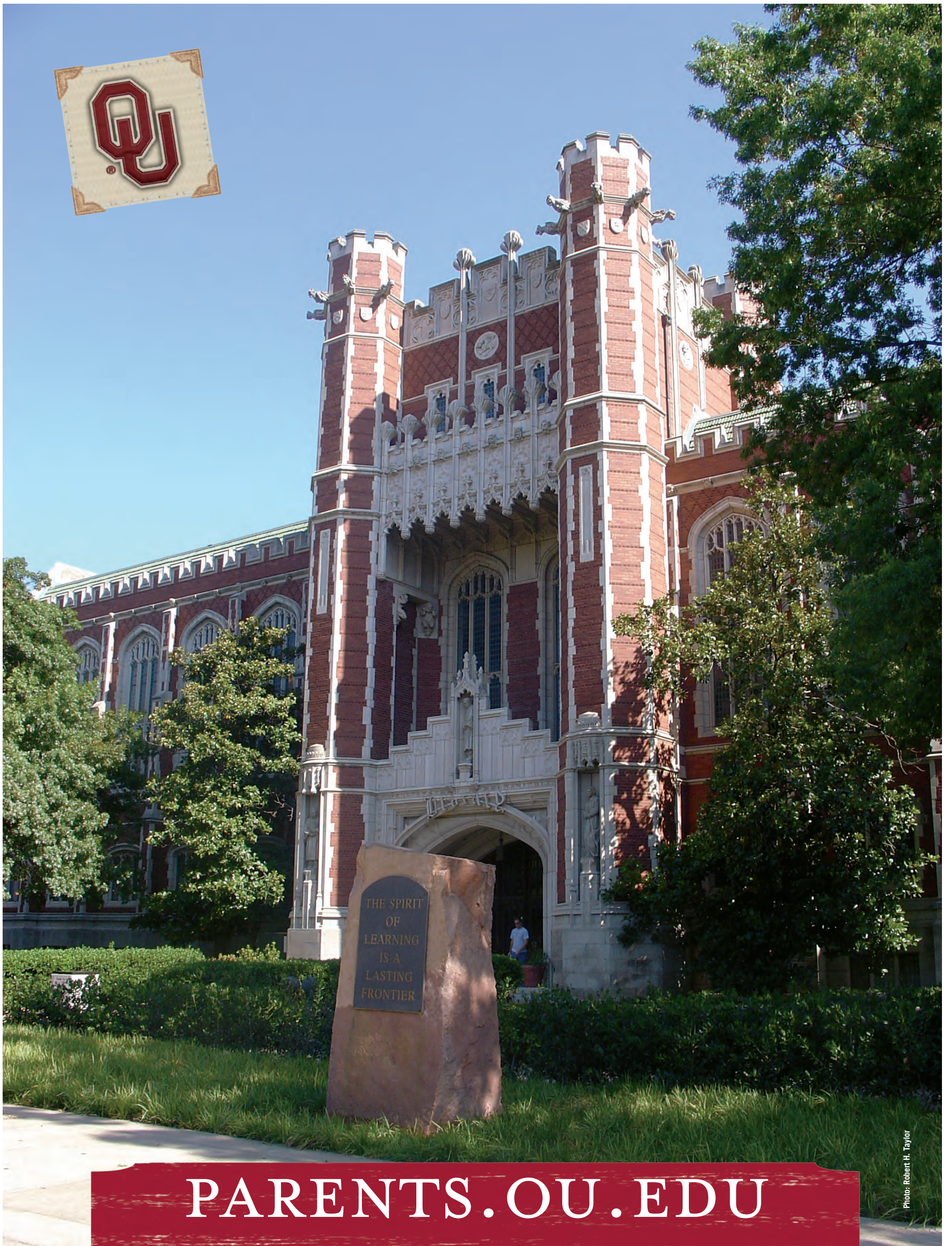


The UNIVERSITY *of*
OKLAHOMA®



SOONER PARENT 12
CALENDAR 13



PARENTS.OU.EDU

Photo: Robert H. Taylor

AUGUST 2012

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 • Freshmen move into residence halls • Sooner Orientation Weekend	17 • Sooner Orientation Weekend	18 • Sooner Orientation Weekend
19 • Sooner Orientation Weekend	20 • Classes begin	21	22	23	24 • Final day to register or add a class	25
26	27	28	29	30	31 • Last day of no record of grade for dropped course(s) • Last day for 100% reduction of charges on complete withdrawal	

Student Concerns:

- Excitement and anticipation about new college home and possibilities ahead
- Transitioning away from family and possible homesickness
- Sharing a room often is a new experience
- Anxiety about fitting in and being accepted
- Learning their way around campus
- New freedoms
- New friendships and social adjustments
- Making choices and decisions about social behavior
- Managing personal and academic responsibilities
- Initial uncertainties of collegiate academic expectations



Photo: Jawanza Bassue

What Parents Can Do

Reassure your student that the adjustments s/he is experiencing are common and expected for first-year students.

Remind your student to follow all laws – underage drinking is against the law and there are consequences. Encourage your student to make responsible choices.

