Your Campus Guide

- Campus Map
- Get Involved
- Things to Do
- People to Know
- Meet Your Leaders
- Contact Info
### Your Table of Fitness Elements

<table>
<thead>
<tr>
<th>Core</th>
<th>eXpress</th>
<th>Be Strong</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fs</td>
<td>Xp</td>
<td>Tr</td>
</tr>
<tr>
<td>Vi</td>
<td>Xp</td>
<td>De</td>
</tr>
<tr>
<td>St</td>
<td>Xp</td>
<td>Tr</td>
</tr>
<tr>
<td>Re</td>
<td>Xp</td>
<td>De</td>
</tr>
<tr>
<td>Ki</td>
<td>Xp</td>
<td>Tr</td>
</tr>
<tr>
<td>Tk</td>
<td>Xp</td>
<td>De</td>
</tr>
</tbody>
</table>

### Elements
- Yoga-Pilates Meld
- World Beat Dance
- All 'Around Step
- Performance Studio Cycling
- Total Body Conditioning
- Kickboxing Conditioning
- Fast Efficient Fitness
- Active Aging 45+
- Straight Up Sculpt

Classes available on your Fitness On Request kiosk located at the University Health Club.

Try a class today!

©2012 Fitness On Request™. All rights reserved.
The content of this magazine does not necessarily represent the opinions, views, interest or concerns of the University of Oklahoma Health Sciences Center.
Campus Life

Getting adjusted to the Health Sciences Center comes easiest to those who are prepared. These suggestions will tell you how to thrive at HSC.

Features

The students, faculty and staff members at HSC are as interesting as they are diverse. We put the spotlight on three students who come from different backgrounds.

City Life

Welcome to Oklahoma City! Whether you’re a lifelong resident or new to OKC, let us point you in the right direction for exploring your home away from home.
# Academic Calendar

For a complete academic schedule of events, visit [http://www.admissions.ouhsc.edu/index.htm](http://www.admissions.ouhsc.edu/index.htm)

### August

- **15**: Enrollment period (including add/drop and cancellations) ends at 5 p.m.
- **18**: Classes begin
- **22**: Last day to enroll
- **29**: Change classes from audit to credit ends

### September

- **1**: Labor Day (no classes)
- **8**: Final date to file as a master’s degree candidate
- **15**: Last date to pay tuition/fees without late charge
- **26**: Automatic grade of “W” for a dropped course ends
- **29**: Dropped courses will result in a grade of “W” or “F” starting today

### October

- **1**: Final date to submit diploma application
- **8**: Final exams begins
- **12**: December Inter session registration ends
- **15**: December Inter session begins
- **19**: Martin Luther King, Jr. Day (no classes)
- **26**: Change classes from audit to credit ends

### November

- **3**: December Inter session registration begins
- **10**: Fall break
- **25**: Change classes from credit to audit ends
- **14**: Final date to submit thesis/dissertation reading copy
- **26 – 30**: Thanksgiving vacation

### December

- **5**: End of classes
- **8**: Final exams ends
- **15**: Final date for oral defense of thesis/dissertation
- **23**: Dropped courses will result in a grade of “W” or “F” starting today

### January

- **12**: Classes begin
- **16**: Final enrollment period ($50 late fee)
- **19**: Martin Luther King, Jr. Day (no classes)
- **26**: Change classes from audit to credit ends

### February

- **6**: Final date to file as a master’s degree candidate
- **20**: Automatic grade of “W” for a dropped course ends

### March

- **1**: Final date to request thesis/dissertation defense
- **17**: Final date to schedule comprehensive exam
- **18-22**: Spring break

### April

- **10**: Final date to submit thesis/dissertation reading copy
- **17**: Final date to schedule comprehensive exam
- **20**: Change classes from credit to audit ends

### May

- **1**: End of classes
- **4**: Final exams begins
- **8**: Final exams end
- **10**: Final date to request thesis/dissertation defense
- **11**: May Inter session begins
- **12**: Final grades due
- **29**: May Inter session ends

- **3**: December Inter session registration begins
- **15**: December Inter session begins
- **19**: Petition to college dean to drop a course (with grade of “W” or “F”) begins
- **26**: Change classes from credit to audit ends
- **29**: Final date to withdraw from all courses

### June

- **1**: End of classes
- **8**: Final exams end
- **9**: Final dates to withdraw from all courses
- **11**: Final dates to petition college dean to drop a course (with grade of “W” or “F”)
- **15**: Monitoring for grade of “W” for a dropped course ends
- **29**: Dropped courses will result in a grade of “W” or “F” starting today

### July

- **1**: Final date to receive a grade of “W” or “F” for a dropped course
- **11**: Petition to college dean to drop a course (with grade of “W” or “F”) begins
- **26**: Change classes from audit to credit ends
- **29**: No refund on dropped courses after this date

### August

- **1**: Final date to withdraw from all courses
- **8**: Final date to receive a grade of “W” or “F” for a dropped course
- **11**: Final date to petition college dean to drop a course (with grade of “W” or “F”) begins
- **26**: Change classes from audit to credit ends
- **29**: No refund on dropped courses after this date

### September

- **1**: Final date to withdraw from all courses
- **8**: Final date to receive a grade of “W” or “F” for a dropped course
- **11**: Final date to petition college dean to drop a course (with grade of “W” or “F”) begins
- **26**: Change classes from audit to credit ends
- **29**: No refund on dropped courses after this date

### October

- **1**: Final date to withdraw from all courses
- **8**: Final date to receive a grade of “W” or “F” for a dropped course
- **11**: Final date to petition college dean to drop a course (with grade of “W” or “F”) begins
- **26**: Change classes from audit to credit ends
- **29**: No refund on dropped courses after this date

### November

- **1**: Final date to withdraw from all courses
- **8**: Final date to receive a grade of “W” or “F” for a dropped course
- **11**: Final date to petition college dean to drop a course (with grade of “W” or “F”) begins
- **26**: Change classes from audit to credit ends
- **29**: No refund on dropped courses after this date

### December

- **1**: Final date to withdraw from all courses
- **8**: Final date to receive a grade of “W” or “F” for a dropped course
- **11**: Final date to petition college dean to drop a course (with grade of “W” or “F”) begins
- **26**: Change classes from audit to credit ends
- **29**: No refund on dropped courses after this date
**Spotlight on President David Boren**

President Boren, who served Oklahoma as governor and U.S. senator, became the 13th president of the University of Oklahoma in November 1994. He recently surpassed OU’s first president, David Ross Boyd, as the second-longest serving president in the university’s history.

He is the first person in state history to have served all three positions.

Boren is widely respected for his academic credentials, his longtime support of education, and for his distinguished political career as a reformer of the American political system.

Since 1995, more than $2 billion in construction projects have been undertaken on OU’s three campuses. OU is a leader among all American universities in international exchange agreements and study abroad programs. The University currently offers programs in over 50 countries and 100 cities across six continents. OU has increased from 100 to 560, the number of endowed faculty positions in the past 17 years, demonstrating a strong commitment to excellence.

If you have questions or comments regarding OU, President Boren has established the President’s Action Line (405) 325-1212 to assist you.

