Let us at Academic HealthPlans answer any and all of the questions that you might have. Whether you have a question about how to get covered, or what you are covered for.

Call us or check out our website and we can put your mind at ease.
UNIVERSITY HEALTH CLUB

Monday - Thursday 5:30 a.m. - 9:00 p.m.  
Friday 5:30 a.m. - 8:30 p.m.  
Saturday 8:00 a.m. - 4:00 p.m.  
Sunday Noon - 6:00 p.m.

Swimming Pool area will close 30 minutes early.

The University Health Club is a Premier health and fitness facility. The facility occupies 75,000 square feet of space, incorporating the latest technological advancements in fitness and wellness. This facility is located on the Oklahoma Health Center campus at 1000 North Lincoln Blvd. between 8th and 10th street.

The following is a summary list of services:

- **Aerobic Training** - Features a variety of stationary aerobic equipment including treadmills, stair stepping machines, stationary bicycles, elliptical and rowing machines.
- **Aquatics Center** - 4 lane, 25-meter pool and whirlpool.
- **Café**
- **Wi-Fi Access**
- **Fitness Wellbeats** - An automated system that delivers several types of fitness classes on demand 7 days a week.
- **Fitness Studios** - Two spacious areas designed to accommodate aerobic activities, yoga, etc.
- **Gymnasium** - Multi-use, full size basketball/volleyball court with hardwood floors.
- **Locker Rooms** - Spacious men and women’s locker rooms with lockers, vanities and other amenities including steam room and dry sauna.
- **Personal Training** - Professional assistance to improve cardiovascular health, strength, flexibility, endurance, posture, balance and coordination.
- **Weight Training** - including selectorized, plate loaded equipment and an Olympic/Power lifting room.

For information call: (405) 271-1650 or www.ouhsc.edu/uhc

The mission of the University of Oklahoma Health Sciences Center Health Club is to provide the best possible experience for the students, faculty, staff, and community members to achieve their optimal health, improve physical and mental performance, and enhance their lifestyles through excellence in teaching, research and creative activity, and service to the state and society.
Welcome to the OU Health Sciences Center! We are pleased you have chosen to continue your education in the heart of Oklahoma City.

HSC Student Affairs is committed to making your experience as a student and future health professional the most it can be. Our extensive student services are dedicated to making students feel at home. As you explore the pages before you, take note of the many traditions, opportunities and possibilities the university has to offer. We encourage you to make the most of your time on campus, building new traditions along the way.

The University of Oklahoma, in compliance with all applicable federal and state laws and regulations does not discriminate on the basis of race, color, national origin, sex, sexual orientation, genetic information, gender identity, gender expression, age, religion, disability, political beliefs, or status as a veteran in any of its policies, practices, or procedures. This includes, but is not limited to: admissions, employment, financial aid, and educational services.

Inquiries regarding non-discrimination policies may be directed to: Bobby J. Mason, University Equal Opportunity Officer and Title IX Coordinator, 405-325-3546, BJM@ou.edu, or visit http://www.ou.edu/eoo.html

The content of this magazine does not necessarily represent the opinions, views, interest or concerns of the University of Oklahoma Health Sciences Center.
HSC SOWER | 2015

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ON THE COVER
Anja Bastian (above) works in an OUHSC lab. Read more on page 24.

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### August
- **21**: Enrollment period (including add/drop and cancellations) ends at 5 p.m.
- **24**: Classes begin
- **28**: Last day to enroll

### September
- **1**: Final date to submit diploma application
- **4**: Change classes from audit to credit ends
- **7**: Labor Day (no classes)
- **14**: Final date to file as a master’s degree candidate
- **20**: Final date to add a class

### October
- **1**: Final date to submit diploma application
- **4**: Final date to schedule comprehensive exam
- **12**: December Intersession registration ends

### November
- **2**: December Intersession registration begins
- **9**: Petition to college dean to drop a course (with grade of “W” or “F”) begins
- **20**: Final date to submit thesis/dissertation reading copy

### December
- **4**: Final date to schedule comprehensive exam
- **11**: End of classes
- **12**: Final date to file as a master’s degree candidate
- **18**: Martin Luther King Jr. Day (no classes)
- **19**: Classes begin
- **25**: Final date to add a class

### January
- **1**: Final date to submit diploma application
- **6**: End of classes
- **18**: December Intersession begins
- **19**: Classes begin
- **22**: Final grades due

### February
- **1**: Change classes from audit to credit ends
- **4**: Final date to request thesis/dissertation defense
- **12**: Final date to file as a master’s degree candidate
- **18**: Martin Luther King Jr. Day (no classes)
- **19**: Classes begin
- **25**: Final date to add a class

### March
- **1**: Final date to submit diploma application
- **12-20**: Spring break

### April
- **1**: Change classes from audit to credit ends
- **4**: May Intersession registration begins
- **15**: Final date to submit thesis/dissertation reading copy
- **22**: Final date to schedule comprehensive exam
- **25**: Final date to request thesis/dissertation defense

### May
- **1**: Final grades due
- **6**: End of classes
- **11**: May Intersession begins
- **12**: Final grades due
- **29**: May Intersession ends

### More Online
For a complete academic schedule of events, visit http://www.admissions.ouhsc.edu/index.htm

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**Crimson and Ice Cream Social**

Wednesday, August 26, 2015
4:30 - 6:30 PM
DLB Student Union
OU Health Sciences Center

All first-year HSC students receive a free T-shirt!
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. SOCIAL SUPPORT.
Make connections with people — neighbors, classmates, schoolmates. We know social support is a critical part of one’s well-being.