Encourage your student to participate in campus activities like Howdy Week and other Housing, Campus Activities Council or Union Programming Board events.

Suggest involvement in one of OU's many student organizations. Reading *The Oklahoma Daily* newspaper or visiting Student Life will help a student get connected to a campus group.

Remind your student to check his/her OU email regularly – email is considered an official form of university communication and may contain important information.

Send lots of mail, especially at the beginning of the year, no matter how many times you call or email. Your student truly wants to have tangible pieces of paper. S/he will be thrilled to receive a surprise package!

Treat your student as an adult. Involve him/her in problem solving instead of "taking care of it."

Encourage your student to get to know other students in classes. This not only will help expand his/her social circle, but also provide a good resource for missed or unclear class notes. S/he also can join a study group or seek out tutoring in the Housing Learning Center and Action Tutoring Centers.

Help your student develop a budget. Make sure your student is aware of all monthly financial commitments and discuss expectations and consequences.



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Photo: Javanza Bassie

SEPTEMBER 2012

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1
						OU Football UTEP (A)
2	3 Labor Day • No Classes	4 • Automatic grade of W for dropped course(s) begins • No reduction of charges on dropped courses or complete withdrawal begins	5	6	7	8
9	10	11	12	13	14	15 OU Football Florida A&M (H)
16	17 Rosh Hashanah	18	19	20	21	22
23	24	25	26 Yom Kippur	27	28	29 OU Football Kansas St.(H)
30						

Student Concerns:

- Exploration and acknowledgement of personal values
- Long-distance relationship strain
- Feelings of loneliness and homesickness may increase
- A desire to feel connected to campus
- Roommate adjustments
- Possible issues regarding alcohol and other drugs
- Stressful and exciting time
- Opportunities for involvement abound, but some still need push to go
- Daily phone calls home to vent or complain

What Parents Can Do

Reassure your student that feeling overwhelmed is normal for new students learning to manage academic demands and new personal responsibilities.

Remind your student that attending class regularly – required or not – and keeping up with assignments are keys to academic success.

Encourage your student to build a time-management schedule and stick to it. Planners are distributed to all freshmen in their residence hall rooms.

If your student is experiencing homesickness, encourage involvement with a campus organization, campus ministries or intramural sports. This is a crucial time for establishing connections to campus.

If your student is experiencing academic difficulties or trouble adjusting to a college courseload, suggest that s/he contact University College to discuss student

programs or free seminars that may be helpful – earlier is better than later.

If other adjustment problems seem significant, encourage your student to talk with a counselor in Counseling Services, located in Goddard Health Center.

Encourage your student to develop habits that will promote healthier living environments. Remind him/her to be respectful of others' living areas and to communicate openly with roommates to avoid problems.

Remind your student of the value of exercise and a more healthful diet – suggest that your student visit Huston Huffman, sign up for intramurals or join a class.

Flu season is around the corner. Encourage your student to visit Health Services for a flu shot when they are available.

Announce your visits and if you attend football games, plan to tailgate and bring some home-cooked food!



Photo: Jawanza Bassue



PARENTS.OU.EDU

Photo: Robert H. Taylor

OCTOBER 2012

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1	2	3	4	5	6
						OU Football Texas Tech (A)
7	8 Columbus Day	9	10	11	12	13
						OU Football Texas (Dallas)
14	15	16	17	18	19	20
						OU Football Kansas(H) Homecoming
21	22	23	24 United Nations Day	25	26 • Last day for automatic grade of W for dropped course(s)	27
						OU Football Notre Dame (H)
28	29 • Advance registration for next term begins • Petition to dean required to drop course(s) begins	30	31 Halloween			

Student Concerns:

- Realization that college life may not be as perfect as he or she believed
- Friend/Roommate conflicts
- Feeling behind in classes and needing to make contact with instructors
- Anticipation of midterm exams
- Overwhelmed by the number of decisions they must make
- Illnesses as bodies reflect dietary choices, sleep deprivation and flu season
- Daily phone calls home to vent or complain



Photo: Jawanza Bassue

What Parents Can Do

Be open to listening to the frustrations of trying to find one's place at the university.

Be sympathetic but careful not to provide too many suggestions on how to fix your student's problems. Convey your confidence in his/her own ability to find his/her way around this new environment. Don't overreact – by the time you've solved it, they've moved on and you've lost sleep.

Encourage your student to visit Leadership Development and Volunteerism to get involved on campus and in helping others. Volunteering also keeps students connected to their new community.

Encourage your student to read the student newspaper – *The Oklahoma Daily*.

Suggest that your student meet with an academic adviser prior to spring registration for freshmen.

Talk to younger children concerning how they are feeling about their sibling being away from home.

Encourage your student to make a point of getting to know people who are different from him/her to broaden his or her college experience. Making friends of different cultures adds to the college experience.

