

HUMAN RELATIONS AND YOU

DEC. 2023 / VOL 1 ISSUE 10

HELLO STUDENTS

This document should serve as a guide to important program information and a tool to acclimate to the university.

You can click any underlined text for more information.

Any questions can be directed to damoncravens@ou.edu



- TO-DO LIST
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- HR CAREER EXPLORATION
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DODGE FAMILY COLLEGE OF ARTS AND SCIENCES
HUMAN RELATIONS
The UNIVERSITY of OKLAHOMA

TO- DO



- **SCHEDULE ADVISING APPOINTMENT (SEE IADVISE.COM OR EMAIL)**
- **REVIEW PROGRAM REQUIREMENTS: HUMAN RELATIONS, B.A. < UNIVERSITY OF OKLAHOMA (COURSELEAF.COM)**
- **COMPLETE OU GRADUATION APPLICATION. THIS APPLICATION IS AVAILABLE ONLINE ON YOUR OZONE SITE.**
- **DEADLINES FOR THE OU GRADUATION APPLICATION ARE:**
- **OCTOBER 1 FOR FALL GRADUATION CERTIFICATION**
- **CHECK ACADEMIC CALENDAR.**
- **CHECK CANVAS/EMAILS DAILY.**
- **PURCHASE CAPS AND GOWNS AT GRADUATION GEAR-UP OR AT THE UNIVERSITY BOOKSTORE (STADIUM LOCATION) 1185 ASP AVENUE. OUT OF STATE? ORDER BY PHONE: (405) 325-3511**

<https://www.ou.edu/registrar/academic-records/academic-calendars/fall-2023>

ACADEMIC CALENDER

DECEMBER 2023

Final Day to File Graduation Application for Spring 2024	Dec. 1
Final Exam Preparation Period	Dec. 3 to 10
Final Day of Full Term Fall Classes	Dec. 8
Final Examinations	Dec. 11 to 15
Convocation	Dec. 15th @ 7 P.M.
Winter Session part of fall term classes begin	Dec. 18
Last Day for Refund on Winter Session Dropped Courses	Dec. 20

PROGRAM REQUIREMENTS

REQUIREMENTS FOR THE BACHELOR OF ARTS DODGE COLLEGE OF ARTS AND SCIENCES THE UNIVERSITY OF OKLAHOMA

Academic Year	General Requirements	Program
For Students Entering the Oklahoma State System for Higher Education Summer 2021 through Spring 2022	Minimum Total Credit Hours 120 Minimum Upper-Division Hours 48 Major Hours 36 Minimum Retention/Graduation Grade Point Averages: Overall - Combined and OU 2.00 Major - Combined and OU 2.00	Human Relations BS15 Bachelor of Arts

OU encourages students to complete at least 30 hours of applicable coursework each year to have the opportunity to graduate in 4 years.

GENERAL EDUCATION AND COLLEGE REQUIREMENTS

Courses graded P/NP will not apply

Courses for fulfillment of General Education and College of Arts & Sciences requirements must be from the approved General Education course list published in the Class Schedule or at <http://www.ou.edu/gened/courses>.

