As an AI, I can't access images, but based on the text you've provided, it seems to be a promotional material for Academic Blue, a student health insurance plan offered by Blue Cross and Blue Shield of Oklahoma.

The text mentions:
- How to enroll
- What it costs
- How it compares to the marketplace
- Additional details about the plan's offerings

The text also provides ways to get more information:
- Answers at ou.myahpcare.com
- ouhsc.myahpcare.com
- Call Customer Care at 888-924-7758
You May Not Know Us  
But You Know Our Work

110 West Seventh Street, Suite 710, Tulsa, Oklahoma 74119
131 Dean A. McGee, Suite 135, Oklahoma City, Oklahoma 73102
Phone: 918.583.5300, 405.232.7007, Fax: 918.585.1967
www.beckdesign.com, pbeck@beckdesign.com
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 student services are dedicated to making students feel at home. As you explore the HSC Sower magazine, take note of the many traditions and opportunities the University has to offer. We encourage you to make the most of your time on campus, building new traditions along the way.

Contact info:
w: www.students.ouhsc.edu
e: students@ouhsc.edu
@hscstudent

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.

The HSC Sower, authorized to print by HSC Student Affairs, is issued by The University of Oklahoma. 3,500 copies have been prepared and distributed at no cost to the taxpayers of Oklahoma.
See HSC Day | David L. Boren Student Union | OUHSC Campus | Fall 2016
Experience the OU Health Sciences Center with an afternoon of informational sessions, campus tours and the opportunity to meet current students, staff and faculty. For a complete schedule of the day, please visit go2.ouhsc.edu.

OUHSC Campus Tours
To schedule a campus visit to see the OU Health Sciences Center, please call HSC Student Affairs at (405) 271-2416 or email students@ouhsc.edu.
If a person is an immediate threat to themselves or others or is incapable of caring for themselves, CALL OUHSC PD at (405) 271-4911.

These behaviors, especially when more than one are present, may be signs that a person is in distress. Resources are available on the OUHSC campus...your call may be the difference.

DAVID L. BOREN STUDENT UNION
405.271.3606 | UNION@OUHSC.EDU

STUDY.
Students enjoy 24/7 access to the Union. Find your study spot in one of our meeting rooms or lounges.

1106 N. STONEWALL AVE., SUITE 300 | OKLAHOMA CITY, OK 73117
Transitions can be difficult. At the University of Oklahoma Health Sciences Center there are resources and services to help make your time at the HSC less stressful. Visit students.ouhsc.edu to learn about services available to HSC students.

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.

RESOURCES.
CONNECTIONS.
OPPORTUNITIES.

HSC1
FIRST-YEAR STUDENT PROGRAMS

UPCOMING HSC1 EVENTS

CRIMSON AND ICE CREAM SOCIAL
WEDNESDAY, AUG 24 - MEET YOUR COLLEGE DEANS AND RECEIVE A FREE T-SHIRT!

BEVO BBQ
WEDNESDAY, OCT 5 - CHEER ON THE SOONERS WITH BBQ AND YARD GAMES!

GLOBAL THANKSGIVING
THURSDAY, NOV 17 - CELEBRATE CULTURE & LEARN ABOUT HSC COUSINS!
STUDENTS.OUHSC.EDU

DAVID L. BOREN STUDENT UNION
405.271.3606 | UNION@OUHSC.EDU

MEET.
Join student organizations, attend student programs, and feel at home in the “living room” of campus.

1106 N. STONEWALL AVE., SUITE 300 | OKLAHOMA CITY, OK 73117
SPOTLIGHT ON 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 22nd 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 long-time 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 action-line@ou.edu to assist you.

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
- Exposures
- Urgent Care

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 4A.

The clinic is open Monday through Friday, 7 a.m. to 5 p.m., with lunchtime appointments available.

For appointments, call (405) 271-2577 or email studenthealthnurse@ouhsc.edu

The University of Oklahoma is an equal opportunity institution. www.ou.edu/eoo
MEET YOUR PROVOST

Jason Sanders, M.D., MBA | @hscLeads

personal timeline

1996
Day one as a Sooner, President Boren's master class on Government

1999
Married Tammy, having met at Tulsa Memorial High School

B.S. in Biochemistry, OU

2000
Rowed on the Isis at Oxford

2001
M.A. in English Language and Literature, Trinity College, Oxford University

2003
Cared for and lost my first patient

2005
Will was born in Boston

2007
MD, MBA, Harvard Medical and Business Schools

2008
Internship in Internal Medicine at the Massachusetts General Hospital

2009
Healthcare consulting at McKinsey & Company

2010
Luke was born in Boston

2011
Residency in Internal Medicine at the Massachusetts General Hospital

2012
Projects in Population Health Management

2013
Joined OUHSC

2015
Senior Vice President and Provost

“YOU are part of a very SPECIAL community, and I appreciate your contributions to our MISSION and LEADERSHIP.”

provost’s top 5: Things students new to OUHSC should know

1. Leave a legacy – inspire your fellow learners and transform your patients’ lives.
2. You have worked hard to get here and we’re committed to your success.
3. We’re thrilled that you’ve joined the Sooner family.
4. We are part of a leading healthcare delivery system.
5. We are one of the most comprehensive academic health centers in the country.

Q&A

If you could learn more about one unfamiliar subject, what would it be?
Tough choice with so many options! Probably physics.

What is your favorite song to play in the car?
My Spotify playlist has Coldplay, Imagine Dragons, U2 and lots of 80s beats.

If you could have any superpower, what would it be and why?
Time travel, because it would be awesome.

Which event in the past, present or future would you like to witness in person?
Luke and Will becoming husbands and fathers.
GET TO KNOW YOUR CAMPUS’ UNION

“The David L. Boren Student Union offers a place to study and socialize 24/7. In a single day, a student can come in early to prep for a big exam; return at noon for one of the many fun and free programs hosted by HSC Student Affairs; and again in the evening to catch a student event hosted by their peers.”

what’s inside...