Encourage your student to check out Action Tutoring and Centers. Action Tutoring and Centers are free, walk-in, course-specific tutoring services offered through the Assessment and Learning Center. Trained and accomplished Peer Learning Assistants are scheduled at evening times and locations (such as the Housing Learning Center, Bizzell Memorial Library and Wagner Hall) for students to drop in individually or with a group. Action Centers are hosted by the instructor(s) with PLAs available to assist students in mastering the concepts of the course. Action Tutoring and Action Centers are designed to be active learning experiences supporting students in being successful in the course. Each semester, schedules are posted at <http://uc.ou.edu/action>.



PARENTS.OU.EDU

Photo: Javanza Bassie

NOVEMBER 2012

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1	2	3
							OU Football Iowa St. (A)
4 Daylight Savings	5	6	7	8	9	Dad's Day Weekend	
							OU Football Baylor (H) Dad's Day
11 Veterans Day	12	13	14	15	16	17	
							OU Football West Virginia (A)
18	19	20	21	22 Thanksgiving	23	24	
			• Thanksgiving Vacation	• Thanksgiving Vacation	• Thanksgiving Vacation		OU Football Oklahoma St. (H)
25	26	27	28	29	30		

Student Concerns:

- Roommate problems and floor tension
- Academic pressures due to procrastination, workload and lack of adequate subject background and learned academic skills
- Lack of initiative to find new friends or activities
- Both excitement and anxiety about approaching visits home during holidays
- Confusion or disenchantment with choice of majors as enrollment becomes a reality
- Daily phone calls home to vent or complain



What Parents Can Do

Give your student encouragement and support. S/he is probably getting anxious about upcoming exams and projects.

Plan to participate in Family Weekend activities sponsored by the Campus Activities Council this month. For schedule information check parents.ou.edu.

Remind your student about tutoring services offered through the Action Tutoring and Center and encourage him/her to start studying early for finals – especially comprehensive exams.

Encourage your student to visit professors during office hours to get help or discuss academic performance.

Even though this may be a time of increased academic pressure, encourage your student to attempt to achieve a balance – a healthier diet, adequate sleep, exercise and some relaxation.

Remind your student to visit Health Services to take care of any health or pharmacy needs.



PARENTS.OU.EDU

Photo: Robert H. Taylor

DECEMBER 2012

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1
						OU Football TCU (A)
2	3	4	5	6	7	8
					• Last day of classes	
9	10	11	12	13	14	15
Chanukkah						
	Final Exams	Final Exams	Final Exams	Final Exams	Final Exams	
16	17	18	19	20	21	22
	• Intersession begins					
23	24	25	26	27	28	29
	Christmas Eve	Christmas Day	Kwanzaa begins			
30	31					
	New Year's Eve					

Student Concerns:

- Worry, stress and cramming as finals approach and papers/projects are due
- Realization for some that they may not return next semester
- Religious conflicts
- Financial strain due to holiday gifts and travel costs
- Excitement about returning home
- Students stay inside their residence hall rooms rather than spending time outside
- Daily phone calls home to vent or complain

What Parents Can Do

Reassure your student that these next few weeks will be stressful and challenging, but you will be there to help if asked.

Remind your student about seeking academic/tutoring support services if s/he expresses concerns about taking finals and reviewing course materials.

Encourage your student to eat a balanced diet, exercise, get a reasonable amount of sleep and avoid too much caffeine.

If your student seems overly anxious or depressed, or expresses feelings of hopelessness, recommend s/he talk with someone in Counseling Services at (405) 325-2700.

Offer support by phoning, sending emails or writing letters. You will want to avoid putting demand on his/her time unless it is absolutely necessary.

Consider sending a care package with your student's favorite snacks or goodies. It doesn't have to be elaborate or expensive – this is a real morale booster.

Establish plans for your student's trip home for the winter break and how s/he will travel. Remind your student to check his/her automobile's oil and tire pressure before getting on the road.

Remind your student to check his/her grades during the winter break. If s/he has questions, s/he should talk to the professor or an academic adviser.



Photo: Jawanza Bassue



PARENTS.OU.EDU

Photo: Robert H. Taylor

JANUARY 2013

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1 New Year's Day	2	3	4	5
6	7	8	9	10	11 • Last day to register before classes begin	12
13	14 • Classes Begin	15	16	17	18 • Final day to add a class	19
20	21 ML King Day • No Classes	22	23	24	25	26
27	28 • Last day of no record of grade for dropped course(s) • Last day for 100% reduction of charges on complete withdrawal	29 • Automatic grade of W for dropped course(s) begins • No reduction of charges on dropped courses or complete withdrawal begins	30	31		

Student Concerns:

- Feeling happy and/or restless after the holiday break
- Missing family and friends back home, but glad to be reunited with campus friends
- Resolving to do better academically, showing a renewed interest in classes
- New leadership opportunities available
- Cold weather blues
- Thoughts quickly shift to Spring Break options
- Daily phone calls home to vent or complain



Photo: Jawanza Bassue

What Parents Can Do

Reassure your student that the feelings described on this page are normal when beginning the second semester during the first year at college.

Be aware that familial discord or losses may affect your student's ability to focus on his/her academic work.

Encourage your student to take a renewed, invigorated look at new classes and potential classmates as a clean slate for new connections and improved academic performance.