UNIVERSITY-WIDE GENERAL EDUCATION (MINIMUM 40 HOURS) AND COLLEGE REQUIREMENTS

Code	Title	Credit Hours
Core Area I: Symbolic and Oral Communication		
<i>English Composition (6 hours)</i>		
ENGL 1113	Principles of English Composition	3
ENGL 1213	Principles of English Composition	3
or EXPO 1213	Expository Writing	
<i>Language (0-13 hours in the same language)</i>		
The college requirement cannot be met by high school coursework.		
Beginning Course		0-5
Beginning Course, continued		0-5
Intermediate Course (2000 level) ^{1,2}		0-3
<i>Mathematics (3 hours)</i>		
Choose one course from the General Education Mathematics list		3
Core Area II: Natural Science (7 hours, including one laboratory component)		
<i>Biological Science</i>		
Choose an approved General Education Natural Science course with one of the following prefixes: BIOL, HES, MBIO, or PBIO ³		3-4
<i>Physical Science</i>		
Choose an approved General Education Natural Science course with one of the following prefixes: AGSC, ASTR, CHEM, GEOG, GEOL, GPHY, METR, or PHYS ¹		3-4
Core Area III: Social Science (6 hours)		
P SC 1113	American Federal Government	3
Choose one course from the General Education Social Science list		3
Core Area IV: Arts and Humanities (18 hours)		
<i>Artistic Forms</i>		
Choose one course from the General Education Artistic Forms list		3
<i>Western Culture</i>		
HIST 1483	United States to 1865	3
or HIST 1493	United States, 1865 to the Present	
Choose one course from the General Education Western Culture list (excluding HIST 1483/1493)		3
<i>World Culture</i>		
Choose one course from the General Education World Culture list		3
<i>Additional Core IV Upper-Division Arts & Humanities courses</i>		
Choose one course from Artistic Forms, Western Culture, or World Culture ^{1,3}		3
Choose one course from Artistic Forms, Western Culture, or World Culture ^{1,3}		3
Core Area V: First Year Experience (3 hours)		
Choose one course		3
Total Credit Hours		56

¹College of Arts and Sciences Requirements: college requirements are not automatically fulfilled by a previous degree.

²One course at the intermediate level or demonstrated competency at that level

³6 upper-division hours, 2 courses, at the 3000- 4000-level. *Must be outside the major.*

FREE ELECTIVES

Electives to bring total applicable hours to the minimum total required for the degree including 48 upper-division hours.

MAJOR REQUIREMENTS

- Some courses required for the major may also fulfill University General Education and/or College of Arts & Sciences Requirements.
- A grade of C or better is required in each major course.

Code	Title	Credit Hours
Core Requirements		
H R 3003	Human Relations Theory	3
H R 3013	Introduction to Human Relations	3
H R 3033	Writing for Human Relations Professionals	3
H R 3413	Cultural Awareness in Human Relations	3
H R 4013	Social Change Process	3
H R 4503	Applied Research	3
H R 4513	Service Learning	3
Major Electives		
Choose five Upper-Division (3000-4000-level) H R courses		15
Total Credit Hours		36

MAJOR SUPPORT REQUIREMENTS

Students must choose one course from each of the following areas based on career interest and professional development. Substitutions are allowed only through consultation and permission from advisor.

Code	Title	Credit Hours
Choose one course from each of the following areas:		
	Global/Multicultural Perspectives	15
	Personal/Social Development	
	Social Responsibility/Ethical Living	
	Organizational	
	Statistics	
Total Credit Hours		15

More information in the catalog: (<http://ou-public.courseleaf.com/arts-sciences/human-relations/human-relations-bachelor-arts/>).

Scan the QR code's to visit our major, minor and website pages.

Major



Minor



Website





OU NORMAN CAMPUS RESOURCES

Student Financial Center
Buchanan Hall 105
(405)-325-9000
ou.edu/sfc

MoneyCoach
Couch Center, 2nd floor
(405)-325-4692
<https://www.ou.edu/moneycoach>

Career Services
Oklahoma Memorial Union, Rm 323
(405) 325-1974
<https://www.ou.edu/career>

Goddard Health Center
620 Elm Ave.
(405)-325-4611
[Goddard Health Services \(ou.edu\)](https://ou.edu/goddard-health-services)

Counseling Services
[Goddard Counseling Center](https://ou.edu/goddard-counseling-center)
8 a.m.-5 p.m. Monday-Friday
(405) 325-2911
Goddard Health Center, 201

The Student Society of Human Relations
[Student Society for Human Relations \(ou.edu\)](https://ou.edu/student-society-for-human-relations)