---

**Meet your Provost**

Dr. Dewayne Andrews received a B.S. degree from Baylor University and earned his M.D. from the University of Oklahoma College of Medicine. His residency and fellowship training in Internal Medicine and Nephrology were at the Johns Hopkins Hospital in Baltimore, Maryland and the University of Oklahoma Health Sciences Center. He served for two years as an Epidemic Intelligence Service Officer with the Centers for Disease Control of the U.S. Public Health Service.

Dr. Andrews’ past research interests include hypertension, kidney disease, and hepatorenal syndrome. He has been a member of the Board of Governors of the American College of Physicians, and in 2004 he was awarded the high honor of designation as a Master of the American College of Physicians. He is past chairman of the National Commission on the Certification of Physicians Assistants, and past chairman of the Section on Medical Schools of the American Medical Association.

Dr. Andrews has served on the Board of Directors of the Oklahoma City Philharmonic Foundation, Lyric Theater, and currently United Way of Central Oklahoma.

Dr. Andrews continues to serve as Executive Dean of the College of Medicine, a position he has held since 2002. He is a David Ross Boyd Professor of Medicine, holds the Lawrence N. Upjohn Chair in Medicine, and has received several awards for excellence in teaching medicine.

Dr. Andrews has overall responsibility for the OU Health Sciences Center colleges and programs in addition to responsibility for the medical education, biomedical research and clinical practice enterprises of the College of Medicine including OU Physicians. In 2011, the President and Board of Regents appointed Dr. Andrews as Senior Vice President and Provost of the University of Oklahoma Health Sciences Center.
Transitions can be challenging, but there are a few things you can do to make your time at HSC easier and less stressful.

1. Be Prepared
Know that it is a normal response to experience a sense of homesickness; you are away from everything and everyone that is familiar and thrown into a “whole new world.” For those from Oklahoma, HSC is a new community.

2. Familiar Items
Bring photos and items that remind you of home to facilitate your sense of comfort in your new environment.

3. Find a Balance
It is going to be challenging to find that delicate balance between taking care of yourself and performing to your highest ability. It is critical to eat, sleep, exercise and socialize/play so you can be more productive when you do study!

4. Social Support
Make connections with people — neighbors, classmates, schoolmates. We know social support is a critical part of one’s well-being.

5. Counseling Services
Student Counseling Services (SCS) are available to all students at no additional charge (you have already paid for it in your student fees). All services are confidential. If you are struggling with adjusting to your new environment or your new academic demands, please do not hesitate to call SCS at (405) 271-7336 or email at counselors@ouhsc.edu.

6. Plan a Trip Home
Traveling home often helps people feel connected to home and gives you something to look forward to and work hard toward.

7. Explore
Once you settle in, it is important to become familiar with your new surroundings so you can feel less disoriented.

8. Try New Things
You are in a new culture now; try doing things you wouldn’t be able to do back home. Become a member of a variety of social organizations on campus and meet different people.

9. Expectations
Given the academic demands of professional school, it is common to feel disappointed in your performance — you may have received straight A’s in undergrad and now you are making B’s.

10. Keep in Touch
Supportive people back home will help facilitate you on your new journey and may even want to come for a visit.
Get to know campus’ union

Bustling with activity throughout a typical day, the David L. Boren Student Union is the epicenter for student life on campus.

Housing everything from a ping-pong room to Financial Aid, students can find virtually anything they need in one building.

“Whether they’re holding a productive meeting or unwinding from a day of labs, students have so many opportunities here at the DLB Student Union,” Union Events Manager Joseph Schmidt said. “They meet here. They eat here. Greet friends after a long day of classes here. It’s no wonder they call it the living room of campus.”

Inside the union, students can grab a bite to eat in the food court, study in one of the many seating areas or relax with a game of ping-pong.

Both fun and functional, the union is a great complement to your academic life at the HSC campus.

FIND WHAT YOU WANT

1ST FLOOR
• UNION INFORMATION AND RESERVATIONS, Room 102
• ADMISSIONS AND RECORDS, Room 104
• 24-HOUR ACCESS ATM
• BEAKER’S FOOD COURT
• BEAKER’S CAFÉ
• IT SERVICE DESK AND COMPUTER LAB, Suite 105
• ONECARD/SOONER SENSE DEBIT MACHINE
• BANK SNB, Room 160
• GAME ROOM

2ND FLOOR
• STUDENT GOVERNMENT ASSOCIATION, Room 263
• STUDENT COUNSELING SERVICES, Room 224
• WRITING CENTER, Room 214
• LACTATION ROOM, Room 241
• REFLECTION ROOM, Room 261
• BILLBOARD FOR POSTING INFORMATION on scholarships, items for sale and other helpful programs
• COMPUTER LAB

3RD FLOOR
• DAVID L. BOREN STUDENT LOUNGE
• STUDENT FINANCIAL AID, Suite 301
• HSC STUDENT AFFAIRS, Suite 300

Fast Facts

Q. What do you do in your job?

My primary role involves overseeing the reservations for registered student organizations, university departments and non-university organizations taking place at the David L. Boren Student Union. I lead our team of student assistants to ensure those meetings and events are able to happen as smoothly and successfully as possible.

Q. What’s your favorite part of your job?

Interacting with students, faculty and staff daily has been outstanding. We’re lucky to be able to welcome and inform so many who come through the Union each day. For students new to campus, it’s especially nice to be able to help their confidence by offering them a map, some relevant information and a smile.

David L. Boren Student Union Events Manager

Joseph Schmidt

As part of his job, Joe coordinates events in the Union, manages the Union’s new digital signage, promotes the Union’s resources and helps the Union Coordinator with projects in the building.

Time on the job: 1 year

Hobbies: Playing the fiddle, learning the Chinese two-stringed violin, going to local restaurants with his girlfriend of three years.
As part of the College of Pharmacy Leadership track, one of our senior assignments was the photovoice assignment. We were tasked with taking one picture every month that illustrated the answer to the question: “what informs you as a leader?”

I took this particular picture during my January rotation at the cancer center. One of the first things I noticed at the cancer center was its welcoming and comfortable environment. This is in part due to the games and puzzles available in the waiting areas of each floor. As I was leaving the pharmacy after a long week, I noticed a coffee table, with a half finished puzzle and with pieces strewn all over the table. The way everything was set up really struck a chord with me so I decided to take a picture of it and to use it as my January photovoice picture.

The picture was symbolic of life to me. It showed both order and disorder, both chaos and structure. Most of us have that picture-perfect idea in our minds of what our lives should be. That picture might have been created by ourselves, our parents, our friends, professors, or other mentors. It is that utopian ideal, that picturesque vision of what both we and others expect our lives to look like. But that is not always reality. The bottom half of the picture with a half-finished puzzle and with puzzle pieces strewn everywhere showing chaos is more realistic. That is what life is really like. As I stared at that table and thought about the picture, I felt a sense of peace when I related it to my life. It made me think about all the different puzzle pieces in my life that inform me as a leader, as a (soon-to-be) pharmacist, as a sister, a daughter, and a friend. All the people, events, knowledge that I have experienced or amassed or come into contact with over the years and will continue to contact in the future are the puzzle pieces. I began to reflect about all the people who had impacted my life, those who inspired, comforted, mentored me. I realized that the unfinished puzzle was my life. Just like completing the puzzle is a process, my life is a process. I felt peace in thinking that even though I may not have every single detail of my life ironed out and I may not have every single puzzle piece in place yet, at least, I know that all the pieces are there (just like the box says there are 500 pieces and every piece has a place). I know that by relying on my faith and by trusting in God’s will, all the pieces of my life will fall into place at the right time and for now, maybe pharmacy school was the lake and just like in the picture, the lake is completed, now I can move on to putting the pieces in place for the mountains, or now I can work on the sky. I felt like I am where I need to be right now and every experience, every relationship is a piece that will ultimately contribute to my final life purpose and vision. Ultimately, the final picture will be stamped with not just my effort, but with the support and the guidance of all the people who inform me as a leader. — Tobi Olusula
Get involved in the cultural diversity

Multicultural Student Services serves as a way to maintain a culturally diverse student environment at the HSC. With a number of multicultural student organizations as well as events, Multicultural Student Services strives to provide recruitment, advisement and support services to students.