Encourage your student to seek out new opportunities for involvement in campus activities and programs.

Provide support for your student to review the previous semester and to learn from any mistakes s/he may have made along the way.

Discuss with your student "what worked and what didn't work" during the fall semester, including time-management and budget strategies.

Discuss with your student how fall grades may have impacted his/her financial aid or scholarship award for the spring semester.

If your student's grades were not as high as s/he had hoped, review the OU policies on academic performance. Encourage your student to visit his/her academic adviser.

Begin looking ahead to summer school options with your student—www.ou.edu/summersession. Students who take just one course each summer can graduate a semester sooner!



PARENTS.OU.EDU

Photo: Javanza Bassue

FEBRUARY 2013

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1	2 Groundhog Day
3	4	5	6	7	8	9
10 Chinese New Year	11	12 Lincoln's Birthday	13	14 Valentine's Day	15	16
17	18 President's Day	19	20	21	22 • Last day for automatic grade of W for dropped course(s)	23
24	25 • Grade of W or F for dropped course(s) begins	26	27	28		

Student Concerns:

- It's a routine month where cold weather can cause "hibernation"
- Miss family and friends at home
- Problems getting into study mode
- Cliques become stronger on floors, within groups and in communities
- Housing pressures mount as students try to determine next year's arrangements
- Emotions on edge as relationships, or lack of them, take center stage
- Job search/internship search for summer begins, sometimes causing anxiety
- Spring Break planning in full swing
- Daily phone calls home to vent or complain

What Parents Can Do

Talk with your student about the importance of balancing work and social activities.

Encourage your student to speak with someone to seek help with procrastination issues.

Remind your student of the importance of visiting his/her professors, especially, if s/he has concerns about his/her schoolwork.

Encourage your student to meet with an academic adviser prior to summer and fall registration.

Discuss summer plans with your student: summer enrollment, study abroad opportunities, internships for credit and summer employment. Career Services is an excellent resource.

If your student has not yet settled on a major, now is the time to start investigating options. University College and Testing Services offer several interest inventory tests to help narrow down choices.

Relationships are a focus during this month and your student may need you to listen to his/her experiences with friends and significant others.

You may want to evaluate your student's financial needs to see if s/he could use some extra spending money or assistance in revising his/her budget.

Encourage your student to experience the rewards of helping others through community service by signing up for OU's Big Event held each spring.

Continue discussing summer plans with your student. Suggest s/he meet with their academic adviser to determine if s/he should enroll for summer session — visit www.ou.edu/summersession.



Photo: Jawanza Bassue



PARENTS.OU.EDU

Photo: Jawanza Bassie

MARCH 2013

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1	2
3	4	5	6	7	8	9
10 Daylight Savings	11	12	13	14	15	16
17 St. Patrick's Day	18	19	20	21	22	23
	Spring Vacation	Spring Vacation	Spring Vacation	Spring Vacation	Spring Vacation	
24	25	26 Passover	27	28	29	30
31 Easter					Good Friday	

• Last day for automatic grade of W for dropped course(s)

Student Concerns:

- Spent too much over Spring Break; credit and money management issues surface
- First signs of spring fever
- Doubts about major selection often surface during this time
- Midterm exams roll around again
- Body image issues emerge as swimsuit, outdoor time begins
- Daily phone calls home to vent or complain
- Summer plans



Photo: Jawanza Bassue

What Parents Can Do

Take the time to discuss options for living arrangements for next year with your student. Listen to your student's ideas about what s/he would like to do and what s/he thinks is feasible.

Encourage your student to speak to professors about difficult classes or exams on which s/he didn't perform well – earlier is much better than later in the semester.

Make plans to attend Parent's Weekend this spring. For schedule information check parents.ou.edu.

Remind your student that while spring is a time of increased social activity, balance is important and academics should come first.

Encourage your student to think through choices regarding Spring Break activities, and remind him/her that using "the buddy system" is a good idea.

Caution your student to be mindful of travel scams when planning a Spring Break getaway. Sometimes deals that seem too good to be true really are.

If your student plans to attend summer sessions at OU, don't miss out on OU's affordable summer housing options. Call or check online today to reserve a space for your student.



PARENTS.OU.EDU

APRIL 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fool's Day • Advance registration for next term begins	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Earth Day	23	24	25	26	27
28	29	30				

Student Concerns:

- Worry can set in without solid fall roommate and living arrangements
- Students find themselves particularly conflicted between the need to study and desire to spend time with friends as end-of-semester and summer separations loom
- Time conflicts, as opportunities for activities grow but academic demands continue
- Realize end of semester is just around the corner, and the idea of packing up the past 10 months is difficult
- Daily phone calls home to vent or complain
- Summer plans



Photo: Jawanza Bassue

What Parents Can Do

Send care packages and messages complete with brownies, multivitamins and encouraging notes.

Stress the wisdom of approaching finals with the attitude of doing the very best s/he can, not worrying tediously about what has or hasn't happened so far in the semester.

Encourage your student to talk to professors to assess his/her course performance so far.

