The University of Oklahoma
Sooner Jump Start
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Program Services

SJS strives to provide outstanding services to our students. Services include:

- Assistance with CESL registration
- Transportation to the supermarket and bank
- Assistance setting up US cell phone service
- Orientation
- Field trips and special activities
- Courses tailored to international student success
- Personal growth and leadership training
- Guidance and encouragement
- Access to an exemplary staff

What’s Included?

Tuition and fees for two semesters at SJS includes:

- Insurance
- Two sessions of CESL
- 12 credit hours of college courses (CIDL)
- Small class sizes
- Housing and food
- Field trips and cultural activities
- Student support services
Sally Jo Blair - Director
Office: (405) 325-1203
Email: sjblair@ou.edu

Susan Dissette – Staff Assistant
Office: (405) 325-5467
Email: susan.dissette@ou.edu

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Office: (405) 325-7861
Email: caleb@ou.edu

Heather Arnett – Staff Assistant
Office: (405) 325-2174
Email: heather.d.arnett@ou.edu

SJS Emergency Contact Number
(EMERGENCIES ONLY)
(405) 431-9509

SJS GA Contact Number
(405) 325-5465

SJS General Inquiry Email
sjs@ou.edu

SJS Address
Center for Independent and Distance Learning
1600 Jenkins Avenue
Norman, OK 73072

SJS Website
www.sjs.ou.edu
Sooner Jump Start Program

The following is important information about the Sooner Jump Start program. Read it carefully and ask a staff member if you have any questions.

**PHASE I**

Prior to English classes at OU Center for English as a Second Language (CESL), every student takes a placement test. Students are placed in CESL classes according to placement test results, regardless of TOEFL or IELTS score.

Students placed in Foundation Level 1 through Intermediate Level 3 must progress through each level until qualifying for the Advanced Levels. Once in the Advanced Levels, students must complete two Advanced CESL sessions in the same semester with an 80% or better average.

In Phase I, SJS tuition and fees cover two CESL sessions. Students must pay tuition and fees for any additional CESL sessions beyond the first two.

To complete the entire SJS program in two semesters, students should enter with a TOEFL of at least 61/500 or an IELTS of at least 5.5 and place into the CESL Advanced Levels. Students who do not meet these qualifications can expect to stay longer in Phase I of the program.

**PHASE II**

In Phase II of SJS, students enroll in 12 credits of face-to-face college courses. The students meet in small classes where they have excellent opportunity for individualized assistance, which encourages success in their first semester of an OU degree path. The credits will become part of each student’s permanent OU college transcript.

Phase II courses include the following:
- Political Science
- English Composition
- American History
- First Step

Before enrolling in SJS Phase II, students must present proof of English language proficiency by meeting one of the following requirements:
1. A TOEFL score of at least 500/61 or IELTS score of 5.5 and the successful completion of two Advanced level sessions in the same semester with an 80% average. All English language proficiency tests must be completed by September 5, 2016.
2. A TOEFL score of at least 550/79 or IELTS score of 6.5. If you earn one of these scores, contact Heather Arnett to be referred to the OU Admissions Office. In her absence, contact another SJS staff member.

SJS tuition includes the tuition for the 12 credit hours of Phase II. Funds will be held by SJS until students qualify for Phase II; money will not be transferred to CESL sessions. Phase II courses and requirements may change.
Policies and Procedures

Procedure for Leaving SJS
If, for any reason, you want or need to leave SJS, follow these steps:
1. First, speak with a Sooner Jump Start staff member as soon as possible to discover your options.
2. Talk with International Student Services (ISS) in Farzaneh (formerly Hester) Hall at OU.
3. You may need to find a new school. If this is the case, please speak with an SJS Graduate Assistant (GA) who can help you make an informed decision.
4. See the next column for the Sooner Jump Start refund policy.

