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On behalf of my many dedicated colleagues in Housing and Food Services, welcome to the University of Oklahoma and to your campus home. You are why we are here, and we’re committed to helping you have a wonderful year. Our goal in Housing and Food Services is to bring life to your university experience, and I urge you to take full advantage of our many excellent services.

This is an exciting time for you, but it can be challenging as well. To help you have the best possible experience, I urge you to become involved in your housing community. Participate in your center’s activities, such as intramurals and the Housing Center Student Association.

I encourage you to take pride in your community.

• **Speak up:** When something needs doing, speak out. Don’t wait for someone else to do it.

• **Report problems:** If your sink is leaking, report it. Help make your living environment the best it can be.

• **Pick up trash:** Simple actions like picking up litter and recycling your waste are contagious. Your community will look better and you will be doing something important for the environment.

• **Get involved:** The campus and surrounding community need people who are committed to improving the environment and meeting the needs of those less fortunate. People power works.

• **Treat people well:** In a community where people are respectful, kind and interested in one another, a sense of pride builds naturally. Treat folks as you would like to be treated and your actions will come full circle.

• **Study:** Enjoy yourself, but remember the primary reason why you’re at the University of Oklahoma. It’s critical that you get off to a good start and form good study and living habits from the very beginning of the academic year. If you find yourself struggling in one or more of your classes, don’t wait until the semester is half over. Make use of our free tutoring at the Housing Learning Center or our 24-hour monitored study areas.

Finally, I encourage you to become acquainted with the H&F staff in your community as soon as possible. Seek them out to report a problem, to give feedback, or to receive help or advice.

Once again, fellow Sooner, we’re very glad you’re here, and we wish you great success.

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**Best wishes!**

Dave Annis

Director

Housing and Food Services
Packing Checklist

Checklist
☐ SoonerCard*
☐ Social Security Card (for employment purposes)
☐ Insurance plan/card
☐ Backpack and school supplies
☐ Umbrella/rain gear
☐ Recreational equipment (cards, sport supplies, games, etc.)
☐ Desk supplies
☐ Dictionary and/or thesaurus
☐ Room decorations or extra storage containers
☐ Bicycle and bike lock
☐ Small sewing and tool kits
☐ Checkbook and/or debit card
☐ Trash can for your room
*Your SoonerCard is required for Check-In.

☐ Bedding (twin extra-long sheets)
☐ Clothing
☐ Clothes hangers
☐ Towels and washcloths
☐ Shower shoes/flip flops
☐ Bathrobe
☐ Toiletries and toilet paper
☐ Prescribed medications
☐ Hair dryer
☐ Cleaning supplies (trash bags, broom, etc.)
☐ Laundry basket or bag
☐ Detergent and fabric softener
☐ Alarm clock or clock radio with battery
☐ Extension cords
☐ Flashlight with extra batteries
☐ First-aid kit

Discuss with your Roommate
☐ Rug(s) as desired
☐ Television and/or DVD player (1 per room)
☐ Stereo
☐ MicroFridge** (1 per room)

**A suggested microwave-refrigerator unit in the residence halls is the MicroFridge (4.5 cubic feet or less). It is available for rent from Collegiate Concepts by visiting housing.ou.edu. The MicroFridge meets OU safety standards, saves electricity, and reduces the risk of overloading circuits, in addition to the product’s EnergyStar rating. The appliance comes standard with a microwave, true 0 degree freezer refrigerator and operates with only one plug-in. If you rent the unit from Collegiate Concepts, they deliver it to your room prior to check in and remove it for you after spring check-out. If you prefer, you may bring an individual microwave and separate mini-refrigerator. Size details are available in your Community Living Guide, available at housing.ou.edu.

Leave at Home
☐ Open flame items (including candles, even if you do not intend to burn them)
☐ Weapons, weapon paraphernalia, and air, paint and/or BB guns
☐ Alcohol and empty alcohol containers
☐ Pets
Pre-Move (Complete before 8/18)

Review the Community Living Guide (CLG): Familiarize yourself with campus living policies by reviewing your Community Living Guide online at housing.ou.edu. Upon your arrival, we will ask for your digital signature to verify your understanding of Community Living Guide policies.

Coordinate with your new roommate: It is best to eliminate the possibility of duplicate appliances. (Only one television, one mini-refrigerator, etc., is suitable for each room.) If you are assigned to a Tower room, please discuss with your roommate how you would like the beds set up. Please complete the online maintenance form for bed set-up by July 15 for your bed to be set up in time for move-in day.

Move-In Day

Dress comfortably and wear tennis shoes. The August weather will be very hot and Check-In is outdoors. We’ll provide free water.

Allow time for parking and check in. With the large number of incoming residents, parking will be extremely limited. You may have to park several blocks away from the residence halls, so please leave your belongings in your vehicle until you have your room key. When you arrive and park, please walk to our check-in tent on the Walker-Adams Mall, located at the north end between Walker Center and Adams Center.

Please stop by the check-in tent at your designated time slot. We stagger check-in times to streamline the process, so your patience and cooperation are appreciated.