Student Activities
[Campus Activities Council](https://ou.edu/campus-activities-council)
[Explore - ENGAGE powered by OU Division of Student Affairs \(campuslabs.com\)](https://ou.edu/explore-engage)

Study Abroad
(405) 325-1693
ea@ou.edu

[Education Abroad \(ou.edu\)](https://ou.edu/education-abroad)

Safety
[Safe Walk](https://ou.edu/safe-walk) (Norman Campus)
[Safe Ride](https://ou.edu/safe-ride) (Norman Campus)

[Parking Services](https://ou.edu/parking-services)
Jenkins Parking Facility
1332 Jenkins Ave.
1st floor
(405)-325-3311

Disability Resource Center
730 College Ave.
(405)-325-3852 (voice)
(405)-325-3494 (VP)
drc@ou.edu

Veteran Student Services
Buchanan Hall 216
(405)-325-4308
veterans@ou.edu

Gender & Equality Center
Oklahoma Memorial Union
(405)-325-4929
[Gender and Equality Center \(ou.edu\)](https://ou.edu/gender-equality-center)



OU-TULSA

CAMPUS RESOURCES

STUDENT INFORMATION OFFICE
(918) 660-3318
TULSAINFO@OU.EDU

STUDENT ENROLLMENT CENTER
TULSA SEC (OU.EDU)

BURSAR SERVICES
(918)-660-3474
TULSA.SEC@OU.EDU
BURSAR (OU.EDU)

OU-TULSA STUDENT AFFAIRS
OU-TULSA STUDENT AFFAIRS

OU-TULSA STUDENT COUNSELING
SERVICES
(918)-660-3109
TULSACOUNSELING@OU.EDU.
COUNSELING SERVICESWEBSITE

CAREER SERVICES
CAREER SERVICES (OU.EDU)

OU POLICE DEPARTMENT
EMERGENCY: (918) 660-3333
NON-EMERGENCY: (918) 660-3900
TULSA-
CAMPUSPOLICE@OUHSC.EDU

DISABILITY RESOURCE CENTER
JOSHUA-DAVIS@OUHSC.EDU
ACCESSIBILITY AND DISABILITY
RESOURCE CENTER

VETERAN STUDENT SERVICES
(918) 660-3360
VETERAN STUDENT SERVICES
(OU.EDU)

STUDENT ORGANIZATIONS
STUDENT ORGANIZATIONS
(OU.EDU)

OU TULSA DEPARTMENT OF
HUMAN RELATIONS
EMAIL: TULSAINFO@OU.EDU
PHONE: (918)-660-3318

CAREER PREP:

STARTING NEXT WEEK, THE CAREER CENTER STUDENT ENGAGEMENT TEAM ALONG WITH LINDSEY MASTIN(ASSISTANT DIRECTOR, CAREER ADVISING)IS GOING TO START MAKING SHORT CLASSROOM ANNOUNCEMENTS ABOUT OUR SERVICES AND THE UPCOMING JOB AND INTERNSHIP FAIR.

SERVICES

WE OFFER RESUME CRITIQUES, COVER LETTER CRITIQUES, MOCK INTERVIEWS, JOB/INTERNSHIP SEARCH ASSISTANCE, CAREER FAIR ADVICE, ETC. (SIDE NOTE: SEE A MORE INFO ABOUT OUR SERVICES ON OUR WEBSITE: [HTTPS://WWW.OU.EDU/CAREER/STUDENTS/SERVICES](https://www.ou.edu/career/students/services))

LOCATION

WE ARE LOCATED ON THE 3RD FLOOR OF THE UNION (OPPOSITE OF THE BALLROOM). MAIN ENTRANCE UP THE STAIRCASE, WE ARE LOCATED ON THE LEFT.

HANDSHAKE ACCOUNT/PROFILE

HANDSHAKE IS A CAREER MANAGEMENT PLATFORM. THIS IS LIKE OU'S VERSION OF LINKEDIN. YOU CAN APPLY FOR JOBS, EXPLORE COMPANIES, SIGN-UP FOR ON-CAMPUS INTERVIEWS, AND REGISTER FOR CAREER FAIRS AND WORKSHOPS.