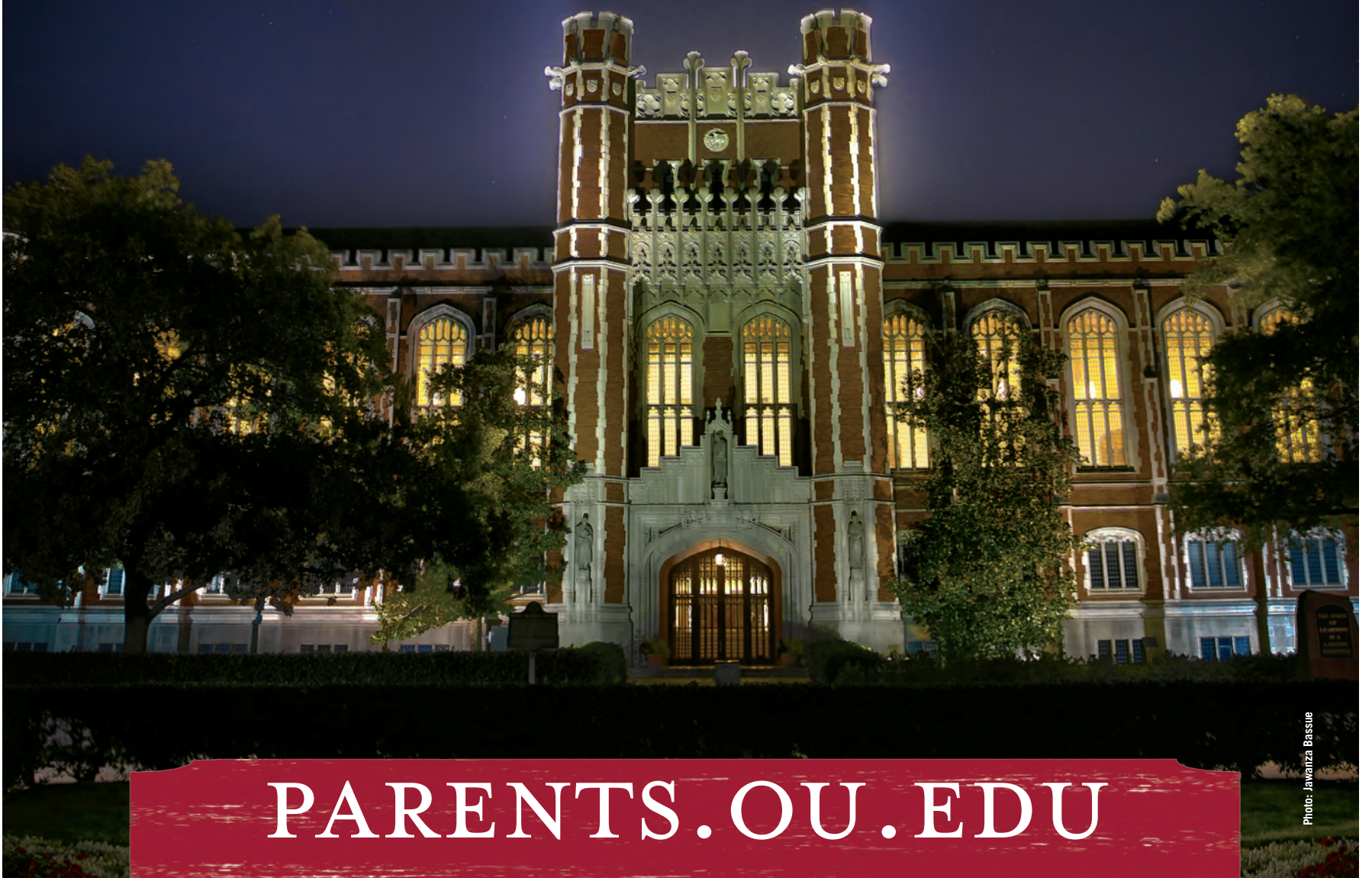
Encourage your student to work in exercise, healthier meals and sleep as s/he gets ready for finals.

Understand that your student's passage into independent and successful adulthood will be gradual and is best aided by your respectful challenges and support.

If your student plans to attend summer school at another institution, make sure s/he speaks to an adviser to make sure the course(s) will transfer to OU.

Summer jobs and internships should be lined up and confirmed. Remind your student to finalize all plans.

With all of the summer course options, encourage your student to take more than one class this summer—visit www.ou.edu/summersession.



PARENTS.OU.EDU

Photo: Javanza Bassie

MAY 2013

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1	2	3 • Final day of classes	4
5	6	7	8	9	10 • Commencement Weekend	11
	Final Examinations	Final Examinations	Final Examinations	Final Examinations	Final Examinations	
12 Mother's Day	13 • Summer Session Blocks A and D begin	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	

Student Concerns:

- Project deadlines and final exams hit right away
- Spend almost all of their time studying
- Little time with friends
- Packing to move out of the residence halls brings students and parents alike face-to-face with lots of belongings accumulated during the stay
- Daily phone calls home to vent or complain



Photo: Jawanza Bassue

What Parents Can Do

Talk with your returning student ahead of time about your expectations while s/he is living at home.