Grievance Policy
Students who have a grievance with SJS should follow this procedure:
- FIRST - discuss the issue with an SJS graduate assistant (GA)
- SECOND - Talk with the SJS Director
- THIRD - Talk with the CIDL Director
- FOURTH - Talk with the CIDL sponsor, Dr. Satterthwaite, at OU Outreach. Make an appointment through Cheryl Barton at (405)325-1227.

We ask that you go through each of the above steps to make sure that you get help with your issue as quickly as possible, and that the people directly involved have an opportunity to resolve the situation. If you have a private grievance, you may make an appointment with the SJS director without the above steps.

Refund Policy
The entire SJS tuition and fees, excluding application fees, will be refunded if a student is denied a visa. Said student has until the second week of the program to provide to SJS an official rejection letter from the Consulate in order for a refund to be approved.

The entire SJS tuition and fees, excluding application fees and deposit, will be refunded if a student withdraws from the SJS program in writing at least 30 days prior to the SJS start date of August 18th, 2016.

Forty percent (40%) of SJS tuition and fees, excluding application fees, will be refunded if the student withdraws between 30 days prior to the SJS program start date and the commencement of the student’s second CESL session.

Fifteen percent (15%) of SJS tuition and fees, excluding application fees, will be refunded if the student withdraws during the student’s second CESL session.

After the end of the student’s second CESL session, there will be no refunds.
OU requires all first-year students to reside in campus residence halls for two semesters. SJS fees cover two semesters of housing and food. Students must pay for any additional semesters. You are enrolling in Fall 2016; you will be required to stay in the Residence Halls through Spring 2017. SJS fees cover housing and food for Fall 2016 and Spring 2017. You are responsible for housing and food fees after Spring 2017.

Questions about Housing and Food? Visit the main OU Housing and Food office at the following address:

Walker Center, 1406 Asp Ave., Rm. 126
Norman, Oklahoma 73019
-or- call them at (405) 325-2511
Receiving Mail at OU

There are three primary mail services in the US: USPS, FedEx, and UPS. Packages mailed via USPS will go to one of the postal centers at OU (located at Cate Tower Quad 4 or in the Oklahoma Memorial Union) where you will need to go pick it up. FedEx and UPS will deliver mail directly to your dorm room, but most items will require your signature. If you (or your roommate) are not there to sign for your package, they will leave a note stating when they will return to deliver your package.

Make sure to use the correct address when filling out any mailing forms. Most information is available on the OU Housing and Food website. Just visit housing.ou.edu!
Most every American has a Facebook, Twitter, or Instagram account. These social media sites will help you connect to American students at OU and learn more about groups across campus. Setting up an account is quick and easy.

To set up a Facebook, Twitter, and Instagram account, simply download the apps from the app store on your phone or go to their websites (facebook.com, twitter.com, instagram.com). Follow the steps and you are set to go! For more information, visit an SJS representative.

Don’t forget to add and follow SJS:
Facebook - facebook.com/soonerjumpstart
Twitter - @soonerjumpstart
Instagram - @soonerjumpstart
There are over 450 different student organizations on campus! These groups include academic, sport, social, art, hobby, religious, language, politics, culture, and many others!

Here are a few of the most popular student organizations:

- Campus Activities Council
- Chinese Student Association
- Arab Student Association
- Vietnamese Student Association
- Brazilian Student Association
- Computer Science Associations
- Engineering Student Associations
- Economics Club
- International Advisory Committee
- League of Legends: Boomer League
- Chess Club
- Oklahoma Club Gold Team
- Sooner Tennis Club

This is a list of just a few of the many student organizations on campus. For a complete list, visit rso.ou.edu!
Transportation Options

Taxis in Norman

A-1 Taxi
(405)321-3111

BoomerCab
(405)309-9599

Checker Cab
(405)329-3335

Yellow Cab
(405)619-3434

Airport Express
(405)681-3311

Need a Ride?
Uber and Lyft are two transportation services offered in Norman and OKC. Simply sign up for an account to call a taxi from anywhere in the metropolitan area. Scan the QR code to download the app now!

SafeRide
Provides safe, free taxi transportation for OU students. The service runs 10 p.m. to 3 a.m. Thursday, Friday and Saturday (when classes are in session).