1st floor
• INFORMATION AND RESERVATIONS, Room 102
• UNION COORDINATOR FOR OPERATIONS, Room 104
• 24-HOUR ACCESS ATM
• BEAKER’S FOOD COURT & BEAKER’S CAFE
• IT HELP DESK, Room 105
• BANK SNB (FULL SERVICE), Room 160
• GAME ROOM (TABLE TENNIS & BILLIARDS), Room 171

2nd floor
• STUDENT GOVERNMENT ASSOCIATION, Room 263
• STUDENT COUNSELING SERVICES, Room 224
• WRITING CENTER, Room 214
• LACTATION ROOM, Room 241
• REFLECTION ROOM, Room 261
• COMPUTER LAB

3rd floor
• DAVID L. BOREN STUDENT LOUNGE
• STUDENT FINANCIAL AID OFFICE, Room 301
• HSC STUDENT AFFAIRS, Room 300
• TITLE IX RESOURCES & REPORTING, Room 300

Shené Murphy has been with HSC Food Services at Beaker’s Cafe in the DLB Student Union since October 2010.

Almost every weekday since then, Murphy has been on her feet eight hours a day. Although Murphy suffers with Lupus, the physical demands of her job barely phase her.

“I wouldn’t even know what to do if I wasn’t on my feet all day,” she said. “If I’m not here, I’m worried about who’s taking care of my customers.”

For Murphy, the customer interaction she gets at work is vital.

“Customer service is in my DNA,” she said. “It makes me feel worthwhile and appreciated. It’s gratifying.”

Some students recognize her by her glasses: A different pair nearly every day. Some students know her more personally.

As students spend so much time on campus, Murphy sees the same students frequently. She often gets close enough with students that she attends their graduations.

With so much time spent at Beaker’s, Murphy knows her customers well - and also knows the menu well.

Murphy recommends the chicken quesadilla - which is staying on the new menu - to customers.
Beau Shaw has kept to the same weekday schedule for three years: He wakes up at 5 a.m., spends nine hours on campus, spends two hours with his family, spends two hours studying and goes to bed at 10.

Shaw is a fourth-year dentistry student. He has a wife and three children, is president of the Veteran and Military Alliance and is a first officer in the navy. His life is demanding, but not unmanageable.

“With a lot of help from my wife and classmates, it’s not difficult to balance anything,” he said.

Shaw was accepted into Health Professionals Scholarship Program, a navy scholarship program, four years ago. In return for four years of service post-graduation, the navy has paid for Shaw’s tuition, fees and monthly stipends throughout dentistry school. The financial benefits of pairing dental school with navy enlistment was only half the reason Shaw joined the military.

“The costs of dental school were a worry, but I also wanted to serve my country,” Shaw said.

Before serving his country, though, Shaw hoped to be placed directly into an AEGD residency after graduation. He would begin to serve the four years after the residency ended.

Residency or not, Shaw hoped to serve more than just his four required years. He wanted to make a career being a military dentist.

“Oral health is very important to the military, so we check they’re always ready for deployment and ready to serve,” he said. “I want to make a career out of it, but my wife is skeptical.”

But no matter where he ends up, Shaw feels prepared.

“I love this campus, wouldn’t go anywhere else,” he said. “We have great faculty, staff, classes and clinical education. I feel like OU has prepared us well for the real world.”
In her eight years as coordinator, Dr. Mary Carter saw the number of students using the HSC Writing Center grow from 67 to over 1,000 per year - its largest traffic ever. The OUSHC Writing Center, in Room 214 of the DLB Student Union, provides all students, faculty and staff with writing and editing assistance. The center also offers hour-long, student-driven appointments about any aspect of the writing process.

Carter said all students would benefit from utilizing the writing center, as help from the writing center was shown to improve grades. “All writers can benefit from having someone review their paper during the writing process,” she said.

Another great way to get involved with Multicultural Student Services is the Diversity Week Celebration, in which 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 week-long event in late February/early March is filled with cultural education, cultural food, cultural activities and fun within our campus community.

To get involved, contact Tanya-Mustin@ouhsc.edu or visit students.ouhsc.edu.

Multicultural Student Services, a division of HSC Student Affairs, 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, interactional and cultural exploration. 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.

The Center’s increased traffic, since Carter became coordinator eight years ago, makes sense; Carter is certainly qualified for her job. Carter holds a degree in writing, has worked at university writing centers for the past 16 years and has owned an editing company for the past eight.

- Schedule an appointment at ouhsc.mywconline.com.
- Contact the HSC Writing Center at writingcenter@ouhsc.edu
- Visit http://students.ouhsc.edu/StudentServices/WritingCenter.aspx for more information on available services

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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.

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RESOURCES  

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Visit http://library.ouhsc.edu for more information.
DOMESTIC STUDENTS
enrollment by state of origin

INTERNATIONAL STUDENTS
enrollment by citizenship country
MEET YOUR DEANS

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

College of Dentistry
Raymond A. Cohlmia, D.D.S.
Hometown: Oklahoma City, Okla.
Oklahoma State University
Pictured with wife, Sherry

College of Nursing
Lazelle E. Benefield
Ph.D., RN, FAAN
Hometown: Miami, Fla.
University of Florida
Pictured with husband, Rob

College of Allied Health
JoLaine R. Draugalis
R.Ph., Ph.D.
Hometown: Battle Creek, Mich.
University of Arizona
Pictured with husband, Paul

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

Dean of Students
Clarke A. Stroud, M.Ed.
Hometown: Aurora, Colo.
University of Oklahoma
Pictured with wife, Robin

College of Medicine
M. Dewayne Andrews, M.D.
Hometown: Oklahoma City, Okla.
Baylor University
Pictured with wife, Rebecca

Fran and Earl Ziegler
College of Nursing

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Ph.D., RN, FAAN
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Pictured with husband, Rob

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University of Toronto

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

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.

1100 N Lindsay Ave, Suite 100 | (405) 271-2020 | parking@ouhsc.edu

HSC Campus Dining is operated by OU Housing and Food Services, a department in OU’s division of Student Affairs. The University of Oklahoma is an equal opportunity institution. ou.edu/eoo.
“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 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 Williams, Ph.D., Vice Provost for Academic Affairs and Faculty Development

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
Located in the heart of the OU Health Sciences Center campus, the University Village Apartments are available to students, staff, and faculty from the OUHSC’s seven health professional colleges.