If your student is enrolled in summer school, talk about the importance of effective time management.

Make plans for how s/he will move home or to a new location with all of his/her belongings at the end of the semester.

Discuss your student's peer support group at home. In some cases, many childhood and high school friends will have moved away. Encourage your student to find ways to make new acquaintances for support during this break from school.

This may be the first time your student has time to reflect on the meaning of his/her academic experience. This can be an occasion for increased motivation toward original goals or an opportunity to explore alternative plans.

Discuss spring grades and academic strategies and priorities related to next semester.

Have your student check his/her grades before leaving campus for the break. If s/he has questions, s/he should speak with the professor or an academic adviser.



PARENTS.OU.EDU

Photo: Becky Barker

JUNE 2013

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1
2	3	4	5	6	7 • Summer Session Block A ends	8
9	10 • Summer Session Block B begins	11	12	13	14 Flag Day	15
16 Father's Day	17	18	19	20	21	22
23	24	25	26	27	28 • Summer Session Block D ends	29
30						

Student Concerns:

- Excited about time away from classes
- Sense of freedom from academic urgencies, and enjoy a change of pace
- Many start summer jobs and internships while others take opportunity to study abroad
- Internal conflicts between working to earn money and spending time with friends often leave little time for long visits with parents
- Many continue to take classes in the summer for extra credit or just to get ahead

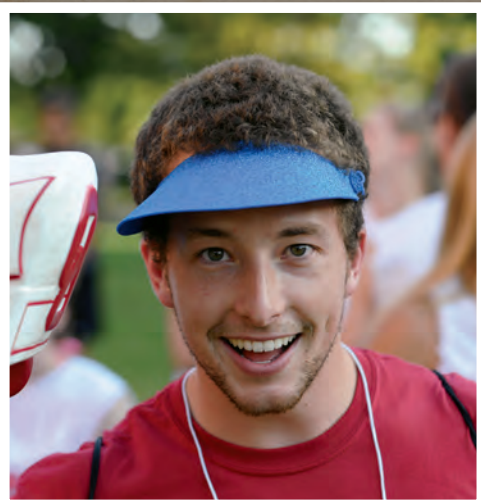


Photo: Jawanza Bassue

What Parents Can Do

Remind your student that maintaining good health by diet, rest and exercise is important.

If s/he has returned home for the summer, take some time to get reacquainted.

Discuss your thoughts about summer employment, while s/he is home or attending summer classes.

Establish clear expectations about house rules if s/he returns home for the summer to live with you again.

Acknowledge the possible differences in your lifestyles after living apart for the past year.

As the summer progresses, your student may express loneliness for friends made at college. Encourage him/her to stay in touch with them.

Discuss the value of your student having developed a positive sense of campus life and plans for involvement next year.

Encourage your student to visit family members s/he may not have seen during the year to reconnect.

Suggest your student get involved in a community activity while at home.



PARENTS.OU.EDU

Photo: Becky Barker

JULY 2013

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1 • Summer Session Block E begins	2	3	4 Independence Day	5 • Summer Session Block B ends	6
7	8	9 Ramadan begins • Summer Session Block C begins	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Student Concerns:

- As the lazy days of summer continue, students think there never seems to be enough time
- Plans begin to include early returns to campus as student become involved in planning and move-in activities

Looking Ahead

- Fall 2013 Classes begin on Aug. 19
- Summer Session Block C ends Aug. 2
- Summer Session Block E ends Aug. 16



Photo: Jawanza Bassue

What Parents Can Do

Review with your student his/her financial needs for the coming academic year. Evaluate changes that may be needed for money management and work together to establish a tentative budget.

Discuss how living arrangements will impact his/her academic year.

Take some time to discuss the needs and/or benefits of a part-time job.

Explore the need for career counseling to establish career or academic goals. Encourage your student to visit Career Services for guidance.

Encourage your student to utilize his/her Graduation Planner to establish a tentative academic plan for the full academic year. S/he should set realistic goals with a thought-out plan for achieving them.

Encourage your student to volunteer his/her time with a local charity over the summer. Remind him/her that college

isn't "all about them" – doing community service and giving their time is a value that will last a lifetime.

Encourage your student to email campus friends to stay in touch and to check the OU website to stay up-to-date on campus happenings.

Remember, as your student prepares for the new semester that "parental guidance" does not mean trying to control your student's decisions or actions from home. Try to keep criticisms to yourself and you will be better able to keep the lines of communication open.

Suggest that your student fit three balanced meals (if it comes from a vending machine it's not a balanced meal!) and adequate amounts of sleep into his/her schedule. Most college students do not get enough sleep even though a balanced sleep schedule is one of the best things they can do for themselves.