The HSC Cousins Program, a major part of Multicultural Student Services, was created to provide understanding, friendship and unity among American and International/Exchange students on campus. HSC Cousins provides several opportunities for social interaction and cultural exploration.

Multicultural Student Services
students.ouhsc.edu/services/mss

Upcoming Event
Meet and Greet

When: Wednesday, Aug. 20, 2014, at noon
Where: The David L. Boren Student Union, East Patio

For more information go to students.ouhsc.edu or call 405-271-2416.

Not only will you make new friends, but also you will be able to share traditions and culture with the person you are matched up with.

Another great way to get involved with Multicultural Student Services is the Diversity Week Celebration. Multicultural Student Services joins forces with HSC Student Government Association and the Diversity Board to sponsor this annual event, which showcases our multicultural students. This annual weeklong event in early spring is filled with cultural education, cultural food, cultural activities and fun within our campus community.

Resources to Keep in Mind at HSC

Writing Center

Having served the OUHSC campus full time for the past four years, the Writing Center has shown incredible growth in the number of students seen each semester according to its coordinator, Dr. Mary Carter. She believes this is a direct reflection of the center’s increasing success at helping students through the academic writing process.

Dr. Carter likes to think of the Writing Center, located in the Union, as providing a low-pressure, supportive environment for HSC students. The center offers hour-long, student-driven appointments focused on addressing student concerns with any of the many writing tasks encountered on the HSC campus. Appointments can be made by going to ouhsc.mywconline.com. Students will need to register the first time they schedule an appointment.

“Definitely come see us early,” Dr. Carter said. “All writers can benefit from having someone review their paper during the writing process.”

Library

The Bird Health Sciences Library is committed to providing library services and resources available through the website (library.ouhsc.edu) and in person. The library staff realizes that the schedule of an HSC student is packed, so the site provides links to books, journals, databases and services to enable access by students 24 hours a day. Librarians are available from 8 a.m. to 5 p.m., Monday through Friday, to provide assistance in the library or on the phone. The website’s “Ask a Librarian” service, along with voicemail, allows students to leave requests at any time of the day or night. The library provides academic support for education and research through the collection of and access to resources. Additionally, professional staff provides a variety of services to enhance education and research activities and to promote a positive experience in the utilization of these resources.
How do I get involved on campus?
HSC Student Affairs
(405) 271-2416 • SGA@ouhsc.edu
students.ouhsc.edu

I need help with my resume.
HSC Writing Center
writingcenter@ouhsc.edu
ouhsc.mywcoline.com

Where do I get my coffee fix?
Beaker’s Cafe
DLB Student Union
Hours: 7 a.m. - 4 p.m.

I want to plan an event in the Union.
DLB Student Union
(405) 271-3606
students.ouhsc.edu

Jenna Geohagan
President
Jevon Oliver
Vice President and Senate Chair
Collin Herman
Secretary
Dana Mowls
Treasurer
Tim McClain
Campus Activities Board Chair

Every student is a member of HSCSGA.

2014-2015 Executive Board
Jenna Geohagan
President
Jevon Oliver
Vice President and Senate Chair
Collin Herman
Secretary
Dana Mowls
Treasurer
Tim McClain
Campus Activities Board Chair

Upcoming Events:
Welcome Week
August 18-22, 2014
Fall for OU Week
October 20-24, 2014
Holiday Lighting & Sooner Social Hour
Friday, December 5, 2014
Winter Warm-Up Week
January 12-16, 2015
Diversity Week
February 16-20, 2015
Spring Fling Week
April 20-24, 2015

I want to use university trademark on a T-shirt
OU Licensing • HSC Student Affairs
(405) 271-2416
students.ouhsc.edu

I would like strategies to help with test anxiety
HSC Student Counseling Services
(405) 271-7336
students.ouhsc.edu/scs

Where is an ATM?
Student Union
Bank SNB

How do I find info. about OU athletic tickets?
HSC Student Affairs
students@ouhsc.edu • (405) 271-2416
students.ouhsc.edu

I want to advertise in the HSC Daily News
hscdailynews@ouhsc.edu

I’m interested in joining the Read and Lead Book Club
HSC Daily News • HSC Student Affairs
(405) 271-2416
students.ouhsc.edu

Where can I get a bite to eat?
Union: Beaker’s Cafe • Beaker’s Cafeteria
Stephenson Cancer Center: Healthy Hearth
OU Physicians: Dave’s Place
Children’s Hospital: Cafeteria
Faculty House

Is there a student market place for the HSC?
hub.ouhsc.edu

OUHSC SGA President
Jenna Geohagan

The UNIVERSITY of OKLAHOMA
Health Sciences Center
Student Government Association

To get involved email SGA at sga@ouhsc.edu
College of Allied Health

P. Kevin Rudeen, Ph.D.
Hometown: American Falls, Idaho
Undergrad: Utah State University
Pictured with his wife, Kathleen

College of Medicine

M. Dewayne Andrews, M.D.
Hometown: Oklahoma City, Okla.
Undergrad: Baylor University
Pictured with his wife, Rebecca

College of Pharmacy

JoLaine R. Draugalis, R.Ph., Ph.D.
Hometown: Battle Creek, Mich.
Undergrad: Ferris State University
Pictured with her husband, Paul

Dean of Students

Clarke A. Stroud, M.Ed.
Hometown: Aurora, Colo.
Undergrad: University of Oklahoma
Pictured with his wife, Robin
**College of Dentistry**

**Stephen K. Young, D.D.S., M.S.**

Hometown: Kansas City, Mo.
Undergrad: University of Missouri
Pictured with his wife, Eileen

**College of Nursing**

**Lazelle E. Benefield, Ph.D., RN, FAAN**

Hometown: Miami, Fla.
Undergrad: University of Florida
Pictured with her husband, Rob

**College of Public Health**

**Gary Raskob, Ph.D.**

Hometown: Hamilton, Ontario
Undergrad: University of Toronto, Canada

**Graduate College**

**Anne Pereira, Ph.D.**

Hometown: Melbourne, Australia
Undergrad: University of Melbourne
Pictured with her husband, Brendan
Meet Your Presidents

Steve Carrillo
College of Public Health
Age: 24
Hometown: Fort Smith, Ark.
Years at HSC: 2
Undergrad: Health Science from University of Arkansas
Hobbies: Cycling and Golfing
Goal: Recruit/grow the College of Public Health Student Association
Advice: Be organized, have a plan, set short/long-term goals
Random: Played baseball every year from the age of 4 to his second year in college
Email: estevan-carrillo@ouhsc.edu

