Welcome to the University of Oklahoma!

Sooner Global Newsletter

What is the Sooner Global Newsletter?

Congratulations on your acceptance to study at OU!

We know that preparing to study abroad will present many questions such as: where will I live? How do I travel from the airport? Can I use my cell phone? Sooner Global Newsletters are designed to help you prepare for your study and life in Oklahoma and answer these very questions! Each week you will receive a new letter with details on how to become oriented to life at OU, in Oklahoma, and in the United States. Our goal is to answer your most important questions before you arrive, so that you can make the most out of your precious time abroad!

Week 1

- How to activate your OU email account
- OU History
- Contact Info.

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How to access email

Now that you have been accepted to study at OU the first thing you must do is activate your OU email account. This account will be the primary way that the University of Oklahoma, the Office of International Students and Scholars /Education Abroad, and your professors will contact you while you are studying in Oklahoma. Follow the steps below to set up your account.

1. Go to account.ou.edu (opens new window) and click: “New Users: Activate your account here.” (opens new window)

2. Enter your OU Net ID (4+4) OR Social Security Number and Date of Birth (MM/DD/YYYY).
   - Your OUNet ID is the first four digits of your last name (lowercase) plus the last four digits of your 9-digit OU ID number.
   - Example: if your last name is Sooner and your OU ID number is 123456789, then your OUNetID is: sooner6789
   • Following account activation, your OUNet ID acts as your username for accessing all online services.

3. Answer five password security questions.
   • (Use your home country and the year you were born for these questions, that way you will remember.

4. Create a complex password:
   • Between 8 and 32 characters long.
   • Consisting of upper and lower case characters.
   • Using either a number or a special character.
   • Disallowed special characters are @, ', ?, +, :, (space).

More information on email at: http://www.ou.edu/content/ouit/all/account/create.html
History of the University of Oklahoma

The University of Oklahoma was founded in 1890 by the Oklahoma Territorial Legislature and serves the educational, cultural, economic, and healthcare needs of the state, region, and nation. OU is comprised of 3 separate campuses. The main campus is located in Norman; the OU Health Sciences Center is in Oklahoma City and an additional campus is located in Tulsa. The combined student population from all 3 locations is over 30,000 students, including 2000 international students from more than 100 countries!

OU accepted its first exchange student in 1987. Since then over 3,675 students have studied at OU on exchange, taking courses of all majors and disciplines. We welcome you to join our international student family and hope you will enjoy your time here!

For more information please visit the ISS and EA websites:
http://www.ou.edu/iss/home.html
http://www.ou.edu/ea

Your Orientation Advisor

Hello Students!

Welcome to the University of Oklahoma! I am the International Programs Advisor at OU, and your International Student Orientation Instructor. I look forward to meeting you all in person when you arrive in Norman for orientation! Until then be sure to carefully read all the information provided in the weekly newsletters so that you are fully prepared for your time at OU. See you soon!

Brooke Hammer

Student Perspectives

When I first arrived on the OU campus it was love at first sight! I automatically felt like home here. All the students and professors were so nice and helpful, it made the whole experience the best time of my life!

Virginie from France
International Area Studies
International Office Contact Information

**International Student Services**
OU ISS should be the first point of contact for incoming international students. OU ISS maintains the Student and Exchange Visitor Information System (SEVIS) compliance for OU and registers all eligible F-1 and J-1 international students in SEVIS each semester. We are the federally designated office for creating, extending, or terminating the visa status of international students, and routinely respond to federal audits, site visits, and requests for information.

**Contact at:**
OU ISS
640 Parrington Oval, B.C. Wallace Old Science Hall Room 220, Norman, OK 73019
**Phone** (405) 325-1693  Email: iss@ou.edu

**Education Abroad**
Our office is responsible for advising outgoing OU students abroad on a wide variety of programs such as reciprocal exchanges, direct enrollment, faculty-led, OU in Arezzo and approved provider programs. We are also responsible for the acceptance of all short term exchange students nominated through partner universities. Each of our advisers is responsible for a variety of countries for outgoing student while Tina Henderson is responsible for short term international exchange students.

**Contact at:**
Education Abroad
University of Oklahoma 640 Parrington Oval, Room 223 Norman, OK 73019
**Phone** (405) 325-1693  Email: ea@ou.edu or thenderson@ou.edu

**International Programs**
OU International Programs is the umbrella office for Education Abroad, International Students and Scholars and the School of International and Area Studies. International Programs coordinates many international events, unites OU international offices, and aims to increase the University’s role in international relations.

**Contact at:**
International Programs
729 Elm Avenue, Hester Hall 150, Norman, OK 73019
**Phone** (405) 325-1396  Email: ipc@ou.edu