OU DEPARTMENTS

University College
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ucquestions@ou.edu

College of Architecture
(405) 325-2444
ou.edu/architecture

College of Arts and Sciences
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cas@ou.edu

**College of Atmospheric and
Geographic Sciences**
(405) 325-3101
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**Michael F. Price College of
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undergrad@ou.edu

**University Outreach
College of Continuing Education**
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College of Engineering
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**Weitzenhoffer Family College of
Fine Arts**
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ou.edu/finearts

**Gaylord College of Journalism and
Mass Communication**
(405) 325-2721
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The University of Oklahoma - Tulsa
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ou-pss-tulsa@ou.edu

Sooner Parents

For more than 80 years, fathers, mothers and other supporters of University of Oklahoma students have worked through Sooner Parents in its primary goal to help students.

Sooner Parents supports numerous programs, projects and scholarships each year and continues to be a thriving part of university life. Sooner Parents also provides parents a special connection to the institution and offers unique services available only to its members.

As a parent, you are encouraged to be an active part of your student's experience and the many traditions at OU. Annual university events that include parent participation are University Sing, Homecoming, Mom's Day, Dad's Day and the Sooner

Scandals musical production. The Executive Committee of Sooner Parents also meets each semester, and members are invited to attend these meetings as well.

Join us! Be a part of Sooner Parents and help us make a difference in the lives of our students.

For membership information visit the Sooner Parents website at parents.ou.edu



*Ruth Henson,
Sooner Parents President
and daughter, Claire*

Selected photos by Jawanza Bassue, Sooner Sports, Robert H. Taylor, and Becky Barker.

DIVISION OF STUDENT AFFAIRS



"All of us at the University of Oklahoma are committed to your student's success. Student Affairs provides the out-of-classroom experiences that define university life for most students. These activities and services are administered by people who love working with students."

Clarke Stroud, University Vice President for Student Affairs and Dean of Students

CAREER SERVICES

Career Services assists students with career exploration, internships, cooperative education, graduate and professional school applications, and professional employment. The staff provides programs that facilitate contact between students and employers, and teaches career decision-making and job-search skills.

323 Oklahoma Memorial Union
900 Asp Ave., Suite 323
Norman, OK 73019-4057
Voice: (405) 325-1974
Fax: (405) 325-3402
www.hiresooner.com

FITNESS AND RECREATION

Fitness and Recreation provides recreational sports and fitness programs. The Huston Huffman Fitness Center, the university's recreation center, offers weight rooms, a climbing wall, a cardio room, indoor track, basketball, volleyball, badminton, racquetball and squash. The Murray Case Sells Swim Complex offers swim lessons, water aerobics, and lap and recreational swimming.

170 S.J. Sarkeys Complex, Huston Huffman Fitness Center
1401 Asp Ave., Room 170
Norman, OK 73019-2142
Voice: (405) 325-3053
Fax: (405) 325-1365
<http://ou.edu/FAR>

HEALTH SCIENCES CENTER STUDENT AFFAIRS

HSC Student Affairs is helping develop health care professionals through recruitment, retention, recreational programs and services. The office provides oversight for student organizations and student government, coordinates student development and community-based programs, oversees the union and recreational services and HSC writing center and provides counseling services.

David L. Boren Student Union
1106 N. Stonewall Ave., Suite 300
Oklahoma City, OK 73117-1200
Voice: (405) 271-2416
Fax: (405) 271-8817
Toll-Free: 1-877-577-5655
<http://student-affairs.ouhsc.edu>

HEALTH SERVICES

Health Services provides a broad range of health care services for OU students, faculty and staff, including a full-service pharmacy, laboratory, X-ray, physical therapy, women's center, and counseling and testing services. The center hosts regular health fairs and activities focusing on health issues and healthy lifestyle choices.

Goddard Health Center
620 Elm Ave.
Norman, OK 73019-0615
Voice: (405) 325-4611
Fax: (405) 325-7065
Appointments: (405) 325-4441
<http://healthservices.ou.edu>

HENDERSON SCHOLARS

Named in honor of longtime OU human relations professor George Henderson, the Henderson Scholars Program annually recruits a diverse class of outstanding high school students. These students are provided with privately funded scholarships and a stimulating intellectual experience. The program encourages Henderson Scholars to actively engage in community service.

130 Couch Center
1524 Asp Ave., Room E-130
Norman, OK 73019-2160
Voice: (405) 325-0850
Fax: (405) 325-5274
<http://hsp.ou.edu>

HOUSING AND FOOD SERVICES

Housing and Food Services offers multiple housing options, from suite-style living in the residence halls to premier apartment-style communities. Through involved residence-life staff to the Faculty-in-Residence program, more than 20 flavorful and healthful campus restaurants, and weekend activities, staff work to provide students with positive opportunities that bring to life their university experience.

126 Walker Center
1406 Asp Ave.
Norman, OK 73019-6091
Voice: (405) 325-2511
Fax: (405) 325-7117
www.ou.edu/housingandfood

LEADERSHIP DEVELOPMENT AND VOLUNTEERISM

Leadership Development and Volunteerism prepares students for leadership responsibilities and roles through educational programming and student volunteer opportunities. The office coordinates campus awards and recognition programs, advises the President's Community Scholars and serves as a resource for student organizations.