4. 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.

5. MENTAL HEALTH.
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. BALANCE IS KEY.
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.

8. EXPLORE.
Once you settle in, become familiar with your new surroundings so you can feel less disoriented.

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.
Meet OU President David Boren

President Boren, who has served Oklahoma as governor and U.S. senator, became the thirteenth president of the University of Oklahoma in November 1994. Now in his 21st year, President Boren is the second-longest serving president in the university’s history, only behind President George Lynn Cross.

He is the first person in state history to have served in 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 82 countries and over 240 cities across six continents. OU has increased from 94 to 562, the number of endowed faculty positions since President Boren arrived to campus, 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 or actionline@ou.edu to assist you.
In 2009, Dr. Sanders completed an internship in Medicine at Massachusetts General Hospital. Afterwards, he gained experience in the private sector as a consultant with McKinsey & Company, advising leading health care organizations, including hospitals, payors, and pharmaceutical companies. In 2011, he returned to the Massachusetts General Hospital to complete his residency in Internal Medicine, and during that time worked with health system leaders on healthcare redesign and population health. In 2013, Dr. Sanders had the opportunity to come back to his alma mater, joining the HSC as the Vice Provost for Planning and Administrative Affairs.

He has worked with undergraduates as a National Fellowship Advisor to the Honors College since 2000, and also is a member of the Honors College Board of Visitors and the Price College of Business Professional MBA Advisory Board.

He lives with his wife Tammy and two sons in Oklahoma City.

“Welcome to the OU Health Sciences Center! — you are part of a very special community, and I appreciate your contributions to our mission and leadership.”

OU Health Sciences Center students may make appointments in the OU Physicians Student Health & Wellness Clinic for all their primary care needs as well as:

- Immunizations
- Physicals
- Exposure issues

OU Physicians Student Health & Wellness Clinic is located on the OU Health Sciences Center campus in the OU Physicians Building, 825 NE 10th Street, Suite 2C.

The clinic is open Monday through Friday, 7 a.m. to 6 p.m., with lunchtime appointments available.
Q: How did OUHSC become home?
A: Before I came to HSC I had the opportunity to work for some amazing restaurant concepts around the country. I have worked my way from the East Coast to the West and am so happy to settle here in Oklahoma. New England will always have a special place in my heart. I worked for a restaurant concept called Not Your Average Joes in Boston where I served as the Training General Manager. In this position I had the opportunity to train all the newly hired managers for the company. Training and developing people is a real passion of mine and luckily it is a big part of what I do on a day to day here at HSC.

Q: What do you enjoy about HSC Food Services?
A: I love that I have the ability to connect with so many diverse people on campus. It is really rewarding to understand the true needs of all of our clientele. Food can be such a highlight to people’s days and I love that what I do can bring that pleasure. Whether it is serving the perfect meal for a patient at the Stephenson Cancer Center or having a new item in the grab and go case at Beaker’s that a student loves is what drives me. I want to continue to make our operations better and better, by serving the freshest, safest, and most innovative food.

Q: What is different about working in an academic setting versus a traditional restaurant?
A: In a traditional restaurant you have regulars but, in an academic setting the people are more than just regulars. These are people that are here for a purpose whether it is working here, going to school here or being a patient here. We are a true service to this community, which is why it is so important that we provide the best experience for everyone we see on a daily basis. I get great pleasure by seeing the connections that my staff has with everyone on campus. Many people on my team have built such a great rapport with our guests, they know treatment schedules, exam schedules, family life, etc. There is certainly a real feel of family here.

Q: What is a relationship you have built at the OUHSC that you cherish?
A: I would have to say that all the patients that I can make a small impact on at the Stephenson Cancer Center is the most rewarding aspect of my career. I lost my mom to cancer and that experience has shaped the person I have become. I do not know what it is like to have cancer but, I do know what it is like to love someone who has cancer. Every opportunity I get to provide a meal, a simple smile to someone who is facing an incredible challenge and to potentially be one of the highlights of their day is what I cherish most.

Meet Ali Thomas, Director of HSC Food Services

Everything you need to know about the 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 compliment to your academic life at the HSC campus.

FIRST FLOOR
- Union information and reservations (Rm. 102)
- Admissions and records (Rm. 104)
- 24-hour access ATM
- Beaker’s Food Court
- Beaker’s Cafe
- IT Help Desk and computer lab (Rm. 105)
- OneCard/Sooner Sense debit machine
- Bank SNB (Rm. 160)
- Game Room
- Printing available

SECOND FLOOR
- Student Government Association (Rm. 263)
- Student Counseling Services (Rm. 224)
- Writing Center (Rm. 214)
- Lactation Room (Rm. 241)
- Reflection Space (Rm. 261)
- Billboard for posting information
- Computer lab

THIRD FLOOR
- David L. Boren Student Lounge
- Student Financial Aid Office (Rm. 301)
- HSC Student Affairs (Rm. 300)
- Title IX Resources and Reporting (Suite 300)
Parking and Transportation Services

Welcome to OUHSC!

