

Student Support System Guide

A guide on how to support a University of Oklahoma Health Sciences Center program student.

Common Terminology

These are a few terms you may hear a student use during their professional education. Please note these can vary based on program of study.

- **Didactic Coursework:** classes taken and completed by students before clinical practice.
- **Clinical:** relating to or based on work done with actual patients. Instead of working with simulated patients, students work in a health care setting with actual patients.
- **Rotation:** an amount of time at a specific setting, usually with a specialty (e.g., a Pharm.D student shadows at a community pharmacy).
- **Shadowing:** a form of work or volunteer experience observing professionals for course credit of first-hand experience
- **Lectures:** educational talks that take place during class time.
- **Preceptor:** teacher or instructor. Some programs require students to have a preceptor (licensed in a specialty) when working or interning off campus.
- **Module:** a course that covers just one subject and is assessed independently of other modules.

Resources:

HSC Student Affairs

- **HSC Student Affairs:** <https://students.ouhsc.edu/>
- **HSC Writing Center:**
<https://students.ouhsc.edu/Current-Students/Student-Services/HSC-Writing-Center>
- **International Student Services:**
<https://students.ouhsc.edu/Current-Students/Student-Services/International-Student-Services>
- **Multicultural Student Services:**
<https://students.ouhsc.edu/Current-Students/Student-Services/Multicultural-Student-Services>
- **Student Counseling Services:**
<https://students.ouhsc.edu/Current-Students/Student-Wellbeing/Student-Counseling-Services>
- **Title IX:** <http://www.ou.edu/eoo/about-us>
- **Veteran Student Services:**
<https://students.ouhsc.edu/Current-Students/Student-Services/Veteran-Student-Services>

Campus Departments

- **Accessibility & Disability Resource Center:**
<https://students.ouhsc.edu/Current-Students/Student-Services/Veteran-Student-Services>
- **Financial Services:** <https://financialservices.ouhsc.edu/Departments/Student-Financial-Aid>
- **OUHSC Office of Diversity, Equity, & Inclusion:** <https://diversityandinclusion.ouhsc.edu/>
- **OU Physicians Student & Employee Health Clinic:**
<https://students.ouhsc.edu/Current-Students/Student-Wellbeing/Health-Clinic>



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How to Support a Health Sciences Center Program Student

These are the top five responses students reported in Spring 2020 (students could select multiple options):

1. **Being understanding and mindful of their schedules (83.6%):** A student will have a packed schedule and a long to-do list. Be understanding and flexible of their varying schedule. Make sure to respect time set aside for studying.
2. **Encourage them (82.8%):** Encouragement goes a long way. Do not hesitate to reach out to your student and give them an occasional compliment or pep talk.
3. **Listen to their concerns (72.4%):** Sometimes it is beneficial for students to just be able to talk things out with their support system. Be attentive and having an open mind when listening to the student's concerns. This may be a new season to your student, too, so they are learning as they go like as you.
4. **Allow your students to have a quiet place and time to study (61.9%):** Understand that school is going to be a priority over other events. Respect the time your student sets aside to study. Try to avoid distracting them and, if possible, find a quiet place they can study in designated solely to them.
5. **Consistently check in with your students (59.7%):** Your student wants to be connected and be cared for; by consistently checking in with your students, it can have a rich, deep impact and help support student engagement both short- and long-term. Remind them you are there for when they need you. You can always text or call them to give them reassurance as well.

“One of the best ways to support your students is to remember and consider that sometimes their ‘free time’ is actually a much needed period to simply rest and recover... be proactive and plan activities ahead of time.”

- Preston Choi, 3rd Year Medical Student



Actions to Watch:

These are the top four responses students reported that did not help their success:

1. **Breaking boundaries (48.1%):** Recognize the boundaries your student may be putting up. Boundaries are not there to hurt your relationship with your student but rather to allow you and the student to know when it is time to work and time to relax.
2. **Bringing up external concerns (42.4%):** Try to avoid external concerns like bills or family issues during the student's set-aside study time. However, do your best to keep your student in mind -- complete exclusion is not helpful either.
3. **Talking about grades (32.6%):** Understand that school is stressful and asking some students about their grades can cause further stress and anxiety. If students express anxiety or stress when discussing academics, be cautious of when and how often you initiate conversations on this topic.
4. **Visiting often without prior notice (20.5%):** Any impromptu interruption could throw off their study or work plans. While a visit is something your student will cherish, allow them a heads up so they can make it work for their schedule.

Frequently Asked Questions:

“How much studying is required from a student?”

Each degree program has different requirements and workload associated. Ask your student at the beginning of the semester how they are feeling, but do not hold them to their word – classes, exams, clinicals, presentations, etc are always changing. Be respectful of your student's time and studies.

“If my roommate is under duress about academics, who do I call?”

If you notice your roommate is under an unusual amount of duress or you are concerned about them, we encourage you to reach out to Student Counseling Services. OKC students can call (405) 271-7336 or email counselors@ouhsc.edu. Tulsa students can call (918) 660-3109 or email TulsaCounseling@ou.edu. If an emergency, please call the OUHSC Police Department at (405) 271-4911 or OU-Tulsa PD at (918) 660-3333.

“How can I best help my partner?”

A supportive partner makes a world of a difference! Be understanding of their time and know that by the end of the day they may be drained in all realms. While studying will take most of your partner's time away, find a routine or schedule to follow in order to talk about your days; find a healthy balance for you both. Most importantly, continue to encourage your partner and celebrate their accomplishments.