THIS IS ALSO WHERE YOU SCHEDULE APPOINTMENTS WITH US. GO TO [OU.JOINHANDSHAKE.COM](https://ou.joinhandshake.com) AND LOGIN WITH YOUR 4X4 & PASSWORD.

CAREER COMMUNITIES

HANDSHAKE IS ALSO WHERE YOU CAN JOIN A CAREER COMMUNITY. WE ARE MOVING AWAY FROM MAJOR FOCUSED MODEL TO A COMMUNITY/INDUSTRY MODEL.

[OU Career Center/ Education, Non-Profit, & Social Impact](#)

HOW TO SURVIVE FINALS WEEK

How To Prepare For College Finals

13 Tips for Surviving Finals Week in College



GET OUTSIDE/TAKE BREAKS

It is important to remember to take breaks and step outside for some fresh air while preparing for finals. Spending time outdoors can have a positive impact on your mental well-being. Engaging in any form of physical activity can help alleviate stress. So hit the gym, do yoga, or take a 10-minute walk in between study sessions can help clear your mind and reduce stress levels.

STUDY SMARTER, NOT HARDER

Collaborative learning through study groups and study partners is an excellent method to assess your understanding. Strive to maintain concentration and steer clear of any diversions. One approach is to engage in quizzes with each other or adopt a divide-and-conquer strategy. For instance, your study group can divide the material into smaller sections and then instruct each other on the respective sections.



TEAM UP WITH STUDY BUDDIES

It might feel tempting to reread your entire textbook to cram for finals, but it won't work. In fact, it could backfire. Simply rereading material again and again does not do much to help retention.

Other techniques to avoid include one single cram session before the exam. Spacing out study sessions and focusing on more effective techniques like self-testing can help you study smarter, not harder study



BY GENEVIEVE CARLTON, PH.D.
UPDATED ON DECEMBER 6, 2021



SSHR

Student Society for Human Relations
Department of Human Relations

\$5 MEMBERSHIP IS A ONE TIME FEE

Our mission is to promote social justice, principles of tolerance, inclusion, dignity, and equal respect for all groups of people; to serve as social agents of change for the betterment of society; to develop leadership skills as future human relations professionals, and to actively seek ways to build relationships through service with the entire university and with the community at large.



Monthly meetings Making memories at fun events and programs

Bonding with like-minded peers Community Service Experience

Career development

CONTACT :

HR faculty sponsor
Dr. Marilyn Byrd

(405) 325-6405
MARILYN.BYRD-1@OU.EDU



*Human Relations Department
wishes you a
Merry Christmas &
Happy New year*

CHRISTMAS BREAK DEC. 15 TO JAN. 16

SPRING 2024 CLASSES BEGIN JAN.16



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WE WANT TO HEAR FROM YOU

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WE WELCOME YOUR OPEN, HONEST AND CRITICAL FEEDBACK AS WE CONTINUE TO IMPROVE AND GROW AS A DEPARTMENT.

THE SURVEY BELOW LETS US CONTINUE TO BE STUDENT-DRIVEN AND RESPONSIVE TO DEPARTMENTAL NEEDS. TELLS US HOW WE CAN IMPROVE!

TIME-SENSITIVE INQUIRIES OR CONCERNS SHOULD BE DIRECTED TO THE APPROPRIATE PARTY VIA EMAIL, CALL OR APPOINTMENT.

PLEASE REMEMBER THAT CHANGE CAN BE SLOW AND THAT DISCOURSE IS A NECESSITY TO ACHIEVE OUR GOALS.

THE MOST HELPFUL RESPONSES ARE:

- HONEST AND GENUINE
- TACTFUL AND THOUGHTFUL
- SPECIFIC AND THOROUGH



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Leaving Feedback !