How to use the SafeRide Voucher Program
1. Visit the University of Oklahoma Student Association (UOSA) offices located in the Conoco Wing of the Oklahoma Memorial Union (OMU), located off the OMU courtyard, room 181 Monday through Friday noon to 7:00 p.m. to pickup your SafeRide vouchers!
2. Bring your student ID to verify you’re a current OU student. You will receive wallet sized vouchers for that current weekend. Add them to your wallet, purse, backpack, etc.
3. When you are out Thursday, Friday and/or Saturday evening(s) from 10:00 p.m. to 3:00 a.m., use the voucher for a free, safe, non-judgmental ride.
4. Either hail a cab at your leisure or call either cab company, Yellow Cab or Airport Express, (phone numbers located on the back of the voucher) for your free ride!
5. Once the cab arrives, submit your voucher and student ID to the cab driver. The driver will keep the voucher as payment for the ride (like a gift card) and take you to your requested location.

Bus Information
CART is the bus system that will take you to nearly anywhere in Norman. As an OU student, you can use the CART bus system for FREE! The CART system also has a bus that will take you to downtown Oklahoma City for a small fee!

Just visit cart.ou.edu for bus routes and maps!
Need a Doctor?

Getting medical help in the United States is different than most places. As a University of Oklahoma international student, you are required to maintain health insurance. Sooner Jump Start will pay for two semesters of your health insurance. After those two semesters, you are required to pay for your health insurance yourself.

Here is how the health insurance and doctor’s appointments work:

**For Non-Emergencies**

The best place to visit as a University of Oklahoma student is Goddard Health Center. In order to see a doctor here, you will need to call the following number: (405) 325-4441. If you need assistance making an appointment, see a Sooner Jump Start staff member.

The Goddard Health Center address is 620 Elm Avenue, Norman, OK 73019

Make sure to take your health insurance and student ID with you when you go to your appointment.

If you would like a translator to assist you during your appointment, please request a translator in your native language when you schedule your appointment.

**Urgent Medical Care**

For urgent medical care that is NOT an emergency and outside Goddard’s hours of operation, you can visit an urgent care clinic in Norman without an appointment. We recommend the following urgent care facility:

**Immediate Care of Oklahoma**
800 24th Avenue NW
Norman, OK 73069
(405) 321-7100

OR
3400 W Tecumseh Road
Norman, OK 73072
(405) 307-6900

For emergencies, dial 911 or go to the Emergency Room of Norman Regional Hospital followed by calling the SJS emergency phone at (405) 431-9509.

In order for your insurance to cover you, you must call Goddard Health Center at (405) 325-4441 within 48 hours following a visit to an urgent care facility or the emergency room.

**NOTE:** Do not visit the emergency room unless it is truly an emergency. Unlike many countries, emergency rooms in the United States can be very expensive.
Visit the OU Huston Huffman Center next door to the Residence Halls! A semester membership to this state-of-the-art facility, and including access to the OU pools, costs $90, plus taxes.

For more information, visit ou.edu/far!
Don’t worry! You can get another one. Just follow these two steps:

• Contact the Sooner Card office to inform them that your ID is lost. They will lock your card to prevent anyone from using it.
• You will then need to go to the Sooner Card office to get a new one. The cost for a replacement Sooner Card is $20.

Sooner Card Office
Oklahoma Memorial Union
900 Asp Avenue, Room 127
Norman, Oklahoma 73019
(405) 325-3113
soonercard@ou.edu
Things to Do on or Near OU Campus

Fred Jones Jr. Museum of Art
555 Elm Ave., Norman, OK 73019
(405) 325-3272 | ou.edu/fjjma

OU Theatres - OU Fine Arts Box Office
500 W. Boyd St., Norman, OK 73019
(405) 325-4101 | theatre.ou.edu

Campus Activities Council
ou.edu/sga/cac

Sam Noble Museum of Natural History
2401 Chautauqua Ave., Norman, OK 73072
(405) 325-4712 | samnoblemuseum.ou.edu

OU Concerts
ou.edu/finearts/music

Campus Corner
Corner of University Blvd and Boyd Street
Interested in attending an OU game? We’ve got just about every sport you can think of!