Leave all pets at home. Pets are not allowed inside the residence halls at any time, and the large amount of people, traffic and hot weather will only cause discomfort for your animal.

Getting Settled

Transition with your Resident Adviser (RA). Your RA will help you throughout the school year by providing advice, directions and community activities. Within the first weekend you will have a community dinner and floor meeting, where many of your questions will be answered.

Dining. For students who have a pre-approved early arrival, campus meal plans begin Aug 17. (Please check with your organization for additional details.) Students who arrive on Aug 18 will automatically have access to their campus meal plan on that day.

Room Changes. Students may begin picking up forms on Aug 24. To allow time for transition, forms will not be processed until Sept. 6. Please speak with your RA if you have any questions.

Be sure to attend Convocation at Lloyd Noble Center at 4 p.m. on Thursday, Aug 18. Transportation will be provided from the Residence Halls to Lloyd Noble Center.
Check-In
Your SoonerCard is required for check-in. You will be asked to swipe your SoonerCard for a digital signature verifying that you have read and understand the Community Living Guide, which is available online at housing.ou.edu.

Panhellenic Recruitment - Thursday, Aug 11, Walker-Adams Mall
Please contact OU Panhellenic at (405) 325-6350 for additional details.

- 7 a.m. – Express Move-In
- 8-12 a.m. – Standard Move-In

Early Arrival - Monday, Aug 15, Walker-Adams Mall

- 9 a.m.-1 p.m. – Standard Move-In

General Freshman - Thursday, Aug 18, Walker-Adams Mall
To help us streamline the process, please arrive at your assigned time.

- 7 a.m.-2:45 p.m. – Express Move-In
- 8-8:45 a.m. – Sud-Z
- 9-9:45 a.m. – Ran-St
- 10-10:45 a.m. – Mcm-Ram
- 11-11:45 a.m. – Ji-McL
- 12-12:45 p.m. – Ga-Je
- 1-1:45 p.m. – Ch-Fus
- 2-2:45 p.m. – Aa-Ca

Alternate Arrival Dates
Students who arrive on dates other than Aug 11, 15 or 18 should go to their assigned residence hall’s community desk on the first floor of the Towers. The community desk for Cate Center is in Cate Main, near the food court.

TIP
A dolly or hand truck is highly recommended. There will be some available for rental on the Walker-Adams Mall, but you are encouraged to bring your own to save time and energy. (Rentals only available 8/18.)
Indicates one-way, controlled traffic areas

Drop-Off Locations for USS Express Move-In
Student Life Tent*
Room Key and Check-In Info with H&F Information Technology*
Move-In Parking**

* August 18 only
**Disability parking is available near building entrances.
University and Student Services Inc.

Housing and Food Services offers an Express Move-In Service, for $149, to save you time and energy, on Aug 11 or 18.

While others are rushing to unload all their belongings, you will be unpacked and relaxing in your new home, thanks to the University and Student Services Inc. Express Move-In Service. By signing up for the Express Move-In Service, you may begin move-in earlier, at 7 a.m., if you desire, and receive a special pass granting you access to the Express Move-In automobile unloading lane. Once in the lane, a team member will unload your car while you pick up your room key. They'll carry your items to your room for you. You never have to lift a finger! Sign up for your Express Move-In Service at housing.ou.edu.

Please note that there are no unloading zones adjacent to buildings, except for Express Move-In.

University and Student Services Inc. also offers other services like laundry, bathroom cleaning and more at universityandstudentservices.com.
Meals
Meals may be used only at Couch Restaurants during regular business hours. The number of meals you select in your plan is the number you use each week.

Meal Points
Meal Points are a debit-card system loaded onto your SoonerCard, and they may be used at all campus dining locations. Each Meal Point equals $1. Each time you use the card, the amount of your purchase is deducted from your balance. Meal points must be used by December 17.

Meal Exchange
Meal Exchanges have a value of $7.00. Meal Exchanges may be used during all hours of operation at Cate a la Carte Food Court, Burger King and Couch Express. In addition, they may be used at designated operations across campus during the following times: Mon.-Thurs. 2 - Close, Fri. after 2 p.m., Sat. all day, Sun. until 4:30 p.m. and after 8 p.m.

Freshman Meal Plans
(Four basic plans, all the same price, included in room and board)

- 12 Meals/Week with 150 Meal Plan Points/Semester
- 10 Meals/Week with 300 Meal Plan Points/Semester
- 8 Meals/Week with 450 Meal Plan Points/Semester
- 6 Meals/Week with 600 Meal Plan Points/Semester

Enhanced Meal Plans
Perfect for students who typically eat three full meals a day, Enhanced Meal Plans are available at an additional cost. Please direct inquiries to (405) 325-2511.

If you have a recipe you love, send it to Chuck Weaver, director of Food Services (chuckweaver@ou.edu). We’ll try to include it in our menu selections as part of our Recipes from Home Program.
The Towers: Adams, Couch and Walker Centers
All rooms within Adams, Couch and Walker center, are suite-style*, with movable furniture, and come equipped with the following amenities (in a double-occupancy room):

- two movable twin beds
- two movable dressers
- two movable desks
- two desks chairs
- two movable wardrobes
- two movable night stands
- window with blinds
- wireless and high-speed Internet connection
- free expanded basic cable TV service

*Two double occupancy rooms share one bathroom.

