The content of this magazine does not necessarily represent the opinions, views, interest, or concerns of the University of Oklahoma Health Sciences Center.
EQUAL OPPORTUNITY

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, housing, services in educational programs or activities, or health care services that the University operates or provides.

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.

For accommodations on the basis of disability, please contact HSC Student Affairs at (405) 271-2416.
# Academic Calendar

## Fall 2019

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enrollment Period (including add/drop)</td>
<td>Apr 1 - Aug 16</td>
</tr>
<tr>
<td>Cancellation Deadline at 5 p.m.</td>
<td>Aug 16</td>
</tr>
<tr>
<td>CLASSES BEGIN</td>
<td>Aug 19</td>
</tr>
<tr>
<td>Late Enrollment Period ($50 late enrollment fee)</td>
<td>Aug 19 - 23</td>
</tr>
<tr>
<td>Final Date to Enroll</td>
<td>Aug 23</td>
</tr>
<tr>
<td>Last Date to Pay Fees/Tuition without Service Charge</td>
<td>Sept 15</td>
</tr>
<tr>
<td>Final Date of Full Term Fall Classes</td>
<td>Dec 6</td>
</tr>
<tr>
<td>Final Examination Period</td>
<td>Dec 9-13</td>
</tr>
<tr>
<td>Final Date to Pay Fees/Tuition without $50 Late Fee</td>
<td>Dec 13</td>
</tr>
<tr>
<td>Final Date of Term</td>
<td>Dec 13</td>
</tr>
<tr>
<td>Final Grades Due</td>
<td>Dec 17</td>
</tr>
</tbody>
</table>

**Graduation and Related Requirements**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Final Date to File as a Candidate for Master's Degree</td>
<td>Sept 6</td>
</tr>
<tr>
<td>Final Date to File Application for Diploma</td>
<td>Oct 1</td>
</tr>
<tr>
<td>Final Date to Submit Thesis/Dissertation Reading Copy</td>
<td>Nov 15</td>
</tr>
<tr>
<td>Final Date to Schedule Comprehensive Examination</td>
<td>Nov 27</td>
</tr>
<tr>
<td>Final Date to Request Thesis/Dissertation Defense</td>
<td>Nov 27</td>
</tr>
<tr>
<td>Final Date for Oral Defense of Thesis/Dissertation</td>
<td>Dec 6</td>
</tr>
</tbody>
</table>

**Holidays and Vacation Days**

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labor Day</td>
<td>Sept 2</td>
</tr>
<tr>
<td>Fall Break</td>
<td>TBA</td>
</tr>
<tr>
<td>Thanksgiving</td>
<td>Nov 27-Dec 1</td>
</tr>
</tbody>
</table>

**Intersession**

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>December Intersession Registration</td>
<td>Nov 1 - Dec 13</td>
</tr>
<tr>
<td>December Intersession</td>
<td>Dec 16 - Jan 10</td>
</tr>
</tbody>
</table>

## Spring 2020

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enrollment Period (including add/drop)</td>
<td>Oct 28-Jan 10</td>
</tr>
<tr>
<td>Cancellation Deadline at 5 p.m.</td>
<td>Jan 10</td>
</tr>
<tr>
<td>CLASSES BEGIN</td>
<td>Jan 13</td>
</tr>
<tr>
<td>Late Enrollment Period ($50 late enrollment fee)</td>
<td>Jan 12-27</td>
</tr>
<tr>
<td>Final Date to Enroll</td>
<td>Jan 17</td>
</tr>
<tr>
<td>Last Date to Pay Fees/Tuition without Service Charge</td>
<td>Feb 15</td>
</tr>
<tr>
<td>Final Date of Full Term Spring Classes</td>
<td>May 1</td>
</tr>
<tr>
<td>Final Examination Period</td>
<td>May 4-8</td>
</tr>
<tr>
<td>Final Date to Pay Fees/Tuition without $50 Late Fee</td>
<td>May 8</td>
</tr>
<tr>
<td>Final Date of Term</td>
<td>May 8</td>
</tr>
<tr>
<td>Commencement Weekend</td>
<td>May 8-9</td>
</tr>
<tr>
<td>Final Grades Due</td>
<td>May 12</td>
</tr>
</tbody>
</table>

**Graduation and Related Requirements**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Final Date to File as a Candidate for Master's Degree</td>
<td>Feb 7</td>
</tr>
<tr>
<td>Final Date to File Application for Diploma</td>
<td>Mar 1</td>
</tr>
<tr>
<td>Final Date to Submit Thesis/Dissertation Reading Copy</td>
<td>Apr 6</td>
</tr>
<tr>
<td>Final Date to Schedule Comprehensive Examination</td>
<td>Apr 24</td>
</tr>
<tr>
<td>Final Date to Request Thesis/Dissertation Defense</td>
<td>Apr 24</td>
</tr>
<tr>
<td>Final Date for Oral Defense of Thesis/Dissertation</td>
<td>May 1</td>
</tr>
<tr>
<td>Commencement Weekend</td>
<td>May 8-9</td>
</tr>
</tbody>
</table>

**Holidays and Vacation Days**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martin Luther King, Jr. Day</td>
<td>Jan 20</td>
</tr>
<tr>
<td>Spring Vacation</td>
<td>Mar 14-22</td>
</tr>
</tbody>
</table>

**Intersession**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>May Intersession Registration</td>
<td>Mar 30-May 6</td>
</tr>
<tr>
<td>May Intersession</td>
<td>May 11-29</td>
</tr>
</tbody>
</table>

Complete academic schedule can be found online at admissions.ouhsc.edu
SGA IN OKC 2019-2020

Crystal Nguyen
SGA President
College of Medicine

Advice.
Reach for those goals that you think are too high. The campus community at this University will catch you if you were to ever fall.