- Football
- Men’s and Women’s Basketball
- Men’s and Women’s Gymnastics
- Baseball
- Softball
- Men’s and Women’s Tennis
- Men’s and Women’s Soccer

For more information on dates, tickets, and more, visit soonersports.com.
Things to Do in Norman

Climb UP Gym
2701 Washington Dr., Norman, OK 73069
(405) 310-4648 | climbupgym.com

Andy Alligator’s Fun Park and Water Park
3300 Market Pl., Norman, OK 73072
(405) 321-7275 | andyalligators.com

Heyday Entertainment
3201 Market Place, Norman, OK 73072
(405) 310-3500 | heydayfun.com

Climbed Norman
541 S. University Blvd., Norman, OK 73069
(405) 701-6029 | crackednorman.com

Oklahoma Paintball & ATV Games
19000 OK-9, Norman, OK 73026
(405) 360-5934 | atvgames4x4.com

Evans Theatres Robinson Crossing 6
1300 N. Interstate Dr., Norman, OK 73072
(405) 701-5600 | evanstheatres.com
Regal Spotlight Stadium 14
1100 N. Interstate Dr., Norman, OK 73072
(405) 579-0923

Oklahoma Motorsports Complex
3501 S. Interstate Dr., Norman, OK 73072
oklahomamotorsportscomplex.com

Places to Eat in the Norman Area

American Cuisine
Ray’s BBQ
The Garage
Charleston’s
The Mont
Hideaway Pizza

Asian Cuisine
T.E.A. Cafe
Jiong Jiong Milk Tea
Panda Garden
PadThai
Pho Winner

Mediterranean Cuisine
Greek House
Sisters Mediterranean Taste
Shawarma Vite
Cafe Saffron

Latin American Cuisine
Tarahumara’s Mexican Cafe
Pepe Delgado’s
Chuy’s
Juan Del Fuego

Italian Cuisine
Victoria’s Pasta Shop
Olive Garden
Zio’s

Seafood & Sushi
Benvenuti’s
I Sushi
Full Moon Sushi
O Asian Fusion

Vegan/Vegetarian Cuisine
The Earth Cafe & Deli
Coriander Cafe
Things to Do in Moore & Oklahoma City

Moore Warren Theatre & IMAX
1000 S. Interstate Rd., Moore, OK 73160
(405) 735-9676

Oklahoma City Zoo
2000 Remington Pl., OKC, OK 73111
(405) 424-3344 | okczoo.org

Bricktown/Downtown OKC
(405) 236-8666
welcometobricktown.com

Myriad Botanical Gardens
301 W. Reno Ave., OKC, OK 73102
oklahomacitybotanicalgardens.com

Outlet Shoppes at Oklahoma City
7624 W. Reno Ave., OKC, OK 73127
theoutletshoppesatoklahomacity.com

Boathouse District
725 S. Lincoln Blvd., OKC, OK 73129
(405) 552-4040 | boathousedistrict.org
Oklahoma City Thunder Basketball
Chesapeake Energy Arena
2905 NW 36th St., OKC, OK 73112
(405) 942-2292 | polepositionraceway.com

Oklahoma City Dodgers Baseball
Chickasaw Bricktown Ballpark
11501 N I35 Service Rd., OKC, OK 73131
(405) 478-2140 | frontiercity.com

Pops on Route 66
660 W. Highway 66, Arcadia, OK 73007
(405) 928-7677 | pops66.com

Pole Position Raceway
2905 NW 36th St., OKC, OK 73112
(405) 942-2292 | polepositionraceway.com

Penn Square Mall
1901 Northwest Expy., OKC, OK 73118
(405) 841-2696

Frontier City Theme Park
11501 N I35 Service Rd., OKC, OK 73131
(405) 478-2140 | frontiercity.com
**West Norman**