Christina Foshee
College of Nursing
Age: 20
Hometown: Germantown, Tenn.
Years at HSC: 1
Undergrad: Pre-Nursing from University of Oklahoma
Hobbies: Biking, Crocheting
Goal: To encourage the involvement of my college on campus and community
Advice: Find a mentor in your college and heed their advice
Random: Once hiked a volcano while studying abroad in Chile
Email: christina-foshee@ouhsc.edu

Dawn Kennedy
Graduate College
Age: 25
Hometown: Ochelata, Okla.
Years at HSC: 3
Undergrad: Biology from Northeastern State University
Hobbies: Volunteering for Sigma Sigma Sigma National Sorority
Goal: To increase participation and communication of graduate students
Advice: Attend HSC events and meet people
Random: Has a harlequin Great Dane named Bell
Email: dawn-kennedy@ouhsc.edu

Lindsay DeGuilio
College of Dentistry
Age: 27
Hometown: Oklahoma City
Years at HSC: 3
Undergrad: Zoology from University of Oklahoma
Hobbies: Working out, reading
Goal: To represent College of Dentistry and increase interaction
Advice: Get involved
Random: Ambidextrous, but promises only to use right hand while doing dentistry
Email: lindsay-deguilio@ouhsc.edu
Whitney Anderson
College of Allied Health
Age: 24
Hometown: Lawton, Okla.
Years at HSC: 1
Undergrad: Biochemistry and Molecular Biology from Oklahoma State University
Hobbies: Traveling, anything outdoors
Goal: Embrace and strengthen college relations
Advice: Make time for people and things you love
Random: Has a knack for winning radio contests
Email: whitney-e-anderson@ouhsc.edu

Paige Grewell
Physicians Associate
Age: 26
Hometown: Edmond, Okla.
Years at HSC: 1
Undergrad: Biochemistry from University of Oklahoma
Hobbies: Golf, traveling, movies
Goal: To promote interprofessional relationships between the PA program and the other schools.
Advice: To enjoy the ride.
Random: Likes to play golf in her free time
Email: paige-grewell@ouhsc.edu

Clark Bishop
College of Pharmacy
Age: 30
Hometown: Owasso, Okla.
Years at HSC: 2
Undergrad: Sociology from University of Oklahoma
Hobbies: Rowing, football, guitar
Goal: To better current opportunities and provide new opportunities for professional development
Advice: Work hard and get involved
Random: Competed in OU’s mens rowing team for four years
Email: clark-bishop@ouhsc.edu

Laura Bock
College of Medicine
Age: 24
Hometown: Edmond, Okla.
Years at HSC: 2
Undergrad: Zoology from University of Oklahoma
Hobbies: Reading, cooking
Goal: To help students feel connected to the College of Medicine and the campus
Advice: Take advantage of opportunities and don’t get stressed
Random: Favorite color is blue
Email: laura-bock@ouhsc.edu
Intramural Sports is a great opportunity for HSC students to take a much-needed break from their studies, and to have fun while doing so. Intramural Sports allows for students to interact with peers outside of the classroom. In addition to the season sports of basketball, flag football, and soccer, one-day events were added to the intramural sports schedule. One-hundred and eighty seven students participated in kayaking, ice skating, bowling and dodge ball. With these events, the overall number of participants rose to 826, a 14% increase over last year’s mark of 712.

**Season Sports**

**Fall**
- Men’s Flag Football
- Women’s Flag Football
- Coed Soccer

**Spring**
- Men’s Competitive Basketball
- Men’s Recreational Basketball
- Women’s General League Basketball
- Coed Soccer

**Number of Participants**

<table>
<thead>
<tr>
<th>2013</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>712</td>
<td>826</td>
</tr>
</tbody>
</table>

**639 Participants**

- Spring Soccer: 138
- Flag Football: 149
- Basketball: 218
- Fall Soccer: 134

**Single-Day Events**

- Kayaking: 67
- Ice Skating: 37
- Bowling: 44
- Dodge Ball: 39

**187 Participants**

**Single Day**

- Rock Climbing
- Ultimate Frisbee
- Softball
- Volleyball

**Contact**

Kandace Ryan
E: imsports@ouhsc.edu
W: students.ouhsc.edu/IM
P: (405) 271-2416
Here’s the thing about OU basketball coach Lon Kruger: He doesn’t separate his personal life from his coaching life. It wouldn’t have worked that way.

There are a lot of people who try to separate family and work, but Kruger said that he’s intentionally done the opposite. His wife, Barbara, said that was the only way she could see how balancing the two could work — by not having to choose.

A lot of it has to do with the way Kruger was raised. He grew up in Silver Lake, Kan. When he lived there, the population was less than 1,000.

The entire community was supportive. It was a typical small town — everybody knew everything about everybody.

And it was that upbringing that shaped his perspective on life and coaching.

The core of everything came from what he learned from his parents; to never think you’re anybody, if you don’t have anything nice to say, don’t say anything at all and to always help others.

It was those same qualities that made Barbara sure that she would marry him.

“I don’t even think Lon knows, but after our first date I knew I wanted to marry him,” she said.

The two met when they were both students at Kansas State University. He was a basketball and baseball player, and she was on the pom squad. They practiced in close proximity to each other, and one day he asked her to be his date to a banquet. As it turns out, the banquet was in his honor. “He was so humble and unassuming,” she said.

Lon eventually graduated from Kansas State with a degree in business administration. His life took a natural progression into coaching. “You always think you’re going to play forever,” he said.

He always thought baseball was the best option. When a baseball career didn’t pan out, he turned to coaching. As it turned out, he liked coaching basketball more than baseball.

His first head-coaching job came at University of Texas-Pan American. He was 29 years old.

From there, he took on the head coaching role at his alma mater. While he enjoyed it there, coaching for his old team put more pressure on him. “The losses seemed to sting a little bit more,” he said. “There was probably a bit more pressure.”

Four years later, he took a job at Florida. It took two years, but the Gators made it into the NCAA tournament. They played two rounds in New York, and then the regional game was in Miami. It was the closest to a hometown game they were going to get. The fan support helped propel the team to their first Final Four appearance.

“To be able to share in that experience, and see them feel good and enjoy it was really great,” he said.

And that’s really where he began his reputation for turning programs around.

It’s clear he believes in the players and coaches around him, and he believes attitude is half of making a team great.

“That’s what it takes to turn around a team,” he said. “Players that are genuine and who have bought in…Show them that you’re in it for them.”

His success at the college level is unparalleled. He reached his 500th win last season and is the only Division I coach to take five teams to the NCAA playoff.

After a stint in the NBA, Kruger went back to college basketball and coached at UNLV. That’s where he met close friend DJ Allen. He helped Kruger establish himself at UNLV and push the program further.

“Lon is just one of those guys you want to play for,” Allen said.

Kruger stayed at UNLV for seven years before coming to Oklahoma.

He’s helped turn around the culture at OU. It’s a school that’s become football obsessed, and the fans have let the basketball team fall to the way side.

