Live on University.

housing & food
FERPA (Student Privacy Act)

FERPA prevents the University of Oklahoma and Housing and Food Services from discussing the details (including billing information) of a student’s campus living and dining contract or status. Should you choose to waive this right, please list the name(s) of the parent(s) or legal guardian(s) to whom you have given permission.

I,__________________________________________, give permission to the University of Oklahoma to discuss my housing account and student record information with:

_________________________________________________________
(Name(s) of Parent(s) or Legal Guardian(s))

_______________________   ____________________________   ____________
(Student’s Signature)       (Student’s ID#)       (Date)

Please return this form on 8.19.10 to:

University of Oklahoma
Housing and Food Services
1406 Asp Ave. Room 126
Norman, OK 73019

This is an optional form and you are not required to edit the names you originally supplied on your housing contract.
On behalf of my many dedicated colleagues in Housing and Food Services (H&F), 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 H&F 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 to 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.
- **Organize. Get involved.** The campus and surrounding community needs 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 hr monitored study areas in the residence halls.

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.

Best wishes!

Dave Annis
Director
Housing and Food Services
### Room and Board Rates

**2010-2011 Academic Year University of Oklahoma Room and Board Rates**

**Residence Halls (Room and Meal Plans Per Semester):**

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<th>Towers (Adams, Couch, and Walker Centers)</th>
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<th>Quads (Cate Center and Academic Arts Community)</th>
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Fall paid no later than September 15, 2010. Spring paid no later than January 15, 2011. For those on a monthly payment plan, payments are due in four equal installments on the first of each month but must be paid no later than the 15th of each month beginning September 1, 2010 and ending April 1, 2011. Payments received after the 15th of each month will result in a $25 late fee being assessed.

The advance payment of $190 will be applied to the first bill. The first payment will be the designated amount less $190. If the $190 payment was postponed due to pending financial aid, you are required to pay the full amount in your first regular payment.

All room and board payments should be made to the Office of the Bursar, 1000 Asp Avenue, Room 105, Norman, OK 73019-4071, or online at [https://pay.ou.edu](https://pay.ou.edu). Checks should be made payable to University of Oklahoma with the Sooner OneCard number indicated on the check.

For your reference, upperclass and graduate students who maintain an OU cumulative GPA of 3.25 or higher and live on campus could be eligible for the OU Academic Success Rebate Program. Visit housing.ou.edu for details.

If you have questions regarding your contract, terms and conditions or campus living and dining, please reference the Community Living Guide available online at housing.ou.edu or call (405) 325-2511.
Packing Checklist:
While this list is not exhaustive, we hope it serves you well for planning purposes!

• **Sooner OneCard** (serves not only as campus ID, but also as the entrance key for all floors and a card for a meal plan and/or SoonerSense)
• Social Security Card (for employment purposes)
• Insurance plan/card
• Backpack and school supplies (pens, notebooks, paper, etc.)
• Umbrella/rain gear
• Recreational equipment (cards, sport supplies, games, etc.)
• Desk supplies (stapler, binders, etc.)
• 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 Sooner OneCard is required for Check In.*

Discuss with 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 zero 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)
• Pets
• Weapons, weapon paraphernalia and air, paint and/or BB guns
• Alcohol and empty alcohol containers

A detailed list of campus living and dining policies can be found online at housing.ou.edu.
Move In Quick Tips

Pre-move to be completed before 8/19.

Review the Community Living Guide (CLG). Familiarize yourself with campus living policies by reviewing your CLG 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 16 for your room 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 and smiling faces.

Allow time for parking & Check In. With the large number of incoming residents, parking will be extremely limited. You will 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. Other tents will have a variety of student services available such as parking permits, banking options, athletic tickets, and more.

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.

Bring move-in equipment for unloading. If you do not sign up for the Express Move-In Service, a dolly or hand truck is highly recommended. Cate Center does not have elevators. A select number of hand truck/dollies will be available for check out from the Housing Center Student Association. You may check the dollies out on the Walker-Adams Mall.

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.

Be sure to bring your dolly or hand truck to save time and energy!
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 Wed., August 18. (Please check with your organization for additional details.) Students who arrive on Thurs., August 19 will automatically have access to their campus meal plan on that day.

Convocation. Be sure to attend Convocation at Lloyd Noble Center at 4 p.m. on Thursday, August 19. Transportation will be provided from the Residence Halls to Lloyd Noble Center.