**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 Soonersense to it. Sooner Sense are funds that you may add onto your card by check or credit card at the OneCard or Bursar’s office or online by transferring funds from a credit or debit card.

https://www.ouhsc.edu/financialservices/bursar/onecard.asp.

**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 hsccdailynews@ouhsc.edu.

**transcripts**
The Office of Admissions and Records, located in Bird Library (room 122), 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.

**UNIVERSITY VILLAGE APARTMENTS**
Located in the heart of the OU Health Sciences Center campus, the University Village Apartments are available to students, staff, and faculty from the OUHSC’s seven health professional colleges.

**STUDIOS**
**TOWNHOMES**
**ON CAMPUS**
**CABLE**
**INTERNET**
**GATED PARKING**

**CONTACT US TODAY ABOUT LIVING AT THE UNIVERSITY VILLAGE!**
900 North Stonewall Ave
Oklahoma City, OK 73117
(405) 271-0500
www.students.ouhsc.edu

The University Village Apartments are owned and managed by The University of Oklahoma Health Sciences Center.
In 2016, OU became the first school to win both the men’s and women’s NCAA National Championships in the same year.

Both teams also sent athletes to Olympic Trials this year.

- Maggie Nichols and Brenna Dowell placed sixth and 10th in San Jose, California.
- Former Sooners Chris Brooks, Jake Dalton, Alex Naddour, Ronnie Ash, Brittany Borman, Eric Cray and Laverne Jones-Ferrette were named to Team USA after successful Olympic Trials.
- Men’s head coach Mark Williams was named the 2016 U.S. Olympic Men’s Gymnastics head coach.


**SOONER SPORTS**

**football**

The OU football stadium is under construction, but is on schedule to be mostly completed by the fall 2016 football season. You can check out these changes to the stadium during game days.

**OLD STADIUM**

- Seating capacity: 82,112
- Number of suites: 63
- Number of club seats: 3903
- Video board: 165 ft by 32 ft
- Weight room: 9,000
- Restrooms: 54
- Elevators: 11
- Escalators: 0

**NEW STADIUM**

- around 84,000
- 85
- 5,721
- 167 ft by 47 ft
- 26,000 sq. ft
- 72
- 18
- 16

For ticket information, contact HSC Student Affairs at students@ouhsc.edu or the OU Athletics Ticket Office at (800) 456-4668 or outickets@ou.edu.

**GYMNASTICS**

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- Men’s head coach Mark Williams was named the 2016 U.S. Olympic Men’s Gymnastics head coach.

student spotlight:
Allshine Chen

- College of Public Health, first year Biostatistics PhD
- Chen currently works in the fields of biostatistics and epidemiology - his father was a biostatistician, and his mother was an epidemiologist
- Some of Chen’s Penn. State professors still send him data and ask for his feedback on it
- Chen enjoys running at the OUHSC Health Club, playing racquetball and fishing
- “I really like this university, it’s really student oriented and you can basically find free food during the semester at any time.”
Allshine Chen attended high school in Pennsylvania, and received an undergraduate and two master’s degrees from Pennsylvania State University. Chen planned to complete his Biostatistics doctorate at Penn State as well - in fact, he started to.

“Unfortunately, my parents passed away when I was doing my PhD at Penn State,” Chen said. “So I restarted everything here.”

After leaving the PhD program at Penn. State, Chen moved to Oklahoma to be closer to family members. Chen has family in the Houston area, an uncle who teaches Physics at Oklahoma Baptist University and three cousins - one of whom is in her third year of medical school at OUHSC.

Family was the main reason Chen ended up as a Biostatistics PhD student at OU, but it’s not the main reason he now chooses to stay.

“I like it here a lot, it’s a lot more friendly to students,” he said. “I feel the professors here put a lot of effort into trying to make sure we learn what we are supposed to learn, as opposed to just getting it over with and getting credit for the hours they teach.”

Chen now spends his weekdays on the third floor of the College of Public Health, running data in the Research Design Analysis Center. Only two other students occupy the quiet, windowless room.

“It can be tedious sometimes when people give you a boatload of data - in the tens of millions,’ he said. “Just running it on these standard computers will take a lot of time.”

But Chen appreciated his work, even when it was tedious.

“I love how we get to spend a lot of time just learning things ourselves and trying to find interesting things to research and learn,” he said. “I also get to work one on one with my adviser. He spent almost 10 years in the pharmaceutical industry before coming to academia, so he is a trove of knowledge.”

Industry, academia and government are the three main career paths for biostatisticians. Chen said he was open to anything, as the job market was tough, but that ideally he would try out all three paths - just as his dad did.

“My dad was also a biostatistician,” Chen said. “My dad went to academia, industry and he ended up at the NIH.”

Chen’s original entry into statistics was just as influenced by his dad as were his career aspirations.

“I couldn’t decide what my major was,” Chen said. “I went from pre-med to chemical engineering, and then my dad was like, ‘Hey, maybe you want to try out statistics.’”

Although Chen said he has never fallen in love with his field of work, he had definitely found his niche with biostatistics. Chen enjoyed his work, especially when the data was interesting.

“As of yet I haven’t gotten to work with any of the data, but I’m pretty interested in the Zika virus vaccine research [that’s going on on this campus],” he said. “I’ve been keeping up with the developments, it’s pretty interesting, I would like to get involved if I had the opportunity.”

“I feel like the professors here put a lot of effort into trying to make sure we learn what we are supposed to learn…”

—

story and photos by Emma Weaver
student spotlight:
Rachel Aldinger

FAST FACTS

• College of Nursing, second year Traditional Nursing Program
• Aldinger completed her freshman and sophomore years on the Norman campus, and still lives in Norman
• She is a member of Delta Delta Delta, HSC Crimson Club, Leadership HSC and is the Campus Activities Board chair of SGA HSC
• Aldinger enjoys traveling and hiking
• “I didn’t know what to expect, but it’s been really cool to see how the HSC colleges work.”
“It is hard, don’t get me wrong,” she said. “But I couldn’t be more thankful for the faculty and the facilities, they make it worth it.”