Kruger came in, opened up practice, the team and the atmosphere in Oklahoma. He’s urged the student section to buy in, and reached his 500th career win. In his second year at OU, he led the Sooners to the NCAA tournament.
2013 HSC Demographics

3,535 Total Enrollment

Top 4 Countries at HSC

China  35
India  27
Nepal  13
South Korea  12

Number of Students in Each College

- Medicine  796
- Dentistry  337
- Allied Health  644
- Public Health  273
- Pharmacy  448
- Nursing  763
- Medicine-PA  230

Graduate* College serves all graduate students across all colleges.

*Graduate College serves all graduate students across all colleges.

States

Countries

51

1-4

5-9

10-19

20-50

51+
OU Health Sciences Center is the blueprint to your health professional career. It is your foundation to health professional learning, and you are sure to learn far more beyond these walls. As such, you begin your journey as an HSC Legacy.

These three Sooners in the subsequent pages found their legacy as future health professionals. What will be your legacy?

Words • Paigten Harkins | Photos • Katelyn Griffith
he mouth is a canvas. That’s how Marni Fuller thinks of it, anyway.

Fuller, who is attending dentistry school at OU’s Health Sciences Center, said she’s always been interested in art and science, and dentistry was the profession where she could apply her two loves.

Few people think of the aesthetic and detail-oriented side of dentistry, Fuller said, but those components play a role, even if dentists are physicians of the oral cavity. Fuller said being a dentist combines a scientific foundation with techniques required for making art, such as dexterity and precision when working with drills or making cavity preps in teeth.

Whereas many people decide they want to be dentist early in life, Fuller said she wasn’t so sure.

“I just liked school,” Fuller said. She also didn’t consider herself a “teeth freak,” or someone who obsesses over keeping their teeth pristine.

“I’ve never been a huge flosser until dental school,” Fuller said. “But now I’m like, ‘Oh my gosh I need to floss so bad.’”

Instead of focusing on oral hygiene, Fuller learned how to make art.

Her first experience was learning to draw 3-D chairs on church bulletins with her mom during long Sunday sermons. From there, her mom would set up fruit bowls for Fuller and her sister to paint still lifes.

Eventually, Fuller took an art class during her undergraduate years at Texas Christian University. That class inspired her to incorporate art into her profession, which led her back up I-35 to OU.

Since starting dental school, Fuller has joined the American Student Dental Association, whose members advocate for dentists and dental students, and Leadership HSC, which brings together HSC students from different disciplines to meet with community leaders and develop leadership skills.

Fuller hopes to take the interdisciplinary approach she learned from Leadership HSC into the professional world.

“Working together across health professions can only increase our knowledge base; it ultimately keeps our patients safer,” she said.

In her free time Fuller said she does yoga and has found it’s the best way to reduce stress.

“It’s also the only kind of exercise I’ve ever enjoyed,” Fuller said. “Ever.”

Fuller doesn’t know exactly what she’s going to do after graduating, whether it be learning a dental specialty, such as orthodontics, or going straight to practicing dentistry.

“Working together across health professions can only increase our knowledge base.”

Marni Fuller, Dentistry Student
On his final tour of duty in the Army, Christopher Markgraf was hurt badly during some maneuvers. He can’t say exactly what happened or how it happened, but whatever it was left him with broken bones, a trashed knee and a spine that needed therapy.

When he was recovering in the hospital, Markgraf said the nurses helped him the most by taking care of him as a person, which is a different approach from doctors who seem to focus on the injury or disease itself.

“If it wasn’t for [the nurses], I’d probably still be hobbling around on a crutch or maybe even in a wheelchair,” Markgraf said. “They’re basically the reason I’m here today.”

Now Markgraf is a year away from completing OU Health Sciences Center’s bachelors of science in nursing program so he can be a nurse and help people in the same way they helped him after his injury. A veteran himself, Markgraf said he wants to focus on that community.

Markgraf said he joined the Army for two reasons: 1) a sense of service and a yearning for adventure, 2) money.

He learned about a sense of service primarily from his parents who were both in the Air Force. Growing up in El Paso, it was his parents’ military career that caused his move to Oklahoma City where he graduated high school.

When Markgraf was in the military, he was a field artillery chief, meaning he shot the big guns, the canons. And it was shooting those canons that got his school paid for.

Transitioning from a military lifestyle to an academic lifestyle is tough, Markgraf said. Leaving the military, Markgraf was accustomed to a results-based world, which isn’t similar to academia where there’s a delay between what you learn in the classroom and when you can apply the knowledge in the field.

Markgraf said his course load for nursing school is harder than classes he’s taken before, but he gets through it by thinking of his future career and trying to appreciate the present.

“Hoops are there. You’ve got to jump through them, so be it. This is where you’ve got to be, so excel,” Markgraf said. “Dig in and enjoy.”

Markgraf hopes to become a nurse who specifically helps veterans and those in the military, just like the nurses who helped him when he needed it.
When Maria Maynard started at OU’s Health Sciences Center last June, she brought with her something few other students have—a medical doctorate.

Maynard, who is in the Physician Associate program, had earned her MD in Mexico where she practiced family medicine and cosmetic dermatology, but when she decided to practice medicine in the United States, she found it would take about four years for her to start practicing again. Instead of waiting that long, she chose OU’s Physician’s Associate program.

Students complete the Physician Associate program in 2.5 years, during which time they’ll learn what a normal medical student would but at an accelerated pace. A Physician Associate must be under the supervision of a physician but can practice independently for the most part as long as a physician is a phone call away, Maynard said.

The set up seemed perfect for Maynard, who already had a medical background. She just wanted to get out of the classroom and start helping people. Maynard said classes typically last from 8 a.m. until 5 p.m., and she spends most of her free time studying.

“I really had to leave everything behind and just focus on the program,” she said. “Just study, study, study.”

Because she’s always studying, Maynard said she doesn’t have a social life, not that she minds much.

“When you are in this field, you are here to help people, to try to cure them. Sometimes you can’t, but I believe you can make their life better,” Maynard said. “To me, that’s worth it.”

In what little free time she has, Maynard exercises by swimming, walking or jogging. She is also the secretary and treasurer for the Hispanic American Student Association.

Maynard joined the association three months after coming to OUHSC when she realized that despite Oklahoma City’s growing Hispanic population, there weren’t many Hispanic students on campus.

Maynard said she joined the association to encourage Hispanic students to come to OUHSC and pursue a career in the medical field.

When Maynard graduates she plans to practice family medicine in rural parts of Oklahoma, where many people don’t have access to healthcare because they can’t drive to an urban area.

While she won’t be paid as much to work in those areas, Maynard said she doesn’t mind. She’s not in the profession for the money.

“I can live with whatever I get paid,” Maynard said.

“Sometimes you can’t (help people), but I believe you can make their life better.”

Maria Maynard, Physician Associate student
The University of Oklahoma’s Sexual Misconduct Policy provides students, faculty and staff the personnel and process to address behavior that impacts their right to study, work and live in an environment free of sexual misconduct.

The university condemns discrimination based on sex or gender, sexual harassment, sexual assault, sexual orientation discrimination, discrimination based on gender identity or expression, and sexual misconduct of students, staff and faculty. Sex discrimination and sexual harassment are unlawful and may subject those who engage in it to university sanctions, as well as civil and criminal penalties.

The university is committed to creating and maintaining a community where all people who participate in university programs and activities can work and learn together in an atmosphere free from all forms of harassment, exploitation or intimidation.