Order your parking permit online at ouhsc.edu/parking/ and pick it up from our friendly staff at the HSC Service Center.

Running every 10 minutes, a convenient shuttle service is available to most locations on campus.

Parking and Transportation Services
HSC Service Center
1100 N. Lindsay Suite 100
Oklahoma City, OK 73104-5410
(405) 271-2020
Open 7:30 a.m. to 5 p.m. weekdays
email parking@ouhsc.edu

The UNIVERSITY of OKLAHOMA
Health Sciences Center
Parking and Transportation Services

The United States Air Force has three core values by which all Airmen abide — integrity, service before self and excellence in all they do.

OU Health Sciences Center student Brandt Higley has taken those three principles to heart.

The active duty officer spends most of his energy in the healthcare division of the Air Force and is currently on special assignment to earn a Master of Health Administration (MHA).

When Higley enlisted straight out of high school, however, healthcare was not his top priority. It was his father that persuaded Higley to move away from Satellite Communications — his first area of work — to the health sector.

Now, they are the only active duty father-son duo in the health administration division of the Air Force.

“He’s my mentor,” Higley said. “He’s helped me get to where I am. I kind of got away from sat/com because I wanted to have a greater impact helping people. He’s my friend. He’s the best officer that I know.”

Higley’s drive to help others sometimes requires sacrifice, he said. He spent two years away from his family overseas on assignments. Furthermore, he frequently works long hours, including nights and weekends.

The selflessness does not stop there, however. As an officer, Higley enjoys mentoring Airmen, he said.

“For me, the reward is seeing them be recognized and helping them reach their full potential,” he said.

Higley said he is very grateful the Air Force offered him an opportunity to learn on their dime. It also paid for his undergrad degrees in healthcare management.

When Higley went through the process of choosing a school, he received admission to many top health programs in the country. Oklahoma stood out, he said.

“What we liked, my wife helped me decide, is the environment that Oklahoma really has,” Higley said. “It’s really great here. We really like the small class sizes for my particular program at the College of Public Health.”

While he still has a way to go before he earns his MHA, Higley’s confidence in his choice to attend OU is stronger than ever.

“I’ve been through the first half of my program and I have to say that I made the right decision,” he said.
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 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 OUHSC

THE 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 online at ouhsc.mywconline.com. Students will need to register the first time they schedule an appointment.

“All writers can benefit from having someone review their paper during the writing process.”

Visit ouhsc.mywconline.com to schedule an appointment.

THE LIBRARY

The Robert M. 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.
TOTAL ENROLLMENT

45 61

STATES COUNTRIES

3,529

TOTAL ENROLLED

MOST-REPRESENTED COUNTRIES AT HSC

CHINA 33
INDIA 27
NEPAL 11
CANADA 10

TOP 5 STATES REPRESENTED AT HSC

OKLAHOMA 2,770
TEXAS 196
KANSAS 36
CALIFORNIA 45
MISSOURI 27
College of Dentistry
Raymond A Cohlmia, D.D.S.
Hometown: Oklahoma City, Okla.
Undergrad: Oklahoma State University
Pictured with his wife, Sherry

College of Public Health
Gary Raskob, Ph.D.
Hometown: Hamilton, Ontario
Undergrad: University of Toronto

Graduate College
Anne Pereira, Ph.D.
Hometown: Melbourne, Australia
Undergrad: University of Melbourne
Pictured with her husband, Brendan

College of Nursing
Lazelle E. Benefield, Ph.D., RN, FAAN
Hometown: Miami, Fla.
Undergrad: University of Florida
Pictured with her husband, Rob
College 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: Aubra, Colo.
Undergrad: University of Oklahoma
Pictured with his wife, Robin
KNOW WHERE TO PARK ON THE HSC CAMPUS

Keep your parking permit hanging from your rearview mirror as well as your decal on the back windshield and you likely will never receive a citation.

If you do forget to display your parking permit and receive a ticket for “Failure to Display”, Parking Services will grant you leniency twice a year and void the citation as long as your permit is current. After that, each ticket will cost you $25.

If you forget your hang tag and need access to a parking lot, just push the button available on all parking lot call boxes and the office will lift the gate for you.

Parking Services also will ticket you for parking in a spot reserved for patients, unless, of course, you are a patient yourself for the day. Phone Parking Services at 405-271-2020 to let them know so office personnel can stop the officers from issuing a citation. You can also go online and inform the Parking Office via the Leave Alone List link at www.ouhsc.edu/parking.

Parking permits can be purchased on the first floor of the Service Center Building, Room 100.
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

Academic integrity is everyone’s business. Make it yours!

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.