Aldinger grew up in the Dallas/Ft. Worth area of Texas with two older siblings. Her brother went to OSU, and her sister went to OU. Aldinger initially wanted to attend an Oklahoma school because of her siblings.

“But once I came to OU, it was beautiful and I couldn’t imagine going anywhere else,” she said.

Aldinger had always been interested in math and science, but didn’t look into specific fields until she took Intro to Health Professions her freshman year.

“Nursing just completely fit everything that I wanted,” she said. “It’s a very specific field, yet you can do so many different things with it. I also just love meeting people, so the patient care was a sure fit.”

Aldinger said she was happy with her experience at OUHSC so far. Her program explored a different field of nursing each semester, and placed her with a new clinical group each semester. Although she didn’t know which nursing field she would pursue after college, Aldinger said the clinical group system was incredibly helpful.

“Clinical practice is where I learn the most,” she said. “Every semester there’s new challenges, they show you as much as possible while you’re here because this is the best place to learn.”

Clinical learning is conducted outside the classroom, at various hospitals in the OKC area. Clinical instructors head each clinical group, walking students through assignments and care plans. Each student also shadows a nurse while in clinical.

“It’s just a whole different world of learning,” Aldinger said. “We’ve had the best clinical instructors that have tried to give us as many opportunities as possible - even the employees at the hospital want to teach you, because they know what it’s like being a student.”

Aldinger said that the hands-on style of clinicals allowed her to learn the most, but that it was also physically and emotionally demanding: But clinicals still weren’t as difficult as classroom learning.

“I’ve never been so challenged in my academics,” she said. “I’ve never had to study so much for just a grade that you’re like, ‘OK, that’s good enough, move on.’”

But Aldinger said the difficulties of a nursing student were easily alleviated.

“Get involved on campus,” she said. “I wasn’t that involved my first semester, but [being involved] opens your eyes to how big this campus is, and gave me a better understanding of how the whole system works. And it helps with your patient care and studies.”

Aldinger, a member of Crimson Club, Leadership HSC and SGA, said the other way to alleviate nursing school stress was to get close with peers. Aldinger said her class, the class of 2017, felt like a family.

“They tell us on the first day that you are no longer in competition with each other - because it’s hard to get into medical school and any health profession,” she said. “I think that really motivated us and sunk in with us. We help each other out.”

story and photos by Emma Weaver
student spotlight:
Krystal Mitchell
Drinking water from a fire hydrant with a straw, she said, was the perfect way to describe it.

“They always use that analogy, that it’s like drinking water from a fire hydrant with a straw,” said third-year medical student Krystal Mitchell. “The fire hydrant represents how much information is thrown at you, and the straw represents how much you can actually intake at a time.”

Krystal Mitchell became a first-generation college graduate when she received her bachelor’s degree in cell molecular biology, with a minor in business, from Oklahoma City University.

Since then, Mitchell attained a master’s in business administration with a concentration in healthcare management from Oklahoma Christian University, and is now a student at the College of Medicine.

“Sometimes, the demands of her schooling were overwhelming. “Probably the hardest part has been the sacrifice [medical school] has taken,” she said. “The sacrifice especially with relationships, especially with family. I have a fiance, so we have to work through that. Thankfully he’s super understanding.”

Since Mitchell was pursuing dermatology, one of the top five most competitive medical specialties, she and her fiance were waiting until after Mitchell’s graduation to marry.

“Dermatology requires a lot of research, a very competitive Board score and that you graduate top of your class,” she said. “Some even require that you have particular honors. It demands a lot of attention.”

But family was not the only thing Mitchell balanced with the demands of medical school. Mitchell called Oklahoma home even before university - she grew up, as the youngest of four siblings, in an urban community in OKC. That community still took a lot of her time.

Last year, Mitchell and a childhood friend founded an organization called Empowering Our Urban Girls. The organization is focused on helping urban girls achieve success as Mitchell did.

“These are girls that are underprivileged, and that don’t get the same knowledge and training and opportunities as others,” Mitchell said. “So in the program we expose them to different things and build connections.”

Mitchell especially enjoys when the girls find early interest in math and science as she did.

“One of our girls, an uprising sixth grader, had no idea she was interested in science - but we had a STEM event, and she loved it,” Mitchell said. “So we were able to connect her with an accelerated program for those interested in that.”

Mitchell hoped programs like hers would help diversify the STEM fields. As a female of color, Mitchell said, it was sometimes easy to feel out of place in her line of work.

“It helps that prior to medical school I worked as a pharmaceutical microbiologist at an analytical research lab, because in that laboratory I was both minorities - in being a female and being a woman of color,” she said. “That really prepared me for my experience here. But I know there are a lot of efforts to diversify the campus and that I’m really happy for. I think it needs to be done, not only on the student level but also with faculty and staff.”

But Mitchell said she still felt at home on campus with her program, her patients, her professors and her peers.

Mitchell was unsure of where her career would take her after medical school, but felt confident she would be prepared for anything that came her way. While she was worried about loan repayment and the stability of the job market, she was sure OUHSC was preparing her well, and she knew she had peers she could always turn to for help.

“We have standardized patients that we work with, and being able to go through those cases when you’re nervous and young is really nice,” she said. “But the thing I enjoy most about the program is the modules. When they select us, they look at which personalities mesh well, and they split us up into a group of 19 to 20 students. Those are your 18 to 19 best friends as you go through medical school, that’s your support group. Our group was phenomenal.”
**Brittany Niederstadt**

**Hometown:** Highland Village, TX  
**College and year:** College of Nursing, fourth year  
**Undergraduate Institution:** University of Oklahoma  
**Goal:** Pediatric Nurse Practitioner

**Advice for incoming students:** Remember that you are not learning for yourself, or for a grade, but for the patient whose life will be in your hands someday. Keep motivated.

**What makes the OUHSC campus home:** Everyone on campus is so friendly and selfless, and we all find ways to help one another with our unique talents and incredible knowledge.