HSC Student Affairs (i) provides support and counseling services to sexual misconduct/violence survivors (faculty, staff or students), (ii) informs survivors of and may serve as a resource to available campus disciplinary resources, (iii) provides advocates or other support to survivors, (iv) conducts education programs to enhance awareness of sexual misconduct/violence on campus, and (v) provides information regarding your right to file a criminal complaint. To contact HSC Student Affairs, please call (405) 271-2416.

OU Advocates serve as a confidential reporting resource on-call advocates to the university community in cases of sexual assault/misconduct, relationship violence, harassment or stalking. Advocates are available 24/7 to help those assaulted navigate the medical, law enforcement and legal systems. They provide immediate emotional support and can assist in providing referrals for other helpful services. To contact OU Advocates, please call (405) 615-0013.

To file a report and commence an administrative investigation with the university, the student can contact the Sexual Misconduct Officer at (405) 325-2215. For more information, visit students.ouhsc.edu. For a printed brochure regarding OU’s Sexual Misconduct policy, please call (405) 271-2416.

**Know Your Rights**

**Sexual misconduct/violence** survivors have the right:
- To be informed of all reporting options
- To be free from pressure to make a criminal report
- To have allegations of sexual assault investigated by the appropriate criminal, civil and/or campus authorities
- To be notified of existing campus and community medical, counseling, and mental health services whether or not the crime is reported to campus or civil authorities
- To receive, when required, the full prompt cooperation of campus personnel when obtaining, securing and preserving evidence

Please note the university’s policy is applicable during a student’s entire HSC educational experience.

For more information see: students.ouhsc.edu Sexual Misconduct Tab, OU Sexual Misconduct Policy, FAQ’s Students “Statement of Rights of Alleged Victims.”

**Do you know?**

- **Sexual Harassment** can be defined as unwanted sexual attention or unwelcome action based on one’s gender that is so severe, persistent or pervasive that it unreasonably interferes with the work or educational environment.
- **Sexual Violence** means physical sexual acts perpetrated against a person’s will or where a person is incapable of giving consent. A number of acts fall into the category of sexual violence, including but not limited to rape, sexual assault, sexual battery, sexual misconduct and sexual coercion.
- **Sexual Coercion** is the act of using pressure (including physical pressure, verbal pressure or emotional pressure), alcohol, medications or drugs, or force to have sexual contact against someone’s will or with someone who has already refused.
- **Sexual Exploitation** is taking abusive sexual advantage of another.
- **Consent** is the act of willingly and verbally agreeing to engage in sexual contact or conduct. Individuals who consent to sex must be able to understand what they are doing. “No” always means “No,” and the absence of “No” may not mean “Yes.” In order to give effective consent, one must be of legal age and have the capacity to consent. Incapacity may result from mental disability, intellectual disability, unconsciousness, age, or use of alcohol, drugs, medication, and/or other substances.
- **Dating/Domestic Violence** is violence between those in an intimate relationship with each other.
- **Stalking** is the repetitive and/or menacing pursuit, following, harassment and/or interference with the peace and/or safety of a member of the community or the safety of any of the immediate family members of the community.
- **Retaliation** is any attempt to penalize or take an adverse employment, educational or institutional benefit action because of participation in a complaint.

**What Do you Do If You or a Friend Experience Sexual Violence?**

If you or someone you know has safety concerns or needs medical attention call 911 or go to a local emergency room immediately. After a sexual assault or other sexual misconduct incident, a survivor has many choices and decisions to make, and a university OU Advocate, available 24/7, can help.

If there are no safety risks or serious injuries, consider obtaining a forensic exam. The OKC Rape Crisis Center (RCC) or the YWCA in OKC offers exams. An advocate from OU can accompany the survivor to the exam; the RCC also has advocates on-call 24/7.

The university can also assist the survivor with on-campus housing changes and academic challenges. OU Advocates and HSC Student Affairs are great resources for help.
TIPS For a Digital Age

1. Protect confidential and personal information — for yourself, faculty, staff and patients.

2. Think before posting... be accurate, respectful, remember your audience, and engage in a way that promotes valuable behavior.

3. Protect university trademark, logo and branding.

4. Respect the copyright and intellectual property of others.

5. Familiarize yourself with the terms of the social media site you are on...yes Facebook does have policies!

Remember to have integrity, honesty

“Principles of integrity guide us in the health professions and sciences, and in practice, two behaviors that grow out of integrity are honesty and taking responsibility for our actions. At OUHSC students, faculty and staff share responsibility for demonstrating integrity and maintaining an environment where integrity matters.

As participants in an academic community and in our broader society, we must never hesitate to ask a question, or to seek clarification about a potential integrity issue. Questions help us guide learning, understand errors and help prevent mistakes. Often, even simple questions can help us see and correct early missteps that might otherwise deteriorate into big problems. Academic integrity is everyone’s business. Make it yours!”

VALERIE WILLAMS, PH.D.,
VICE PROVOST FOR ACADEMIC AFFAIRS
AND FACULTY DEVELOPMENT

HSC t-shirt

Bring this ad to HSC Student Affairs in the David L. Boren Student Union, Suite 300 to receive $2 off HSC t-shirts showcasing individual colleges and the campus. Shirts are $15. Limit one per customer. Order online at shophsc.ouhsc.edu Expires September 15, 2014.

$2 off
OU Police Aim to Keep You Safe

Certified by the State of Oklahoma, OUHSC Police Department has many programs to keep students as safe and attentive as possible.

Students should always be aware of their surroundings because constantly observing their surroundings is essential to staying safe, Police Chief James Albertson said.

The Emergency Communication System is operated directly through the police department and alerts students via five communication methods when there is a potential safety threat.

Therefore, it is important for students to keep their contact information current. To update your emergency contact information go to gohsc.ouhsc.edu. For instructions go to ouhsc.edu/ecs.

If you ever need to make a call, Emergency Blue Phones are located all across campus.

When the button is pressed, the police can locate which phone the alert originated from and will send an officer immediately.

Campus police encourage students to call for a campus police escort if they ever feel they are in a hazardous environment. An officer will be sent to their specific location immediately.

Students should never hesitate to call the police at the non-emergency number — (405) 271-4300.

These behaviors, especially when more than one are present, may be signs that a person is in distress. There are many resources available at OU to help. Your confidential call can be the difference.
Parking and Transportation Services provides bus transportation on the HSC campus.

Students take advantage of the service by driving or taking the Metro bus to work and then riding the shuttle from one building to another. In addition to convenience, the shuttle provides a safe alternative for getting around campus during cold winter months.

**Saving time, money and worry**

**Central Route**
- Runs from 6 a.m. to 6 p.m.
- The Central Route runs every 10 minutes and has 18 stops.

**VA Route**
- Runs from 4:30 a.m. to 6:30 p.m.
- Two buses run from 6:30 to 9 a.m. and from 2:30 to 5 p.m.
- Buses run counter-clockwise and pass by stops every 15 minutes or every 7 minutes when two buses are running.

**OKC Metro Transit Routes**
- Cleveland Area Rapid Transit (CART) and Oklahoma City EMBARK (previously METRO Transit) offer a Sooner Express route from the Norman campus to the OUHSC campus six times a day.
- EMBARK also offers an Edmond Express route to the OUHSC campus.