The UNIVERSITY of OKLAHOMA Health Sciences Center
Student Government Association

The HSC Student Government Association (SGA) serves as advocates to improving your student experience. We are your representatives, ensuring you have a voice on campus. To get involved, email sga@ouhsc.edu

2015-2016 Campus Activities Board Events

Welcome Week
August 24-28, 2015
Fall for OU Week
October 19-23, 2015
Holiday Lighting & Sooner Social Hour
Friday, December 4, 2015
Winter Warm-Up Week
January 19-22, 2016
Diversity Week
February 15-19, 2016
Spring Fling Week
April 18-22, 2016

Jevon Oliver
OUHSC SGA President
Since he was 10 years old, the senior from Edmond, Oklahoma, followed OU and aspired to compete under the guidance of coach Mark Williams. Squires' path to Oklahoma wasn't conventional, and when it started, he couldn't have fathomed accomplishing what he's done since arriving at his dream school. However, four years after walking on to the program he adored as a kid, Squires finally got to celebrate a team national championship in the final weekend of his collegiate career.

"It's the best feeling. I said it at the beginning of the year, this is the only thing that I haven't accomplished here," Squires said. "Now I got the last check mark on the sheet. There's no way I could think this was going to happen my freshman year. It's absolutely unreal."

Following a dominating performance in the preliminary rounds, Squires and Co. won the program's ninth team national title despite falling behind in the first two rotations.

"Coming back and having to defend your title is the hardest thing," Squires said. "When you are in the position where it is expected of you to win, you have that going through your head."

It was a historic season and just the third time in program history an

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.

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.

Your IT Service Desk
24/7 Student Lab
Free Computer Health Check
By appointment only
Password Assistance
www.ouhsc.edu/password
Free Anti-Virus Software
Technology Sales
Wireless / Mobile Device Assistance
FREE Microsoft Software for Students

OUHSC IT Service Desk
Student Union, Room 105
1106 North Stonewall
Monday - Friday 8:00 am to 5:00 pm

The University of Oklahoma is an equal opportunity institution. www.ou.edu/eoo
All Michael Squires ever wanted was to be a gymnast at the University of Oklahoma.

Since he was 10 years old, the senior from Edmond, Oklahoma, followed OU and aspired to compete under the guidance of coach Mark Williams. Squires’ path to Oklahoma wasn’t conventional, and when it started, he couldn’t have fathomed accomplishing what he’s done since arriving at his dream school.

However, four years after walking on to the program he adored as a kid, Squires finally got to celebrate a team national championship in the final weekend of his collegiate career.

“It’s the best feeling. I said it at the beginning of the year, this is the only thing that I haven’t accomplished here,” Squires said. “Now I got the last check mark on the sheet. There’s no way I could think this was going to happen my freshman year. It’s absolutely unreal.”

Following a dominating performance in the preliminary rounds, Squires and Co. won the program’s ninth team national title despite falling behind in the first two rotations.

“Coming back and having to defend your title is the hardest thing,” Squires said. “When you are in the position where it is expected of you to win, you have that going through your head.”

It was a historic season and just the third time in program history an Oklahoma team has gone undefeated. While Squires doesn’t see himself in the same light as the legends he grew up watching, he’s accomplished exactly what his heroes did nine years ago.

“When I was thinking about this season, it made me think back to the 2006 season when the OU team went undefeated and won a national championship,” Squires said. “Those guys were invincible, and they were the greatest gymnasts in the entire world. To say that we achieved something they accomplished, that is the most amazing part.”

Just Like Home. Suite!
complimentary breakfast buffet
spacious 2 room suites
complimentary evening drinks
beautiful event space

E M B A S S Y  S U I T E S
OKLAHOMA CITY DOWNTOWN/MEDICAL CENTER
741 North Phillips Ave, Oklahoma City, OK 73104
405-239-3900
Eight years after receiving his undergrad degree in economics, Mark Ray found his calling.

BY BRADY VARDEMAN

Mark Ray did not take the most traditional path to the Oklahoma Health Sciences. He probably did not even take the second or third most traditional.

In fact, Ray’s undergraduate studies at OU had nothing to do with health. He graduated with a degree in economics.

“I took what I like to call ‘the scenic route’ to pharmacy school,” he said.

After graduating in 2006, Ray took eight years off of school to enter the workforce. It was during this time he found his calling.

“While I was out working, I was introduced to a couple of pharmacists and actually shadowed some pharmacists and spent some time with [them],” he said. “That’s when I started to work to complete the pre-requisites for pharmacy school.”

Diversity has played a large part in Ray’s education. He said he found a similar quality in the roots of the HSC campus.

“With [OUHSC], you have the ability to interact with students from the College of Medicine, the College of Dentistry, the College of Nursing or what-have-you,” he said. “It kind of gives you a more well-rounded experience and you also have the ability to start building your network of people that you may potentially end up working with once you’ve completed your post-graduate education.”

Ray has taken full advantage of his networking opportunities through just one year of pharmacy school. He was named a member of the Leadership HSC Class of 2015 — a program designed to diversify and strengthen student leaders on campus. Candidates must be nominated by either the dean or associate dean of their college.