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**Coralee Toal**

**Hometown:** Oklahoma City, OK  
**College and year:** College of Medicine, third year  
**Undergraduate Institution:** Texas Christian University  
**Goal:** To leave a lasting impact on women’s health.

**Advice for incoming students:** You’ll spend a lot of time doing really smart things, just make sure to do something stupid every once in a while too.

**What makes the OUHSC campus home:** The amazing friendships I’ve gained and the fact that I spend a lot of my time here.

---

**Hannah Naeger**

**Hometown:** Topeka, KS  
**College and year:** College of Dentistry, fourth year  
**Undergraduate Institution:** Rhodes College

**Goal:** Become a dancing dentist, just like I told everyone when I was four years old.

**Advice for incoming students:** Get a planner and use it. Don’t forget to schedule time to relax.

**What makes the OUHSC campus home:** By the time I was done with first year, I seemed to know someone everywhere I went.

---

**William Ross**

**Hometown:** Yukon, OK  
**College and year:** Physician Associate Program, first year  
**Undergraduate Institution:** John Brown University

**Goal:** To grow in the knowledge of medicine and become a well-rounded medical provider.

**Advice for incoming students:** Make time for the things you enjoy, work hard, and remember that laughter is the best medicine.

**What makes the OUHSC campus home:** The support and encouragement provided by the community.
**Kajal Bhakta**

_Hometown:_ Mustang, OK  
**Year at HSC:** College of Pharmacy, third year  
**Undergraduate Institution:** Southwestern Oklahoma State University  
**Goal:** To encourage involvement and create an enjoyable environment on campus and within the college despite the constant stress of school.  
**Advice for incoming students:** Failure is just success in the making. Never stop working hard, watching Netflix, taking naps or taking time out to be you.  
**What makes the OUHSC campus home:** The people. It’s easy to be involved, study hard and learn from the people you admire most.

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**William Warmka**

_Hometown:_ Burnsville, MN  
**College and year:** College of Allied Health, second year  
**Undergraduate Institution:** Hamline University  
**Goal:** Graduate with my Doctor of Physical Therapy and work in cancer rehabilitation.  
**Advice for incoming students:** Don’t let school control your life; don’t forget to live and have fun while you’re busy planning and preparing for the future.  
**What makes the OUHSC campus home:** I have found a second family, the support system from the faculty and the friends I made here is incredible. The faculty truly care about you more than just as a student; they have your best interests in mind and want the best for you inside and outside of the classroom.

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**Alex Crowe**

_Hometown:_ Overland Park, KS  
**College and year:** Graduate College, third year  
**Undergraduate Institution:** Emporia State University  
**Goal:** To work at the FDA and run/design clinical drug trials for patients.  
**Advice for incoming students:** Get involved and join different campus organizations. I also recommend taking the time to get to know other students outside of your college.  
**What makes OUHSC home:** The faculty and student community are very welcoming and there is always a friendly face to be found on campus. The professors at OUHSC take their time to get to know you personally, and they help you achieve your goals in any way they can.

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**Alex Albert**

_Hometown:_ Elk City, OK  
**College and year:** College of Public Health, second year  
**Undergraduate Institution:** University of Oklahoma  
**Goal:** To Make healthcare great again, starting with the HSC.  
**Advice for incoming students:** Study hard, but make some friends and have a little fun.  
**What makes the OUHSC campus home:** It’s great being around all the really phenomenal people here on campus.
OUHSC Police Department

The OUHSC Police Department is certified by the State of Oklahoma, and its programs keep students safe and alert.

- **Emergency Blue Phones** are located all across campus. When the button on one is pressed, the police see the location of the phone the alert originated from and will send an officer immediately.
- **The Emergency Communication System** alerts students, via five communication methods, when there is a potential safety threat. Therefore, it’s important for students to keep contact information current. To update your emergency contact information, go to http://gohsc.ouhsc.edu. For instructions, visit http://ouhsc.edu/ecs.
- Students can call for a **campus police escort** if they ever feel they’re in a hazardous environment. An officer will be sent to their location immediately.
- The non-emergency number for the campus police is 405-271-4300, and can be used at any time.

“On behalf of the men and women of the OUHSC Police Department, I want to welcome you and thank you for your interest in our community.

Our department is committed to the concepts of community policing. We will work diligently to develop and maintain partnerships with our different organizations, groups and individuals, to improve the quality of life on our campus.

Our agency takes great pride in serving our community. Our officers are highly trained and truly care about the community we serve. We are willing to accept the tremendous responsibility entrusted to us as public servants. We as officers realize we can only police as much as our community trusts and allows us to. Therefore we will continually challenge ourselves to hold each other accountable and to grow in our profession.

Please visit our website at www.ouhsc.edu/police, come by and see us or call us. For non-emergencies call us at (405) 271-4300. For emergencies, as always, call 911."

- James Albertson, OUHSC Chief of Police

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**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.
The University of Oklahoma is an institution built upon honor, integrity, trust, and respect. Consistent with these values, the University is committed to providing a safe and non-discriminatory learning, living, and working environment for all members of the University community. The University of Oklahoma does not discriminate on the basis of sex or gender in any of its education or employment programs and activities. As discussed more fully below, the University’s Sexual Misconduct, Discrimination, and Harassment Policy prohibits all forms of sexual harassment, sexual violence, sexual exploitation, relationship violence (domestic violence and dating violence), stalking, and retaliation.

**KNOW THE POLICY**

University policy prohibits:

- Sexual Harassment: Unwelcome sexual attention or 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: Physical sexual acts perpetrated against a person’s will or where a person is incapable of giving consent.
- Consent: 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. In addition, coercion cannot be used to gain consent. Coercion is defined as 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: Taking abusive sexual advantage of another.
- Dating/Domestic Violence: Violence, including assault, battery or other abuse between those in an intimate or dating or romantic relationship with each other.
- Stalking: Engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for their safety or the safety of others or causes substantial emotional distress.
- Retaliation: Any attempt to penalize or take an adverse employment, educational or institutional benefit action because of participation in a complaint.