Maps and Schedules for these routes can be found on the buses, or at www.rideCART.com and www.embarkok.com.
Don’t forget the fashion forward needs of the fall semester! Make sure to get the latest in OU apparel and gear from the ease of the living room couch by visiting the OU Alumni Store online. With the latest Sooner merchandise, including the Nike coaches shirts and more, shopping for your Sooner swag has never been easier!
HSC1 is established to provide all first-year students interdisciplinary experiences through planned opportunities to meet students, provide an avenue for campus information sharing, and a pathway to enhance contact and communication with first-year students.

Family Medicine Center
at the University of Oklahoma Health Sciences Center
900 N.E. 10th Street Oklahoma City

To make an appointment:
• Call (405) 271-2577 or (405) 271-4311
• Appointments must be made for an office visit with a licensed provider.
• Same-day appointments are usually available for acute illnesses, injuries, etc.
• Evening clinic appointments are available.
• Remember your student ID and insurance card (must show at each visit).

For other questions contact:
Judy Davis, Student Health Coordinator,
at studenthealthnurse@ouhsc.edu
http://students.ouhsc.edu/HealthServices.asp
HSC Big Event
HSC students unite to say “thank you” to the OKC community by volunteering at the annual community service day! #HSCbigevent

Diversity Week
The finale of Diversity Week was a hit! What an awesome way to share traditions and culture with the campus!

Adopt-A-Patient
Students, faculty, and staff donated gifts to over 50 patients this holiday season! It’s great to see the HSC students’ partner with OU Medical Center. @OUMedicine

HSC Cousins
HSC Cousins celebrate friendship among International and American students at the Cousins BBQ! It’s two-steppin’ time! #HSCcousins

ACP
It’s time to raise money for @okchl and have a blast at an 80’s glow party! All College Party is night for all HSC students to benefit

A Year In T
HSC1
First-year students are invited to an ice cream social on Aug 20. #HSC1

Sweets in the Suite
Visit Suite 300 for Sweets in the Suite each month to meet awesome Student Affairs people and enjoy free treats! #DLBunion

De-Stress Fest
Take a study break and relax at De-Stress Fest! Don’t miss out on massages, inflatable obstacle courses, painting, food, and much more!

SGA
Student Government Association... get involved... make a difference. #SGAretreat

Veterans Student Services
Veterans, active duty and retired military HSC students were honored for their service before graduation. Thanks for your service!
SEEK COUNSEL(ING)

WE CAN HELP YOU:
- manage your stress
- adjust to a new environment, culture and academic demands
- work through conflicted feelings/thoughts to reach a decision
- develop a healthy self-image
- establish healthy coping and problem-solving strategies
- deal with life transitions and disappointments

WHAT TO EXPECT IF YOU MAKE AN APPOINTMENT:
- Call or E-mail us and let us know your availability and we can set the first appointment.
- The first appointment is 60 minutes. You will tell us some paperwork and meet with your counselor to share your concerns and goals for counseling.
- Each counseling session lasts forty-five to fifty-five minutes.

Contact:
E-mail: counselors@ouhsc.edu
Phone: (405) 271-7336
Locations: HSC Student Union & Family Medicine Center

* No Charge for student counseling sessions - this service is included in your fees.

Disability Resource Services
The Disability Resource Center (DRC) ensures equal education opportunity by providing accommodations for students with any type of disability. Appropriate documentation must be provided for eligibility to be determined. Documentation guidelines can be found online. Students who would like to put in a request should schedule an appointment with one of the staff members. Accommodations are provided on an individual basis and include both programmatic and architectural accommodation.

HSC Daily News
Created as a way to keep students informed, the HSC Daily News is a newsletter sent by email every weekday morning. The newsletter includes campus events and important notices. If you prefer, you may view the newsletter online. To submit items for publication in the HSC Daily News, send an event title, date, description, time, location and contact information to hscdailynews@ouhsc.edu.

Sooner OneCard
Your Sooner OneCard is a necessity. Not only does it serve as an ID, but it is also your access to food, library materials and entry to facilities after hours. Your OneCard acts like a debit card when you add Sooner Sense to it. Sooner Sense are funds that you may add onto your card by using a Value Transfer Station machine, by check or credit card at the OneCard or Bursar’s office or online by transferring funds from a credit or debit card.

Transcripts
The Office of Admissions and Records, located on the first floor of the David L. Boren Student Union, is where to go if you need a transcript. You may request a transcript in person with the proper identification, or you may submit a request by fax or mail with your signature.

Important Information to Know

Disability Resource Services
The Disability Resource Center (DRC) ensures equal education opportunity by providing accommodations for students with any type of disability. Appropriate documentation must be provided for eligibility to be determined. Documentation guidelines can be found online. Students who would like to put in a request should schedule an appointment with one of the staff members. Accommodations are provided on an individual basis and include both programmatic and architectural accommodation.

HSC Daily News
Created as a way to keep students informed, the HSC Daily News is a newsletter sent by email every weekday morning. The newsletter includes campus events and important notices. If you prefer, you may view the newsletter online. To submit items for publication in the HSC Daily News, send an event title, date, description, time, location and contact information to hscdailynews@ouhsc.edu.

Sooner OneCard
Your Sooner OneCard is a necessity. Not only does it serve as an ID, but it is also your access to food, library materials and entry to facilities after hours. Your OneCard acts like a debit card when you add Sooner Sense to it. Sooner Sense are funds that you may add onto your card by using a Value Transfer Station machine, by check or credit card at the OneCard or Bursar’s office or online by transferring funds from a credit or debit card.

Transcripts
The Office of Admissions and Records, located on the first floor of the David L. Boren Student Union, is where to go if you need a transcript. You may request a transcript in person with the proper identification, or you may submit a request by fax or mail with your signature.

Integrity Council
The Integrity Council’s mission is to raise awareness of campus ethics, provide resources regarding the academic misconduct policies within each college and foster an environment rooted in integrity and honor. The IC is comprised of student representatives from all the Health Sciences Center colleges and works to improve the academic experience of students campuswide. www.ouhsc.edu/integrity.

E-bills
Each month, the Bursar’s Office will email you a link to view your e-bill, which includes tuition, athletic tickets, parking tickets, etc. It is very important that you check these. You can save $50 by paying your account before the last day of the semester. After that, late fees will be assessed. The payment deadline is the 15th of each month.
### Acros Campus
- Athletic Ticket Office: 325-2424
- Bird Library: 271-2285
- Bursar’s Office: 271-2433
- Disability Resource Center: 325-3852
- Family Medicine Center: 271-4311
- Institutional Equity Office: 271-2110
- OneCard ID: 271-2980
- OUHSC Operator: 271-4000
- OU Norman Operator: 325-0311
- OU-Tulsa Operator: 918-660-3000
- OU-Tulsa Student Affairs: 918-660-3100
- Parking Services: 271-2020
- President’s Action Line: 325-1212
- Provost’s Office: 271-2332
- Student Health Insurance: 855-247-2273
- Student Health Services: 271-2577
- Transportation Services: 271-2020
- University Village: 271-0500
- University Health Club: 271-1650

### Union
- Admissions & Records: 271-2683
- Beaker’s Food Court: 271-3665
- Student Financial Aid: 271-2118
- Food Court: 271-3660
- HSC Student Affairs: 271-2416
- IT Service Desk: 271-2203 or 1-888-435-7486
- Bank SNB: 271-3113
- Student Counseling Services: 271-7336
- Student Government Association: 271-2416
- Title IX Resources and Reporting: 271-2416
- Writing Center: 271-2416

### Emergency
- Campus Police: 271-4300
- Battered Women Hotline: 701-5540
- Behavioral Intervention Team: 271-9248
- Domestic Violence Hotline: 917-9922
- Mental Health & Substance Abuse Hotline: 800-522-9054
- Number Nyne (Counseling): 325-NYNE

### Colleges
- College of Allied Health: 271-6588
- College of Dentistry: 271-5444
- Graduate College: 271-2085
- College of Medicine: 271-2316
- College of Nursing: 271-2428
- College of Pharmacy: 271-6598
- College of Public Health: 271-2308

All area codes are 405 unless otherwise noted.

