

SUMMER GUIDE

UWC scholarship does not cover summer housing or living expenses and you are not required to live on campus over the summer. Read on for summer info and tips!

HOUSING

- Summer Traditions Apartments contracts are only open to students with Fall 2023 Traditions assignments.
- Summer campus job but no Fall Traditions contract? Contact the Housing office for options.
- Summer off-campus housing—subleasing or signing a summer-only contract might be cheaper. Just make sure to ask about fees (utilities/bills, contract fees, security deposits, etc.)
- Check the [bus schedules](#) or apt, shuttles to make sure you can get around!
- Sooners Helping Sooners and the International Emergency Relief Fund will not be reviewing any applications for summer housing assistance.

SUMMER JOBS

jobs.ou.edu

- You can work more than 20 hours a week and/or multiple jobs during summer on campus.
- Start your search early! Summer is only 3 months, so the hiring and working time is condensed.



MEALS & STORAGE

- [OU Food Pantry](#) is open over summer!
- [The Outreach Fridge in Norman](#) is also a great option for free groceries.
- Need someplace to store your stuff?
 - Storage is not available or provided on the OU campus.
 - Leave your belongings with a friend staying in Traditions
 - Split the cost of a storage unit. Nearby options are U-Haul or Sunshine Storage.

STUDENT HEALTH INSURANCE

- The student health insurance (SHP) covered by UWC scholarship is a 12 month policy (8/19/2022 – 8/18/2023).
- Coverage extends over the summer except if you studied abroad in Spring and/or took a gap. In this case, check with Goddard about costs, as you will have to pay fully out of pocket for summer healthcare.
- Not enrolled for summer? Your insurance will still be active but you will have to pay the one-time Goddard summer clinic fee out of pocket (~\$37) in addition to any typical co-pays. This fee is typically bundled with other academic fees during the semester but charged separately if a student isn't enrolled during the summer.

SELF-CARE TIPS

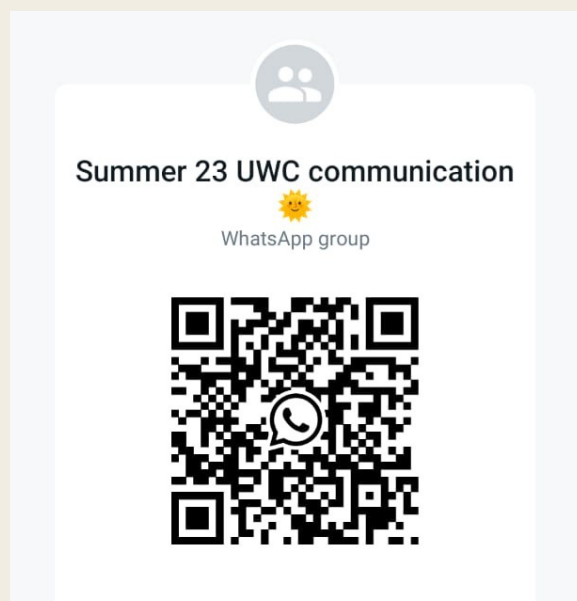
Summer can be slow and uneventful, but it's also a chance to catch up on some self-care. Don't be too hard on yourself or feel like you should be busy or productive all the time. That walk you've been thinking about? That hobby you've kept in the back burner for school?/work? Pick those back up and take care of yourself!

Other tips for self-care:

- **Sleep:** it's a good time to catch up on sleep during the summer to ensure you're well rested for the fall semester
- **Socialize:** Reach out to friends and catch up on some social time. The semester can be busy and affect our social lives. This is a good time to rekindle friendships and have some people with whom to spend the long summer days.
- Follow International Programming and OU Summer Session for fun summer activities on campus.

SUMMER WHATSAPP GROUP

Keep in touch with other students who will be here and get updates on events, get-togethers, and more!



If you are struggling to find or access resources for food, housing, and other needs, reach out to the UWC office. We are available all summer!