The Quads: Cate Center and Academic Arts Community
All Cate Center buildings have four stories. All rooms within Cate Center are community style*, and come equipped with the following amenities (for a double occupancy room):

- two twin beds
- two desks
- two desk chairs
- two closets
- one bureau
- window with blinds
- built-in bookshelves
- free expanded basic cable TV service
- quiet study areas
- wireless and high-speed Internet connection
- community-style bathroom

*Residents of each floor share bathroom and bathroom is cleaned daily by OU housekeeping.

Please review the Community Living Guide, which outlines policies, expectations and services for campus living. It is available online at housing.ou.edu. Should you have any additional questions, please call us at (405) 325-2511 or visit housing.ou.edu. See you in August!
Bicycle Guidelines
Bicycles are not permitted inside the residence halls at any time. Be sure to bring a strong lock and chain for the bike racks.

Bicycle Lockers
A limited number of bicycle lockers are available for semester or full-year rental. For your convenience, you may reserve your bike locker prior to your arrival by calling (405) 325-6153. The cost is $55/semester or $100/year. You may reserve a bike locker by calling and paying with a credit card. Your key will be available upon your arrival.

Bicycle Registration
Information on bicycle registration is available with OUPD at www.ou.edu/oupd/bikereg.htm. University policy mandates bicycle registration.

Parking
Freshman parking is available in lots near the residence halls. Parking permits are available for $195, and students may purchase a permit on Aug 18 or online at parking.ou.edu after July 1. Maps and parking regulations also may be found online.

Bus System
The Cleveland Area Rapid Transit System provides multiple bus routes around campus and the Norman community. The transportation schedule and routes may be found at cart.ou.edu.
**Initiatives in the Residence Halls**

- 24-hour secure SoonerCard access to residential communities
- SafeWALK and SafeRIDE
- Campus Security Officer patrols throughout the night
- Security cameras (first floors and elevators)
- Voice announcement command system to instruct students in the event of an emergency
- Resident Advisers conduct community rounds

**Community Ownership**

The biggest challenge to campus safety and security is student apathy. Residents should not let non-community members on their floor. It also is important that students lock their residence hall room door, just as they would lock their front door at home. By taking ownership and reporting suspicious behavior, the community will be an even safer place.

**TIP**

Always carry your student ID and room key with you.
Housing Center Student Association
All residents of on-campus housing are members of the Housing Center Student Association (HCSA), which is an organization dedicated to advocacy, programming and service for all residents. HCSA works with campus organizations and administration to enhance the experience of residents living in the residence halls and university apartments.

HCSA works to meet the needs of residents as an entire community, while every residence hall and university apartment has a Resident Student Association (RSA), which works for the needs of that specific community. In your first few weeks at OU, you will have the opportunity to become involved with many different campus organizations. HCSA will have informational meetings, as will each center’s RSA.

At your first floor meeting with your RA, you will elect a floor president and vice president to represent your floor in RSA. You also should attend your center’s first RSA meeting to learn more about getting involved in the housing community!

Visit hcsa.ou.edu or find us on Facebook for more information on how to get involved.

Getting Greener
The University of Oklahoma and Housing and Food Services is doing its part to help preserve and protect the environment. From serving cage-free eggs, fair trade coffee and natural beef, to using eco-friendly cleaning supplies, Housing and Food Services has continued to demonstrate its commitment to our environment.

Now it will be your turn. We want to challenge you to be socially responsible your freshman year by sorting your plastic, paper and cans and putting them into the proper recycling containers in your center instead of down the trash chute. Also, be sure to turn off all the lights before you leave, and unplug any unused electronic devices. While you’re at it, bring a reusable water bottle for use at our Hydration Stations, which provide you with free, four-times-filtered, chilled water. We also offer eco-clamshells in Cate a la Carte, which you can reuse to decrease your use of polystyrene.
Work for OU H&F as a Student Employee
Numerous positions for academic tutors, administrative assistants, office aids and food services employees are all available right now.

Being an employee of H&F provides flexible hours that are easy to schedule around your classes, organizational involvement or other student responsibilities.

To apply for a student Housing and Food Services position, please go to www.jobs.ou.edu and search for student positions today.

Room and Board Work Program
Students who apply for and are accepted into the R&B program work 18 hours per week throughout the fall and spring semesters. During each semester, students will be required to work 10 extra hours for special events. Notice will be given in advance. Compensation for employment is equivalent to the total cost of a double room and full meal plan.

The Room and Board Work Program is available only to students who live on campus. Preference will be given to students with Federal Work Study, but having work study is not a requirement to be in the program. Space in the Room and Board Work Program is limited. Those interested should promptly contact Danna Todd via email at dtodd@ou.edu for further details.
housing & food

1406 Asp Ave. Room 126
Norman, OK 73019
(405) 325-2511
housinginfo@ou.edu

For more information please review the Move-In section of our website at housing.ou.edu.