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

Freshman Check-In Schedule

Your Sooner OneCard is required for Check-In. The process is automated, so at Check In, you will be asked to swipe your Sooner OneCard 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 - Thurs. Aug. 12
Please contact OU Panhellenic at (405) 325-6350 for additional details.

- 7 a.m. — Express Move In
- 8-11 a.m. — Standard Move In

General Freshman - Thurs. Aug. 19
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. — A-Ce
- 9-9:45 a.m. — Ch-F
- 10-10:45 a.m. — G-Ja
- 11-11:45 a.m. — Je-Ma
- 12-12:45 p.m. — Mc-Po
- 1-1:45 p.m. — Pr-St
- 2-2:45 p.m. — Su-Z
Express Move-In Service

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. To maintain traffic control, all other parking and unloading is available in the designated blue areas listed on the map.

University Student Services Inc. also offers other services like laundry, bathroom cleaning and more at universityandstudentservices.com.
Meal Plans

Housing and Food Services offers more than 20 different dining locations on campus. From chain restaurants such as Wendy’s and Taco Mayo, to the “all you care to eat” cafeteria-style Couch Restaurants; if you’re hungry we have something to satisfy you! We are committed to fresh and flavorful dining.

Freshman students are required to have a meal plan, which is included in the room and board cost. Using your student ID, you are able to swipe your card at any campus food services location for a full meal or snack.

Meals:
Meals may be used only at Couch Restaurants during regular business hours. The number of meals you select is your plan is the number you use each week.

Meal Points:
Meal Points are a debit-card system loaded onto your Sooner OneCard, meal points 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 plan points must be used by December 18.

Meal Exchange:
Meal Exchanges have a value of $6.50. Meal Exchanges may be used during all hours of operation at Cate ala Cart Food Court, Burger King and Couch Express. In addition, they may be used at designated operations across campus during the following times: Mon.-Thurs. 2-4:30 p.m. and after 8 p.m. 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.

Recipes From Home:
We know it can be stressful for new students to be away from home for the first time. To assist with this transition, we would love for you to give us your favorite recipe. Send Chuck Weaver, Director of Food Services, an e-mail (chuckweaver@ou.edu) with the recipe, and we’ll try to include it in our menu selections! This is a quick and simple way to help us make our operations a little more like home.
**The Towers: Adams, Couch and Walker Centers**

All rooms within Adams, Couch and Walker Center are suite-style*, with moveable 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.
**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. If you reserve a bicycle locker, your key will be available upon your arrival.

**Bicycle Registration:**
Information on bicycle registration is available with OUPD at [http://www.ou.edu/oupd/bikereg.htm](http://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 complete this on August 19 or online at [parking.ou.edu](http://parking.ou.edu). Maps and parking regulations may also 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](http://cart.ou.edu).

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**Safety and Security**

**A Snapshot of Initiatives in the Residence Halls:**
- 24 hour secure Sooner OneCard 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 is also 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.

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*Always carry your Student ID and room key with you.*
Getting Involved

HCSA
All residents of on-campus housing are members of the Housing Center Student Association (HCSA), which is an organization dedicated to programming, advocacy 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 should also attend your center’s first RSA meeting to learn more about getting involved in the housing community!

Visit hcsa.ou.edu for details on how to get involved.

Employment Opportunities

Work for OU Housing and Food Services 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 guarantees 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.

We also offer the 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 at (405) 325-5128 or email dtodd@ou.edu for further details.

For more information please visit housing.ou.edu.
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 ala Carte which you can reuse to decrease your use of polystyrene.

This publication was printed on recycled paper.

Please Review
The OU Housing and Food Services Community Living Guide, which outlines policies, expectations and services for campus living, is available online at housing.ou.edu. You may request a paper copy by calling the Housing and Food Services office or emailing housinginfo@ou.edu. Also review the Housing and Food Services DISH, a dynamic publication highlighting campus dining. Should you have any additional questions, please call us at (405) 325-2511 or visit housing.ou.edu. See you in August!

Housing and Food Services is a department in OU’s division of Student Affairs. The University of Oklahoma is an equal opportunity institution. For accommodations on the basis of disability, please contact (405) 325-2511. This publication, printed by Housing and Food Services, is issued by the University of Oklahoma. 3,500 copies have been prepared and distributed at no cost to the taxpayers of the State of Oklahoma.