Even within the College of Pharmacy, Ray has found ways to branch out.

When he finishes his graduate
degree, he said he would like to work for an industry pharmacy fellowship with a major pharmaceutical company, such as Pfizer or Bayer, because it would enable him to utilize both his under- and post-graduate degrees.

“It kind of pairs the business side of pharmacy with the technical knowledge of a pharmacist,” he said.

Although he took a non-traditional path, Ray said he is confident in his decision to enroll at OUHSC to further his education.

“With economics, I learned that most careers ... require you to go back to school to get a master’s or a PhD,” he said. “You need to find your passion and go forward. It may not be the easiest route but you may have to take one or two steps back to get to where you want to be. That helped me with my decision to pursue pharmacy.”
His is Bailey.

Her love of children is where Bailey Shivers’ journey to be a speech pathologist all began.

Health Sciences Center student Bailey Shivers knew two things when she made the decision to come to OU – she loved kids and she wanted to study speech pathology.

After receiving a bachelor’s degree from New Mexico State in family and child science, Shivers applied and was accepted into three graduate programs – her alma mater, Oklahoma and Oklahoma State.

She knew she wanted to pursue a graduate degree outside of New Mexico, where she had lived her entire life. That narrowed down her decision to the two Oklahoma schools.

“My dad has always cheered for the Sooners,” she said. “I did a lot of research on the program and I really liked that it had a Health Sciences Center so it’s removed from the undergraduate campus.”

She was not sure where she would end up until she visited OU’s Oklahoma City campus in April 2014.

“I didn’t really make up my mind until I came on my campus visit and I loved it,” Shivers said. “It was an easy decision. A lot of people don’t have an easy decision so I was thankful for that.”

She did not know why, but Shivers was sure she wanted to study speech pathology at OU. She learned more about the profession when she visited The Children’s Center Rehabilitation Hospital in Bethany to observe professionals at work.

When she considered that visit and her preexisting love for children, Shivers decided she wants to work in an outpatient clinic for children after she graduates in two years.

“She’s just so full of energy and they have such a positive outlook on life.”

The energy and enthusiasm she spoke of was mirrored in her own eyes as she spoke about her education and work.

“My mom always ... told me to have a good outlook on things — that being negative just wastes your time,” Shivers said. “My mom always ... told me to have a good outlook on things — that being negative just wastes your time,” Shivers said. 

“MY MOM ALWAYS ... TOLD ME TO HAVE A GOOD OUTLOOK ON THINGS — THAT BEING NEGATIVE JUST WASTES YOUR TIME.”
When Anja Bastian came to the United States from her home country of Germany at 16 years old, it was her parents who pushed her. After she completed her high school education in Wichita, Kansas, she did not look very far to earn her undergraduate degree at Friends University in the same city. Her goal was to get out of her shell and see the world. Now, she’s earning her PhD at the OU Health Sciences Center. Since 2011, Bastian has spent time in the biomedical science program studying physiology. Her graduate research consists of studying the mechanism for a new anti-cancer drug.

“I liked Kansas and how nice people were in just daily interactions so I looked around the Midwest and looked at some schools on the coast,” she said. “I really like the University of Oklahoma and how nice people are in the Midwest. Also, the program that they have here is very interdisciplinary, especially for research.” Bastian said the program at HSC has opened up her options when she finally earns her PhD in what she hopes will be 2016.

“That's what excites me — being at the forefront of knowledge and gaining a better understanding of the biological world and developing treatment for diseases,” she said. “Every day is kind of different for us.”

Outside of her research, Bastian is president of the International Student Organization on campus. The group organizes several cultural events per year as well as assists international students with adjusting to life in the United States.

“During October, we have Oktoberfest, which is a German cultural tradition,” she said. “It's just a way to bring students from different backgrounds together and introduce American students and students from different cultures to the different traditions and holidays.”

Although she came to the United States as just a high school exchange student and did not plan to further her education on this side of the ocean, Bastian has found a nice “home” at OUHSC.

“Eleven years later, I'm still here,” she chuckled.
A BASTIAN.
Quyen Duong
College of Public Health
Age: 25
Hometown: Brooklyn Park, Minnesota.
Years at HSC: 2
Undergrad: Mathematics from St. Olaf College
Hobbies: Traveling and Baking
Goal: To strengthen the relationship of our college with the campus.
Advice: Don’t stress, just do your best and enjoy the experience.
Email: ngocquyen-duong@ouhsc.edu

Rachel Cason
College of Medicine
Age: 24
Hometown: Elk City, Okla.
Years at HSC: 2
Undergrad: Oklahoma State University
Hobbies: Eating at new places with my husband, hiking
Goal: Encourage students to seek out leadership roles and other opportunities
Advice: Work hard for your academic and career goals, but remember to take breaks
Email: rachel-cason@ouhsc.edu
What makes the OUHSC home?: The community and support at OUHSC have made it home for me.