**KNOW WHAT TO DO IF YOU OR A FRIEND EXPERIENCES 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. Victims of sexual assault may also consider obtaining a forensic exam. The OKC Rape Crisis Center (RCC) or the YWCA in Oklahoma City offers these exams. The RCC also has advocates on-call 24/7. An advocate from OU can accompany the victim to the exam.

After a sexual assault or other sexual misconduct incident, a victim has many options and an OU Advocate can explain these options and provide support. OU Advocates serve as a confidential reporting resource to the University community in cases of sexual assault/misconduct, relationship violence, harassment or stalking. Advocates are available 24/7 to help navigate the administrative, medical, law enforcement and legal systems. OU Advocates can also assist victims with on-campus housing changes, academic assistance, and other remedial measures. They also provide immediate emotional support and can assist with referrals for other helpful services. To contact OU Advocates, please call (405) 615-0013.

HSC Student Affairs can also be a helpful resource by (i) providing support and counseling services to sexual misconduct/violence victims (faculty, staff or students), (ii) informing victims of available campus resources and disciplinary processes, (iii) providing advocates or other support to victims, (iv) conducting education programs to enhance awareness of sexual misconduct/violence on campus, and (v) providing information regarding the right to file a criminal complaint. To contact HSC Student Affairs, please call (405) 271-2416.

To file a report and commence an administrative investigation by the University, contact the Sexual Misconduct Office at (405) 325-2215 or smo@ou.edu. You can also complete an online complaint form at notourcampus.ou.edu. For a printed brochure regarding the Sexual Misconduct, Discrimination and Harassment Policy, please call (405) 271-2416. Please note that the University’s policy is applicable, and resources are available, during a person’s entire HSC educational and/or employment experience.

**KNOW YOUR RIGHTS**

Sexual misconduct/violence victims have the right:

- 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.

For more information see: students.ouhsc.edu Sexual Misconduct Tab, OU Sexual Misconduct Policy, FAQ’s Students “Statement of Rights of Alleged Victims”
It’s a Sooner tradition! Each year, students gather to celebrate University tradition as the Oklahoma Sooners take on the Texas Longhorns in one of college football’s most historic rivalries. HSC students from all seven health professional colleges join in on OU-Texas weekend for a campus-wide Bevo BBQ.

Eat right, eat healthy! Look for programs on campus such as the Healthy Union for quick tips on eating healthy on the go or experience a chop class and refine those cooking skills.

How can you give back? Philanthropy is a major part of the HSC student experience. Opportunities to help in the community range from volunteering in area clinics to cooking for families whose children may be receiving cancer treatments at the Stephenson Cancer Center while staying overnight at the OK Kids Korral.
IM Sports

We are the champions! IM Sports is a great complement to your academic life. Join students from across the HSC in everything from seasonal sports such as flag football and soccer to one-time events like kayaking or ice skating.

imsports@ouhsc.edu

VMA graduation

We love to celebrate and recognize those who serve our country! One of the true highlights of the year is honoring our military graduates with honor cords. Thank you to those who serve and we look forward to celebrating you!

MSO meet and greet

Want to get involved? The Multicultural Students Organizations come together each year during Welcome Week to highlight opportunities to be involved and celebrate diversity.

Meet@TheWalk

A new year, a new tradition. For the first time, the OUHSC Student Government Association hosted Meet@TheWalk, a campus community event providing an opportunity for students, staff, and faculty as well as their families to enjoy live music, food, and games on the beautiful OUHSC campus. April can’t get here soon enough!
HSC Student Association is broken into THREE branches. Those branches inform college student councils, class officers and organization officers.

senators
- College of Pharmacy
- College of Medicine
- College of Nursing Graduate College
- College of Public Health
- College of Allied Health
- College of Dentistry
- Physician Associates

executive council
- HSCSA President
- Vice President/Senate Chair
- Secretary
- Treasurer
- Campus Activities Board Chair
- Multicultural President
- Committee Chairs/Liaisons
- College Presidents

comittees
- Big Event
- Diversity Week
- Parking/Security
- Campus Housing
- Student Athletic Representatives
- Academic Integrity Council
- Legislative Liaison
- All College Party
- Student Housing Panel
- Sooner Safety Week
- Campus Blood Drives

how it works: student government association

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 Group
Graduate College Student Association
Hispanic American Student Association
Health Occupation Professionals for Equality (HOPE)
Indian Student Association
Interdisciplinary Geriatrics Interest Group
Internal Medicine Interest Group
International Student Organization
Kappa Psi- Gamma Omicron
Latter-Day Saints Student Association
Med-Peds Interest Group
Medical Genetics Interest Group
Medical Spanish Organization
Medicine/Pediatrics Interest Group
Men’s Health Interest Group
Music as Medicine
Muslim Health Professionals Student Association
National Community Pharmacists Association
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
Oklahoma City Chinese Students and Scholars Association
Oklahoma City Mobile Market
Oklahoma State Medical Association - Medical Student Section
Oncology Interest Group
Ophthalmology Interest Group
Orthopedic Surgery Interest Group
Otolaryngology Interest Group
OU College of Dentistry Rural Interest Group
OU Medical Students for Choice
OU Student Nurse Association (Lawton/Duncan Chapter)
OUHSC IHI Open School
OUHSC Radiography
OUHSC Rehabilitation Sciences Class of 2015
OUHSC Table Tennis Club
OU Student Nurses Association
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.

A. William Horsley Student Society
AAPI
Accelerated Bachelor’s Student Nurses Association (ABSNA)
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
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Urology Interest Group
Women’s Orthopedic Interest Group

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Saving time, money and worry!

Central Route
- Runs from 6 am. to 6 p.m.
- 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 seven 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.

Parking and Transportation Services provides bus transportation on the HSC campus.

Students take advantage of the service by driving 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.
$2 OFF OUHSC CAMPUS T-SHIRT

Bring this ad to HSC Student Affairs, DLB Student Union, Suite 300 to receive $2 off an HSC T-shirt.

ShopHSC.OUHSC.EDU
Limit one per customer.
Expires September 15, 2016.

