

HUMAN RELATIONS AND YOU

MARCH 2024 / VOL. 2 ISSUE 12

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
- CALENDER
- CAMPUS EVENTS
- PROGRAM REQUIREMENTS
- NORMAN CAMPUS RESOURCES
- TULSA CAMPUS RESOURCES
- HR CAREER EXPLORATION
- STUDENT SPOTLIGHT
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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)
- Check academic calendar.
- Check Canvas/Emails daily.
- 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
 - 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/spring-2024>

ACADEMIC CALENDER

MARCH 2024

Automatic Grade of W for Dropped Course(s) for Graduate students	Jan. 30 to Feb. 23
Automatic Grade of W for Dropped Course(s) for Undergraduate Students	Jan. 30 to April 12
Midterm Grades	Feb. 26 to March 12
Grade of W or F for Dropped Course(s) for Graduate students	Feb. 26 to March 29
Grade of W or F on Complete Withdrawals for Graduate students (to be assigned by instructor)	Feb. 26 to May 3
Final Day to Submit Graduate Certificate Program Report Form	March 3
Spring Vacation	March 18 to March 22
Advance Registration for Next Term(s) Begins	April 1
Final Day to Change from Credit to Audit for Graduate students	March 29
Petition Graduate College to Drop Course(s) for Graduate Students	April 1 to May 3
Petition to College Dean to Drop Course(s) for Undergraduate students	April 15 to May 3
Final Day to Submit Report of Reading Copy Submission and Request for Authority to Defend (Thesis/Dissertation)	April 12
Final Exam Preparation Period	April 28 to May 5

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:

**HEADSHOT DROP-INS
TUESDAYS FROM 1:30 TO 4PM**

**WEDNESDAYS FROM 9:00AM TO NOON
LOCATION: OMU, SUITE 323**

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](#)



SSHHR

Student Society for Human Relations
Department of Human Relations

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.



DETAILS: SSHR MEETING
DATE: THURSDAY, 2/29/24
TIME: 2-3 PM

**PLACE: PHYSICAL SCIENCE BLDG, 7TH FLOOR, HUMAN
RELATIONS CONFERENCE ROOM**

CONTACT :

HR faculty sponsor
Dr. Marilyn Byrd

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

Human Relations Day 2024

HUMAN RELATIONS DAY WAS FOUNDED IN 2015 BY DR. MARILYN BYRD, FACULTY ADVISOR FOR THE STUDENT SOCIETY OF HUMAN RELATIONS (SSHR), TO DEMONSTRATE THE ORGANIZATION'S ALIGNMENTS WITH ITS VALUING PRINCIPLES: THE 3 PILLARS OF LEADERSHIP, COMMUNITY BUILDING, AND SOCIAL JUSTICE. ANOTHER FOUNDATIONAL PURPOSE FOR ITS INITIATION WAS TO RECOGNIZE THE DEPARTMENT OF HUMAN RELATIONS AS THE ORGANIZATION'S HOME. EACH YEAR, A THEME IS CHOSEN FOR HUMAN RELATIONS DAY THAT SPEAKS TO ONE OF THE 3 PILLARS. EARLIER THIS SEMESTER THE OU LEAD TEAM FACILITATED ONE OF OUR MONTHLY MEETINGS. THE LEAD TEAM PROVIDED A GOOD FOUNDATION ON THE TOPIC OF LEADERSHIP THAT LED UP TO THE "DEVELOPING FUTURE LEADERS" PANEL EVENT. AS A RESULT OF THAT EVENT, A MEMBER OF SSHR HAS ALREADY JOINED NORMAN NEXT, A LOCAL LEADERSHIP ORGANIZATION. KATELYN ANDRES, A PANELIST FOR HUMAN RELATIONS DAY, IS CHAIRPERSON OF THE BOARD FOR NORMAN NEXT. WE HOPE TO CONTINUE BUILDING OUR NETWORKS FOR FUTURE EVENTS.



Brazil/Hawaii 2024 Spring Break



IGNITEOU

A NIGHT OF COMMUNITY + WORSHIP



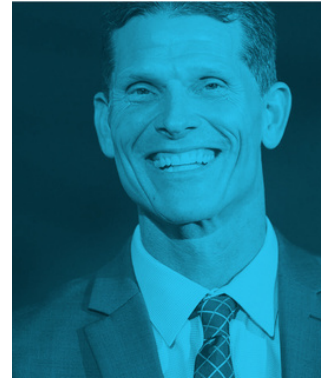
Alyssa Brito
Co-Host



Gavin Sawchuk
Co-Host



Patty Gasso
Special Guest



Brent Venables
Special Guest

THIS NIGHT OF COMMUNITY + WORSHIP IS HOSTED BY STUDENTS OF THE UNIVERSITY OF OKLAHOMA. TICKETS ARE FREE, BUT NECESSARY. OU STUDENTS WHO PLAN ON ATTENDING PLEASE PRE-REGISTER NOW. YOUR CURRENT OU STUDENT ID MUST BE PRESENTED AT THE DOOR FOR ENTRY.

MCCASLAND FIELD HOUSE

APRIL 18TH — 7:00PM

[Register Here](#)

Instagram: @igniteou



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 !