1 - Moore Warren Theatre & IMAX  
2 - Andy Alligator’s Fun Park  
3 - Heyday Entertainment  
4 - Climb UP Gym  
5 - Zio’s  
6 - Evans Theatres Robinson Crossing 6  
7 - Regal Spotlight Stadium 14  
8 - Chuy’s  
9 - Juan Del Fuego  
10 - Olive Garden  
11 - Charleston’s  

**Not Pictured**  
Oklahoma Motorsports Complex

**East Norman**

1 - Tarahumara’s Mexican Cafe  
2 - The Garage  
3 - Full Moon Sushi  
4 - Benvenuti’s  
5 - O Asian Fusion  
6 - Panda Garden  
7 - The Earth Cafe & Deli  
8 - Victoria’s Pasta Shop  
9 - Coriander Cafe  
10 - Cracked Norman  
11 - Cafe Saffron  
12 - iSushi  
13 - T.E.A. Cafe  
14 - Pepe Delgados  
15 - Hideaway Pizza  
16 - Pad Thai  
17 - Greek House  
18 - Pho Winner  
19 - The Mont  
20 - Fred Jones Jr. Museum of Art  
21 - OU Fine Arts Theatre  
22 - Jiong Jiong Milk Tea  
23 - Shwarma Vite  
24 - Sam Noble Museum of Natural History  
25 - Sister’s Mediterranean Taste  
26 - Ray’s BBQ  

**Not Pictured**  
Oklahoma Paintball and ATV Games
1 - POPS on Route 66
2 - Frontier City
3 - Penn Square Mall
4 - OKC Zoo
5 - Pole Position Raceway
6 - Outlet Shoppes at OKC
7 - Myriad Botanical Gardens
8 - Dodgers Baseball Field
9 - Bricktown/Downtown OKC
10 - Thunder Basketball Arena
11 - Boathouse District
American Culture Tips

Being successful in the United States and growing both professionally and personally requires knowledge about the culture you will be living in for many years. We’ve prepared some useful cultural tips that will help you understand America a little better.

**Tipping**

The United States has a strong tipping culture. This means when someone does a service for you, he/she will expect a small tip. Tip amount is usually 10 to 20 percent of your entire bill, depending on the amount and quality of service. Common places to tip include restaurants, bars, taxis, salons, tour guides, spas, and hotels. If you’re not sure if it’s appropriate to tip, just ask!

**Personal Space**

Americans highly value personal space. Standing too close to people in any situation is often threatening or uncomfortable. A good rule is to stay an arm’s length away from others. When in someone’s office, this is even more important. Do not stand behind a teacher or staff member’s desk or computer. In some situations, such as crowded buses or subways, standing close is acceptable if there is no option.

**Hygiene**

Americans are very conscious of personal hygiene. Most Americans shower or bathe daily and wash their hair multiple times per week. Deodorant or antiperspirant is applied to the underarms every day to avoid strong body odors. Americans brush their teeth 2-3 times per day, as well as floss and use mouthwash. It is generally not acceptable to wear the same clothes every day. Instead, Americans wear fresh, clean clothing each day.

**Smoking & Drinking**

In the US, you must be 18 to buy cigarettes and 21 to drink alcohol. You must bring a valid form of ID when purchasing these items.

Because of large anti-smoking campaigns in the US, smoking is becoming less popular in the US and many places discourage smoking in public. At the University of Oklahoma, smoking on campus is not allowed and you will receive a fine (money you must pay) from the university if you are caught. If you are a smoker, ask an SJS staff member for safe places to smoke.

The University of Oklahoma is a DRY CAMPUS. This means that alcohol is not allowed on campus at all.

**Other Tips**

- Say excuse me! If you accidentally bump into someone, it’s important to say “excuse me.”
- Be on time! Americans expect that people show up on time when they have agreed to meet.
- We are equal! Equality is one of the cornerstones of American culture. Making comments and gestures that imply some people are better than others is unacceptable. Do not make racial comments to or about people.