The University of Oklahoma Health Sciences Center
Student Affairs

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**IMPORTANT NUMBERS**

All area codes are 405 unless otherwise noted

### across campus

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### emergency

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<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Campus Police</td>
<td>271-4300</td>
</tr>
<tr>
<td>Battered Women Hotline</td>
<td>701-5540</td>
</tr>
<tr>
<td>Behavioral Intervention Team</td>
<td>271-9248</td>
</tr>
<tr>
<td>Domestic Violence Hotline</td>
<td>917-9922</td>
</tr>
<tr>
<td>Mental Health &amp; Substance Abuse Hotline</td>
<td>800-522-9054</td>
</tr>
<tr>
<td>Number Nyne (Counseling)</td>
<td>325-NYNE</td>
</tr>
<tr>
<td>OK State Safeline</td>
<td>800-522-7233</td>
</tr>
<tr>
<td>OU Advocates</td>
<td>615-0013</td>
</tr>
<tr>
<td>Rape Crisis Line</td>
<td>701-5540</td>
</tr>
<tr>
<td>Safewalk</td>
<td>271-4300</td>
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<tr>
<td>Sexual Misconduct</td>
<td>325-2215</td>
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<tr>
<td>STD National Hotline</td>
<td>800-227-8922</td>
</tr>
<tr>
<td>Suicide Prevention Life Line</td>
<td>800-273-TALK</td>
</tr>
<tr>
<td>Emergency Police Contact</td>
<td>271-4911</td>
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</table>

If you call while on campus using a cell phone and an operator asks, “What city?” request OUHSC police department

### union

<table>
<thead>
<tr>
<th>Service</th>
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</thead>
<tbody>
<tr>
<td>Bank SNB</td>
<td>271-3113</td>
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<tr>
<td>Beaker’s Café</td>
<td>271-3665</td>
</tr>
<tr>
<td>Financial Aid</td>
<td>271-2118</td>
</tr>
<tr>
<td>Food Court</td>
<td>271-3660</td>
</tr>
<tr>
<td>HSC Student Affairs</td>
<td>271-2416</td>
</tr>
<tr>
<td>IT Help Desk &amp; Lab</td>
<td>271-2203 or 1-888-435-7486</td>
</tr>
<tr>
<td>Student Counseling Services</td>
<td>271-7336</td>
</tr>
<tr>
<td>Student Government Association</td>
<td>271-2416</td>
</tr>
<tr>
<td>Writing Center</td>
<td>271-2416</td>
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### colleges

<table>
<thead>
<tr>
<th>College</th>
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<tbody>
<tr>
<td>College of Allied Health</td>
<td>271-6588</td>
</tr>
<tr>
<td>College of Dentistry</td>
<td>271-5444</td>
</tr>
<tr>
<td>Graduate College</td>
<td>271-2085</td>
</tr>
<tr>
<td>College of Medicine</td>
<td>271-2316</td>
</tr>
<tr>
<td>College of Nursing</td>
<td>271-2428</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>
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GET INVOLVED:
INTRAMURAL SPORTS

<table>
<thead>
<tr>
<th></th>
<th>season &amp; single</th>
<th>single only</th>
<th>total</th>
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<tbody>
<tr>
<td>College of Allied Health</td>
<td>84</td>
<td>21</td>
<td>105</td>
</tr>
<tr>
<td>College of Dentistry</td>
<td>91</td>
<td>22</td>
<td>113</td>
</tr>
<tr>
<td>College of Medicine</td>
<td>203</td>
<td>29</td>
<td>232</td>
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<tr>
<td>College of Nursing</td>
<td>16</td>
<td>4</td>
<td>20</td>
</tr>
<tr>
<td>College of Pharmacy</td>
<td>87</td>
<td>24</td>
<td>113</td>
</tr>
<tr>
<td>College of Public Health</td>
<td>17</td>
<td>7</td>
<td>24</td>
</tr>
<tr>
<td>Graduate College</td>
<td>23</td>
<td>12</td>
<td>35</td>
</tr>
<tr>
<td>Physicians Associates</td>
<td>29</td>
<td>12</td>
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</tr>
<tr>
<td>Grand Total</td>
<td>550</td>
<td>131</td>
<td>681</td>
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<table>
<thead>
<tr>
<th></th>
<th># of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Soccer</td>
<td>157</td>
</tr>
<tr>
<td>Spring Soccer</td>
<td>111</td>
</tr>
<tr>
<td>Flag Football</td>
<td>186</td>
</tr>
<tr>
<td>Basketball</td>
<td>202</td>
</tr>
<tr>
<td>Total</td>
<td>636</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th># of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sand Volleyball</td>
<td>60</td>
</tr>
<tr>
<td>Ice Skating</td>
<td>73</td>
</tr>
<tr>
<td>Laser Tag</td>
<td>14</td>
</tr>
<tr>
<td>Dodgeball</td>
<td>42</td>
</tr>
<tr>
<td>Total</td>
<td>189</td>
</tr>
</tbody>
</table>

all sports total: 845

imsports@ouhsc.edu | (405) 271-2416
MEET THE TEAM

Samuel Betty
Graduate Assistant
samuel-betty@ouhsc.edu

- What’s on Wednesday
- Union Programming
- Ucard

Mary Carter, Ph.D.
Coordinator, Writing Center
mary-carter@ouhsc.edu

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

Victoria Christofi, Ph.D.
Director, Student Counseling Services
victoria-christofi@ouhsc.edu

- First-Year Programming
- Leadership Lunch Series
- Leadership HSC

Sarah Bramlett, M.P.A.
Coordinator, Leadership Development Programs
sarah-bramlett@ouhsc.edu

- Read and Lead Book Club
- Healthy Union
- Study Spots in the Union

Ryan Carter, M.Ed.
Coordinator, DLB Student Union Programs
ryan-a-carter@ouhsc.edu

- Immunizations, exposures, physicals
- Travel Consults
- Urgent Care

Casey Classen
Senior Clinic Manager, Student Health & Wellness Clinic
studenthealthnurse@ou.edu

- HSC Daily News
- Health Insurance Information
- Scheduling Student Counseling Services Appointments