Alexandra Pettigrew
College of Pharmacy
Age: 25
Hometown: Edmond, Okla.
Years at HSC: 3
Undergrad: University of Oklahoma
Hobbies: Traveling, going to Thunder games, and shopping
Goal: To grow the sense of community among different colleges on the OUHSC campus.
Advice: Be open to making new friends and get involved!
Email: alexandra-pettigrew@ouhsc.edu
Stefanie Gonsalves
College of Nursing
Age: 24
Hometown: Moore, Okla.
Years at HSC: 2
Undergrad: University of Oklahoma
Hobbies: Running, Crafting, Kayaking, Fishing
Goal: To get the College of Nursing more involved in campus-wide activities.
Advice for incoming students: To make friends. It makes the experience worthwhile to have people by your side who are going through the same things.
Email: Stefanie-Gonsalves@ouhsc.edu
What makes the OUHSC home for you?: The faculty are welcoming and encouraging.

Austin Ederer
Physicians Associates
Name: Austin Ederer
Age: 24
Hometown: Yukon, Okla.
Year at HSC: 1
Undergrad: University of Oklahoma
Hobbies: OU football, camping
Goal: To become a respected and knowledgeable medical provider for the state of Oklahoma.
Advice for incoming students: Take everything one day at a time!
Email: Austin-Ederer@ouhsc.edu
What makes the OUHSC home for you? OUHSC is home for me because I worked very hard to get to this point. It is nice to pause to reflect on all of the faith and perseverance that has gotten me here.

Hayden Fuller
College of Dentistry
Age: 25
Hometown: Oklahoma City
Year at HSC: I am beginning my fourth year in June
Undergraduate Institution: Texas Christian University
Hobbies: Yoga, Netflix, and brunching
Goal: To represent the College of Dentistry and get involved with other colleges on campus
Advice for incoming students: Don’t stress too much. Take time to have fun with friends and family and enjoy what OKC has to offer!
Email: Hayden-Fuller@ouhsc.edu

Ian Schalo
Graduate College
Age: 25
Hometown: Bixby, Okla.
Year at HSC: 3
Undergrad: Northeastern State University
Hobbies: PC Gaming, exercise, camping, and hitting up great spots in OKC.
Goal: Obtain a PhD in Pharmaceutical Science with emphasis on neuropharmacology.
Advice for incoming students: Take advantage of the experience older students have accumulated.
Email: ian-schal@ouhsc.edu
What makes the OUHSC home for you?: The people. OUHSC feels like a family where everyone is willing to support one another.
OUHSC police work 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 http://gohsc.ouhsc.edu. For instructions go to http://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.

The UNIVERSITY of OKLAHOMA
Health Sciences Center
Student Counseling Services

counselors@ouhsc.edu
HSC Student Union
(405)271-7336

WE CAN HELP YOU:

Manage your stress
Develop a healthy self-image
Work through conflicted emotions
Deal with life transitions and disappointments
Establish coping and problem-solving strategies
Adjust to a new environment and academic demands

WHAT TO EXPECT IF YOU MAKE AN APPOINTMENT:

Call or e-mail us to set up an appointment.
In the first appointment, you will complete paperwork and meet with your counselor for 1 hour to discuss goals for future sessions. Each consequential session lasts 45 to 55 minutes.

MAKE YOUR TRANSITION HOME

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

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 of 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.

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 victim 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 victim to the exam; the RCC also has advocates on-call 24/7.

The university can also assist victims with on-campus housing changes and academic challenges. OU Advocates and HSC Student Affairs are great resources for help.

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.

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”
ADOPT-A-PATIENT (ABOVE)
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
DE-STRESS FEST (ABOVE)
Take a study break and relax at De-Stress Fest! Don’t miss out on massages, inflatable obstacle courses, painting, food, and much more!

OUHSC BIG EVENT (LEFT)
HCS students unite to say “thank you” to the OKC community by volunteering at the annual community service day! #HSCbigevent

SOONER SAFETY WEEK (RIGHT)

GRADUATION GEAR UP (ABOVE)
STUDENT GROUPS

For more information about HSC Student Organizations, visit http://students.ouhsc.edu/StudentOrganizations.aspx

A. William Horsley Student Society
Accelerated Bachelor’s Student Nurses Association (ABSN)
ACHE University of Oklahoma Affiliate
African American Student Association (AASA)
Albert F. Staples Society
Allergy and Immunology Interest Group
American Medical Women’s Association (AMWA)
American Pharmacists Association Academy of Student Pharmacists (APhA-ASP)
American Society of Consultant Pharmacists
American Student Dental Association
Anesthesiology Interest Group
Anti-Tobacco Interest Group
Art in Medicine
Asian American Professional Student Association
Baptist Student Union
Biostatistics & Epidemiology Student Association
Blood and Thunder
Bridges to Access
Business in Medicine
Christian Pharmacists Fellowship International
Christians on Campus
CMDA
College of Allied Health Student Association
College of Dentistry Student Council
College of Medicine Graduate Student Association
College of Medicine Student Council
College of Nursing Student Association
College of Public Health Student Association
Colleges Against Cancer
Community Health Alliance
Dermatology Interest Group
Emergency Medicine Interest Group
Family and Community Medicine