### Important Numbers to Know

<table>
<thead>
<tr>
<th>Across Campus</th>
<th>Union</th>
<th>Emergency</th>
<th>Colleges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic Ticket Office</td>
<td>Admissions &amp; Records</td>
<td>Campus Police</td>
<td>College of Allied Health</td>
</tr>
<tr>
<td>Bird Library</td>
<td>Beaker’s Food Court</td>
<td>Battered Women Hotline</td>
<td>271-6588</td>
</tr>
<tr>
<td>Bursar’s Office</td>
<td>Student Financial Aid</td>
<td>Behavioral Intervention Team</td>
<td>271-5444</td>
</tr>
<tr>
<td>Disability Resource Center</td>
<td>Food Court</td>
<td>Domestic Violence Hotline</td>
<td>271-2316</td>
</tr>
<tr>
<td>Family Medicine Center</td>
<td>HSC Student Affairs</td>
<td>Mental Health &amp; Substance Abuse Hotline</td>
<td>271-2428</td>
</tr>
<tr>
<td>Institutional Equity Office</td>
<td>IT Service Desk</td>
<td>Number Nyne (Counseling)</td>
<td>271-6598</td>
</tr>
<tr>
<td>OneCard ID</td>
<td>Bank SNB</td>
<td></td>
<td>College of Public Health</td>
</tr>
<tr>
<td>OUHSC Operator</td>
<td>Student Counseling Services</td>
<td></td>
<td>271-2308</td>
</tr>
<tr>
<td>OU Norman Operator</td>
<td>Student Government Association</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OU-Tulsa Operator</td>
<td>Title IX Resources and Reporting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OU-Tulsa Student Affairs</td>
<td>Writing Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parking Services</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>President’s Action Line</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provost’s Office</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Health Insurance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Health Services</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation Services</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>University Village</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>University Health Club</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Meet the Team

- University Village Resident Programming
- Sooner Safety Week
- Higher Education Day

- Crimson Club
- Registered Student Organizations
- Volunteer Opportunities

- University Village Resident Programming
- Sooner Safety Week
- Higher Education Day

- Individual Counseling
- Couples Counseling
- Psychological Assessment

- DLB Student Union Reservations
- Information Desk
- Digital Signage

- Stress Management
- Performance Enhancing Study Techniques
- Relationship/Social Skills

- Student Advisory Board
- De-Stress Fest
- Sexual Assault Awareness Week

- What’s on Wednesday
- Union Programming
- Optimal Resume

- Grammar/Writing Workshops
- WC Online
- Writing Consultations

- Title IX Resources and Reporting
- Health Insurance
- Leadership Development

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets

- Event Promotion and Marketing
- Leadership HSC
- OU Athletic Tickets
You’ve landed a spot at a university smack dab in the middle of the country, but aside from your studies you’re not sure what there is to do or where to do it. While this isn’t an all-encompassing list of Oklahoma City’s many wonders, it is a good place to start.

### Food Trucks

Oklahoma City has a small fleet of food trucks. They’ll keep you on your toes because they could be almost anywhere on any given day, so be sure to check their websites, Facebook pages or Twitter accounts for locations. Here are some trucks to look out for:

- **G’s Chili**: This food truck is the place to go if you like chili, and you like to put it on top of other food, like pasta or a hot link. Be sure to try the Mac and G’s. You won’t regret it.
- **Big Truck Tacos**: You can get the tacos from one of their two food trucks or their permanent restaurant at 530 NW 23rd Street. They have more than just tacos. The truck also serves burritos, gorditas and quesadillas, many of which have an OKC-centric name like the I-40 pile up.
- **Hall’s Pizza Kitchen**: Meet OKC’s first wood-fire food truck. They have a relatively small menu packed full of pizza’s with big taste, such as The Matt, which sports pesto, caramelized onions and peppers, artichoke hearts, mozzarella, fresh basil, parmigiano reggiano and their signature sauce. These pizzas can come gluten-free, by-the-slice or by-the-pizza.

### Attractions

I know you’re in medical school now, but that doesn’t mean you can’t have fun. Lucky for you, the north side of OKC along I-35 has something for everyone.

- **The Oklahoma City Zoo**: The zoo houses animals from spotted hyenas to Galapagos tortoises. Parking is free, and the zoo is open daily from 9 a.m. to 5 p.m. Plus, admission is $8 for adults, which is cheaper than a movie. If you play your cards right, you could even get in for free during their free admission days.
  
- **In the area**: Frontier City amusement park, National Cowboy and Western Heritage Museum
  - **The Blue Door**: If you’re looking for songwriters or have a soft spot for blues, folk, rock, bluegrass or country, this is the place to listen to. There are shows almost every other day, and the venue is strictly BYOB. Plus, you get discounted tickets with a student ID.
  - Other venues: Blue Note, 2408 N Robinson Avenue; The Conservatory, 8911 N Western Ave
Multimedia clubroom with 92” HD TV, pool table, Wi-Fi and print station
Business conference room with Wi-Fi
Advanced laundry equipment with remote monitoring systems
Expansive banquet and meeting space for residents and community use
State of the art fitness center featuring Fitness On Demand video system
Expansive bark park and onsite pet bathing stations
VIP concierge services offered
Controlled access gated entry

Stylish and contemporary micro-units, one, and two-bedroom apartments
Modern décor and finishes
Fully equipped kitchens (new counter tops, cabinets, black appliances, microwaves, stainless sinks, and brushed nickel hardware)
Structured wiring for cable, phone and Internet connections in every room
Amazing views

www.cap28okc.com
215 NE 28th St. Oklahoma City, OK 73105
877.367.1021
I want to buy athletic tickets.

Where do I report Title IX concerns?

I want to create a new student organization.

I want to plan an event in the Union.

I have questions about OUHSC health insurance requirements.

I want to advertise in the HSC Daily News.

I am interested in joining the Read and Lead Book Club.

What's your idea?

I want to learn more about other cultures through HSC Cousins.

I need help with my resume.

My student group wants to book a meeting in the Union.

What Multicultural Student Orgs are on campus?

How do new students get involved on campus?

I want to buy athletic tickets.

I want to learn about Campus Life.

I want to learn about other cultures through HSC Cousins.

I would like strategies to help with test anxiety.

I want to play Intramural Sports.

I need help with my resume.

My student group wants to book a meeting in the Union.

What Multicultural Student Orgs are on campus?

How do new students get involved on campus?

I want to learn about Campus Life.