Katherine Cooley
Staff Accountant
katherine-cooley@ouhsc.edu

- Student Organization Finances
- Budgeting and Financial Reporting
- Student Organization Reimbursement

Teresa Corcoran
Office Manager
teresa-corcoran@ouhsc.edu

- Urgent Care Visits
- Wellness physical exams
- Travel Medicine Consults

Chad Douglas, M.D., Pharm.D
Medical Director, Student Health & Wellness Clinic
chad-douglas@ouhsc.edu

- Individual Counseling
- Couples Counseling
- Psychological Assessment

Lauren Dunlevy
Psychology Intern, Student Counseling Services
lauren-dunlevy@ouhsc.edu

- What’s on Wednesday
- Union Programming
- Ucard

- Grammar/Writing Workshops
- WC Online
- Writing Consultations

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

- First-Year Programming
- Leadership Lunch Series
- Leadership HSC

- Read and Lead Book Club
- Healthy Union
- Study Spots in the Union

- Immunizations, exposures, physicals
- Travel Consults
- Urgent Care

- HSC Daily News
- Health Insurance Information
- Scheduling Student Counseling Services Appointments

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- Urgent Care Visits
- Wellness physical exams
- Travel Medicine Consults

- Individual Counseling
- Couples Counseling
- Psychological Assessment
• Campus Life
• Student Government
• Sooner Safety

Michelle Olson, M.A., L.P.C
Counselor, Student Counseling Services
michelle-olson@ouhsc.edu

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

Carlos Rodriguez, M.Ed.
Director, HSC Student Affairs
carlos-rodriguez@ouhsc.edu

• Campus Life
• Student Government
• Sooner Safety

Tanya Mustin
Coordinator, Multicultural Student Services
tanya-mustin@ouhsc.edu

• Veteran Student Services
• International Student Services
• Multicultural Student Organizations

Mark Ray, M.B.A.
Graduate Assistant
markqayne-ray@ouhsc.edu

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

Joseph Schmidt
Coordinator, DLB Student Union Operations
joseph-schmidt@ouhsc.edu

• Campus Awards Ceremony
• Event Approval
• Leadership Development

Kate Stanton, M.H.R.
Assistant Vice President, HSC Student Affairs
kate-stanton@ouhsc.edu

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

Clarke Stroud, M.Ed.
University V.P. for Student Affairs and Dean of Students
cstroud@ou.edu

• Beaker’s Food Court
• Dave’s Place
• Healthy Hearth

Ali Thomas
Director, HSC Food Services
athomas@ou.edu

• University Housing
• University Village Move-In
• University Village Maintenance Requests

Jim Weller
Community Manager, University Village
james-weller@ouhsc.edu

• Crimson Club
• Registered Student Organizations
• Volunteer Opportunities

Zelina Estrada
Coordinator, Campus and Community Life
zelina-estrada@ouhsc.edu

• University Village maintenance repairs
• University Village contractor coordination
• University Village maintenance supervision

Steve Whisler
Maintenance Supervisor, University Village
steve-whisler@ouhsc.edu

HSC Student Affairs
DLB Student Union, Suite 300
1106 N. Stonewall
OKC, OK 73113
(405) 271-2416
students.ouhsc.edu

SOWER • 37

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places to go and see
IN OKC

As an OUHSC student, a lot of time is spent on campus, but the rest of Oklahoma City has a lot to offer. Oklahoma City is growing, and its restaurants, bars and attractions are growing as well. Places like the Cox Convention Center, the Oklahoma City Zoo and the new Riversport Adventures OKC can be easy to reach and good to visit during down time. Visit https://www.okc.gov to explore.

If you’re looking for a drink and some live music, or if you’re ready to check out some concerts, Oklahoma City offers a few options.

• 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.
  • The Zoo Amphitheatre has been around for decades and continues to bring in big names in music. On September 30, you can catch the Lumineers at the outdoor venue, located beside the OKC Zoo.
  • The Cox Convention Center, 1 Myriad Gdns, houses events of all types and sizes. If you’re interested in roadshows or bridal shows, the Cox Convention Center often has some to offer. The Center also houses concerts, like the “I Love the 90s” tour on Oct. 1.
  • The Chesapeake Energy Arena is similar to the Cox Convention Center, but houses OKC Thunder basketball games as well as other concerts and events. The Energy Arena is located at 100 W. Reno Ave.

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 hot links. Be sure to try the Mac and G’s. You won’t regret it.
• Big Truck Tacos: If you want to visit Big Truck Tacos, you can visit either of their two food trucks or their permanent restaurant at 530 NW 23rd Street. The truck also serves burritos, gorditas and quesadillas.
• Hall’s Pizza Kitchen: Meet OKC’s first wood-fire food truck. They have a relatively small menu packed full of pizzas with big tastes. The Matt, for instance, sports pesto, caramelized onions and peppers, artichoke hearts, mozzarella, fresh basil, parmigiano reggiano and signature sauce. Pizzas can come gluten-free, by-the-slice or by-the-pizza.

If you’re looking for a drink and some live music, or if you’re ready to check out some concerts, Oklahoma City offers a few options.

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.

Also in the area are Frontier City Amusement Park and the National Cowboy and Western Heritage Museum.
One of Oklahoma City’s newest attractions is Riversport Adventures in the Boathouse District - located at 800 Riversport Dr.

The Boathouse District offers whitewater rapids, the nation’s tallest dry slide and the largest composite bike pump track in the U.S. It also offers ziplining, rock climbing and youth zones.

If you’re worried about the price tag of these activities, check out Riversport’s free movie nights. Visit http://www.riversportokc.org for information and prices.

The Bricktown Historical District, just east of the downtown business district, was Oklahoma City’s first warehouse and distribution district.

Bricktown was in disrepair until 1993, when the Metropolitan Area Projects Initiative (MAPS) passed. Bricktown gained a baseball stadium, a canal with Water Taxi boats, river improvements and a nearby concert/sports arena.

Bricktown is now thriving, and generates more sales tax revenue than any other district in OKC. It is home to more than 45 restaurants, as well as to many bars, clubs, shops and attractions.
WELCOME HOME.