Interest Group
Global Health Interest Group
Graduate College Student Association
HASA
Health Occupation Professionals for Equality (HOPE)
Indian Student Association
Interdisciplinary Geriatrics Interest Group
Internal Medicine Interest Group
National Student Speech Language Hearing Association
Native American Student Association (NASA)
NSSLHA (National Student Speech Language Hearing Association)
Nutritional Sciences Graduate Student Association
ObGyn Student Interest Group
Oklahoma Association of Women Dentists

OUHSC IHI Open School
OUHSC Radiography
OUHSC Rehabilitation Sciences Class of 2015 OUHSC Table Tennis Club
OUSNA
Pathology Interest Group
Pediatric Interest Group
Pediatric Pharmacy Student Association
Pharmacy Student Council
Phi Delta Chi
Phi Lambda Sigma
Psychiatry Interest Group
Public Health and Preventive Health Interest Group
Radiology Interest Group
Rho Chi
Rural Interest Group
Social, Community & Behavioral Health Association
Sooner Miracles
Student Academy of Audiology
Student Chapter of Oklahoma Society of Health-Systems Pharmacists
Student Dietetic Association
Student Global Health Interest Group
Student Interest Group in Neurology (SIGN)
Student Members of the American Dental Hygienists’ Association
Student National Pharmaceutical Association
Student Occupational Therapy Association
Student Physical Therapy Association
Student Professionalism and Ethics Association
Surgery Interest Group
Team Everest
Technology in Medicine
Urology Interest Group
Women’s Orthopedic Interest Group

To register your student group or for involvement opportunities, visit students.ouhsc.edu or call 405-271-2416.
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.

**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.
Important Numbers to Know

Across Campus

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Athletic Ticket Office</td>
<td>325-2424</td>
</tr>
<tr>
<td>Bird Library</td>
<td>271-2285</td>
</tr>
<tr>
<td>Bursar’s Office</td>
<td>271-2433</td>
</tr>
<tr>
<td>Disability Resource Center</td>
<td>325-3852</td>
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<tr>
<td>Institutional Equity Office</td>
<td>271-2110</td>
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<tr>
<td>Onecard ID Card</td>
<td>271-2980</td>
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<tr>
<td>OUHSC Operator</td>
<td>271-4000</td>
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<tr>
<td>OU Norman Operator</td>
<td>325-0311</td>
</tr>
<tr>
<td>OU Physicians Student Health &amp; Wellness Clinic</td>
<td>271-2577</td>
</tr>
<tr>
<td>OU-Tulsa Operator</td>
<td>918-660-3000</td>
</tr>
<tr>
<td>OU-Tulsa Student Affairs</td>
<td>918-660-3100</td>
</tr>
<tr>
<td>Parking Services</td>
<td>271-2020</td>
</tr>
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<td>President’s Action Line</td>
<td>325-1212</td>
</tr>
<tr>
<td>Provost’s Office</td>
<td>271-2332</td>
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<td>Student Health Insurance</td>
<td>888-924-7758</td>
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<tr>
<td>Student Health Services</td>
<td>271-2577</td>
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<tr>
<td>Transportation</td>
<td>271-2020</td>
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<tr>
<td>University Village</td>
<td>271-0500</td>
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<td>University Health Club</td>
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Union

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<tr>
<td>Admissions &amp; Records</td>
<td>271-2683</td>
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<tr>
<td>Beaker’s Café</td>
<td>271-3665</td>
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<tr>
<td>Financial Aid</td>
<td>271-2118</td>
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<tr>
<td>Food Court</td>
<td>271-3660</td>
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<tr>
<td>HSC Student Affairs</td>
<td>271-2416</td>
</tr>
<tr>
<td>IT Help Desk &amp; Lab</td>
<td>271-2203 or</td>
</tr>
<tr>
<td></td>
<td>1-888-435-7486</td>
</tr>
<tr>
<td>Stillwater National Bank</td>
<td>271-3113</td>
</tr>
<tr>
<td>Student Counseling Services</td>
<td>271-7336</td>
</tr>
<tr>
<td>Student Government</td>
<td>271-2416</td>
</tr>
<tr>
<td>Association</td>
<td>271-2416</td>
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<tr>
<td>Title IX Resources and Reporting</td>
<td>271-2416</td>
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<tr>
<td>Writing Center</td>
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Emergency

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<tr>
<td>Campus Police</td>
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<tr>
<td>Battered Women Hotline</td>
<td>701-5540</td>
</tr>
<tr>
<td>Behavioral Intervention Team</td>
<td>271-9248</td>
</tr>
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</table>

*All area codes are 405 unless otherwise noted.

Domestic Violence Hotline                   917-9922
Mental Health & Substance Abuse Hotline     800-522-9054
OK State Safeline                           800-522-7233
OU Advocates                                615-0013
Rape Crisis Line                            701-5540
Safety Escort                                271-4300
Sexual Misconduct                           325-2215
STD National Hotline                        800-227-8922
Suicide Prevention Life Line                800-273-TALK
Emergency Police Contact                    271-4911

Colleges

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<tr>
<td>College of Dentistry</td>
<td>271-5444</td>
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<tr>
<td>Graduate College</td>
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<td>College of Medicine</td>
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<td>College of Nursing</td>
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<tr>
<td>College of Pharmacy</td>
<td>271-6598</td>
</tr>
<tr>
<td>College of Public Health</td>
<td>271-2308</td>
</tr>
</tbody>
</table>

Change a life Volunteer today!

