [menard.27@osu.edu](mailto:menard.27@osu.edu) with any questions that you have.





## **Salary Negotiation Workshops for Women**

**2/15 at 5:30pm on Zoom**

The American Association of University Women (AAUW) will be hosting TWO Salary Negotiation Workshops for women on February 15 at 5:30 pm via Zoom (<https://osu.zoom.us/j/98429001496>, Password: AAUW). These workshops are designed to teach you how to negotiate salaries for a new job. In every workshop you'll gain confidence in your negotiation style through facilitated discussion and role-play and learn:

1. **How to identify and articulate your personal value**
2. **How to develop an arsenal of persuasive responses and other strategies to use when negotiating**
3. **How to conduct objective market research to benchmark a target salary and benefits**
4. **About the pay gap, including its long-term consequences**

If you're on the internship or job hunt or simply want to better prepare yourself for when the time comes, come attend this workshop on 2/15!

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## Sustainability Institute Student Grant Funding Applications

**Open Now -- Due March 12th**

Are you an undergraduate, graduate, or professional student with a great idea that is in need of funding support? Are you working on research or a project related to sustainability? The Sustainability Institute at Ohio State is pleased to offer a [student grant funding opportunity](#) for spring semester 2021. Applications are due, with all corresponding documents, to Gina Jaquet, SI director of education and learning, at [Jaquet.6@osu.edu](mailto:Jaquet.6@osu.edu) by no later than 11:59 p.m. on Friday, March 12th.

**Application available [here](#)**

Questions? Contact: Gina Jaquet [jaquet.6@osu.edu](mailto:jaquet.6@osu.edu)

INVOLVED LIVING |



**CARE**  
CULTURAL AMBASSADORS  
FOR RESIDENTIAL ENGAGEMENT

**ALLIES**  
for  
**DIVERSITY**



**PRODUCTIONS**



THE OHIO STATE UNIVERSITY | OFFICE OF STUDENT LIFE | RESIDENCE LIFE



[Res Life Twitter](#)



[Res Life Instagram](#)



[Involved Living Website](#)