253 Oklahoma Memorial Union
900 Asp Ave., Suite 253
Norman, OK 73019-4054
Voice: (405) 325-4020
Fax: (405) 325-5248
<http://leadandvolunteer.ou.edu>

OKLAHOMA MEMORIAL UNION

Oklahoma Memorial Union is the living room of the university, a place for students to study, eat and relax. It is open 24 hours a day, seven days a week. The Union provides a computer lab for OU students and wireless Internet access throughout the building, a food court that houses several restaurants, and meeting rooms for student organization use.

428 Oklahoma Memorial Union
900 Asp Ave., Suite 428
Norman, OK 73019-4052
Voice: (405) 325-2121
Fax: (405) 325-7721
www.union.ou.edu

STUDENT AFFAIRS, OU-TULSA

Student Affairs at the OU-Tulsa Schusterman Center handles a variety of issues common to all Tulsa-campus students. Student services include Disability Services, the Writing Lab, Counseling Services and Career Services. The office also advises student government and works with registered student organizations

4502 East 41st St., 1C53
Tulsa, OK 74135-2512
Voice: (918) 660-3102
Fax: (918) 660-3101
<http://tulsa.ou.edu/studentaffairs>

STUDENT CONDUCT

Student Conduct serves the university community through the administration of day-to-day disciplinary matters, as set forth in the Student Code of Responsibilities and Conduct, and the maintenance of all student disciplinary records. Additionally, Student Conduct processes housing citations for offenses within Residence Life and initiates due process for alleged violations of the Academic Misconduct Code.

209W Walker Center, 1406 Asp Ave.
Norman, OK 73019-2250
Voice: (405) 325-1540
Fax: (405) 325-9132
www.studentconduct.ou.edu

STUDENT LIFE

Student Life guides students in realizing academic, professional and personal goals as they progress toward graduation and beyond. Students may participate in a wide range of program opportunities that enhance their academic pursuits, including fraternity and sorority life, multicultural programs and the Campus Activities Council. OU's 400-plus student organizations also register through Student Life.

370 Oklahoma Memorial Union
900 Asp Ave., Suite 370
Norman, OK 73019-4058
Voice: (405) 325-3163
Fax: (405) 325-7493
<http://studentlife.ou.edu>

STUDENT MEDIA

Student Media provides professional, hands-on experience for students interested in journalism and related fields. Students write, edit, design and sell advertising for The Oklahoma Daily, oudaily.com, Sooner yearbook and a variety of book and magazine-style publications.

149A Copeland Hall
860 Van Vleet Oval, Room 149A Norman, OK 73019-2052
Voice: (405) 325-2521
Fax: (405) 325-7517
www.studentmedia.ou.edu

VICE PRESIDENT'S OFFICE

265 Oklahoma Memorial Union
900 Asp Ave., Suite 265
Norman, OK 73019-4045
Voice: (405) 325-3161
Fax: (405) 325-5248
www.ou.edu/studentaffairs

SOONER PARENTS[®]

The University of Oklahoma

STUDENTaffairs

parents.ou.edu

MAKING THE CONNECTION SOONER

The college years will be one of the most exciting periods in your student's life. During these years, students experience constant challenges and demands for adjustment and change. While attempting to cope with the pressures of college, they also must negotiate the hurdles of significant developmental issues. The first weeks and months of college are the most important time for making connections to campus. The more attached a student feels at college, the better the chances that s/he will be successful at college.

The first year in college may present special challenges. While many first-year students can identify buildings as landmarks by which to navigate campus on "football Saturdays," finding classrooms in those same buildings is a whole new ballgame. Students are introduced to new freedoms and responsibilities that they may not have had to manage in the past; new and more demanding academic requirements;

changing relationships with friends and family; and challenges to beliefs and values.

The Division of Student Affairs and Sooner Parents believes that parents play a crucial role in helping students adjust to these challenges. Knowing what times may be especially important in your student's first year will assist you in helping them if obstacles occur. The purpose of this calendar is to provide you with information and tips about the transition to college. Also provided are specific times and events during the year that may impact your student during this first year of college at the University of Oklahoma. The events listed in this calendar represent only a few of the ongoing activities at the University of Oklahoma. Please visit the OU website at www.ou.edu and Sooner Parents website at parents.ou.edu to keep up to date on campus events. We hope that this will be a useful tool for you as you provide support for students in their first year as a Sooner.

The University of Oklahoma, in compliance with all applicable federal and state laws and regulations does not discriminate on the basis of race, color, national origin, sexual orientation, genetic information, sex, age, religion, disability, political beliefs, or status as a veteran in any of its policies, practices, or procedures. This includes, but is not limited to: admissions, employment, financial aid, and educational services. For questions regarding discrimination, sexual assault, sexual misconduct, or sexual harassment, please contact the Office(s) of Institutional Equity as may be applicable: Norman campus at (405) 325-3546/3549, the Health Sciences Center at (405) 271-2110, or the OU-Tulsa Title IX Office at (918) 660-3107. Please see www.ou.edu/eoo. The University of Oklahoma is an equal opportunity institution.

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