405-232-2709
cityrescue.org

HSC t-shirt

$2 off

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, 2015.
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. This past year, five hundred forty-six students participated in full-season sports and two hundred forty-two in single-day sports.

GET ACTIVE WITH INTRAMURALS

For more info
Contact
E: imsports@ouhsc.edu
W: students.ouhsc.edu/IM
P: (405) 271-2416

Participation: Team sports
- Fall soccer
- Spring soccer
- Flag football
- Basketball
Total: 546 students

Participation: Single-day sports
- Rock climbing
- Volleyball
- Ice skating
- Laser tag
- Dodgeball
Total: 242 students
Meet the Team

Mary Carter, Ph.D.
Coordinator, Writing Center
Mary-Carter@ouhsc.edu
• Grammar/Writing Workshops
• WC Online
• Writing Consultations

Zelina Estrada
Coordinator, Campus and Community Life
Zelina-Estrada@ouhsc.edu
• Crimson Club
• Registered Student Organizations
• Volunteer Opportunities

Amber Pniewski
Graduate Assistant
Amber-Pniewski@ouhsc.edu
• University Village Resident Programming
• Sooner Safety Week
• Higher Education Day

Joseph Schmidt
Events Manager, DLB Student Union
Joseph-Schmidt@ouhsc.edu
• DLB Student Union Reservations
• Information Desk
• Digital Signage

Jill Bernis, M.S., L.P.C, N.C.
Counselor, Student Counseling Services
Jill-Bernis@ouhsc.edu
• Stress Management
• Performance Enhancing Study Techniques
• Relationship/Social Skills

Heath Huffman
Graduate Assistant
Heath-Huffman@ouhsc.edu
• What’s on Wednesday
• Union Programming
• Optimal Resume

Jocelyn Barton, M.S.
Psychology Intern, Student Counseling Services
Jocelyn-Barton@ouhsc.edu
• Individual Counseling
• Couples Counseling
• Psychological Assessment

Kate Stanton, M.H.R.
Executive Director, HSC Student Affairs
Kate-Stanton@ouhsc.edu
• Title IX Resources and Reporting
• Health Insurance
• Leadership Development

Sarah Bramlett, MPA
Counselor, Student Counseling Services
Sarah-Bramlett@ouhsc.edu
• Leadership HSC
• First Year Programs
• Leadership Lunch Series

Victoria Christofi, Ph.D.
Director, Student Counseling Services
Victoria-Christofi@ouhsc.edu
• Student Advisory Board
• De-Stress Fest
• Sexual Assault Awareness Week

DLB Student Union, Suite 300
1106 N. Stonewall
OKC, OK 73113
(405) 271-2416 • Students.ouhs.edu

HSC Student Affairs
(405) 271-2416 • Students.ouhs.edu
Katherine Cooley
Accountant
Katherine-Cooley@ouhsc.edu
• Student Organization Finances
• Budgeting and Financial Reporting
• Student Organization Reimbursement

Tanya Mustin
Coordinator, Multicultural Student Services
Tanya-Mustin@ouhsc.edu
• Veteran Student Services
• International Student Services
• Multicultural Student Organizations

Carlos Rodriguez, M.Ed.
Associate Director, HSC Student Affairs
Carlos-Rodriguez@ouhsc.edu
• Campus Life
• Student Government
• Sooner Safety

Clarke Stroud, M.Ed.
University V.P. for Student Affairs and Dean of Students
estroud@ou.edu
• Campus Awards Ceremony
• Event Approval
• Leadership Development

Ali Thomas
Director, HSC Food Services
athomas@ou.edu
• Beaker’s Food Court
• Dave’s Place
• Healthy Hearth

Julie Brooks, RN, BSN
Clinic Nurse Manager, Student Health & Wellness Clinic
Studenthealthnurse@ouhsc.edu
• Immunizations
• Physicals
• Exposure Issues

Teresa Corcoran
Office Manager
Teresa-Corcoran@ouhsc.edu
• HSC Daily News
• Health Insurance Information
• Scheduling Student Counseling Services Appointments

Stephen Neely, M.P.H.
Coordinator of Operations and Projects, DLB Student Union
Stephen-Neely@ouhsc.edu
• Read and Lead Book Club
• OU Licensing Applications
• Study Spots in the Union

Taylor Tallafera
Graduate Assistant
Taylor-Tallafera@ouhsc.edu
• IM Sports
• Seasonal Sports
• One-time Sporting Events

Jim Weller
Community Manager, University Village
JimWeller@ou.edu
• University Housing
• University Village Move-In
• University Village Maintenance Requests
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, parmagiano reggiano and their signature sauce. These pizzas can come gluten-free, by-the-slice or by-the-pizza.

Attractions

I know you’re in 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, 2000, Remington Pl: 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, 2805 N. McKinley: 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 it. 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.
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