Lauren K. Sinko
SGA VP and Senate Chair
College of Pharmacy

Advice.
There are so many resources on campus, so take advantage of them while you can! Also, don’t forget to make time for yourself.

Bethany Williams
SGA Secretary
College of Allied Health

Advice.
Do things you enjoy doing, and surround yourself with people who enjoy those same things and who support your well-being. On the other side of the coin, when you’re able to provide that support for others, be sure to do it.

Ali Hosea
SGA Treasurer
College of Allied Health

Advice.
Take breaks when you need them! If you’re too stressed or tired you won’t get anything out of staring at some words on a page.

Clark Higginbotham
Campus Activities Board Chair
College of Medicine

Advice.
Make an effort to meet people outside of your program and put in the effort every day. Don’t forget to make time for yourself and keep in contact with undergraduate and high school friends. Have fun and work hard.
JASON SANDERS, MD, MBA
SENIOR VICE PRESIDENT AND PROVOST

We are thrilled you have joined the Sooner family. You have worked hard to get here and we are committed to your success.

Leave a legacy - inspire your fellow learners and transform your patients’ lives.

Thank you for choosing to be a part of our community.
When did you start at OU?
Day one as a Sooner was 1996 at Camp Crimson.

When did you join OUHSC?
In 2013 and have served as Senior Vice President and Provost since 2015.

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

Where did you meet your wife, Tammy, and when did you marry?

Do you have children?
Yes, Will was born in 2007 and Luke was born in 2010, both in Boston.

Which event in the past, present, or future would you like to witness in person?
Luke and Will becoming husbands and fathers.

What is your educational background?
B.S. in Biochemistry at OU, followed by a M.A. in English Language and Literature, Trinity College, Oxford University on a Rhodes Scholarship, then MD and MBA at Harvard Medical and Business School.

Where did your business and medicine training lead you?
I had the opportunity to do healthcare consulting at McKinsey & Company, a global management consulting firm.

Where did you do your residency?
Massachusetts General Hospital in Internal Medicine.
A Brief Introduction to Suicide Prevention

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide.

Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe.

Free food will be served for the first 20 students in attendance.

Dates
- October 7, 2019
- January 27, 2020
- April 6, 2020

Time
- Noon - 1 p.m.

Location
- HSC Student Union
- 1106 N Stonewall Ave.

RSVP
- (405) 271-2416
counselors@ouhsc.edu
## Fall and Spring 2019-2020

### August
- **19-23** Campus Activities Board (CAB) Welcome Week
- **21** HSC1: First Year Student Ice Cream Social 4:30 PM
- **22** Safety Blitz NOON
- **22** CAB + Simmons Bank Block Party 4:30 PM

### September
- **6** All Professions Day NICHOLSON TOWER
- **8** Registered Student Organization Funding Due
- **8** IM Sports | Flag Football Starts IM SPORTS FIELD
- **9** IM Sports | Soccer Starts IM SPORTS FIELD
- **10** OU Giving Day OKLAHOMA.SCALEFUNDER.COM/GDAY/GIVING-DAY/14329

### October
- **7-11** Mental Health Awareness Week
- **9** HSC1 | Bevo BBQ NOON
- **21-25** CAB Fall for OU Week

### November
- **7** Veterans and Military Alliance: Veterans Day Luncheon NOON
- **11-15** Sexual Assault Awareness Week
- **20** Veterans and Military Alliance: Tillman Scholarship Workshop 11:30 AM-1:30 PM
- **20** Unity in Health SAMIS EDUCATION CENTER | 5 PM
- **21** HSC1 | Global Thanksgiving NOON

### December
- **5** CAB Sooner Social Hour 4:30 PM

### January
- **13-18** CAB Winter Welcome Week
- **16** CAB Sooner Social Hour 4:30 PM

### February
- **6** All College Benefit 6:30-9:30 PM
- **20** Diversity Celebration 4:30 PM
- **28** All Professions Day NICHOLSON TOWER

### March
- **3** Healthy Union: National Nutrition Month
- **9-13** Sooner Safety Week

### April
- **7** De-Stress Fest NOON
- **13-17** CAB Spring Fling Week
- **16** Meet @ the Walk STANTON L. YOUNG WALK | 4:30-6:30 PM
- **29** Veterans and Military Alliance Graduation

Events are held at the HSC Student Union unless noted otherwise.

For a full calendar of events, visit students.ouhsc.edu
student guide

Accommodations
To encourage full participation for students with disabilities and help ensure equal educational opportunity, the Disability Resource Center provides a variety of support services, many of which have been developed in response to expressed student needs.

(405) 325-3852 (Voice) | (405) 325-4137 (TDD)
drc@ou.edu | ou.edu/drc/home

Athletics Tickets
For information regarding policies and procedures go to soonersports.com, select tickets and student tickets.

(405) 325-2424 | soonersports.com
HSC Ticket Office: HSC Student Affairs, HSC Student Union Suite 300, (405) 271-2416

ATM & Banking
Simmons Bank ATMs are located at the west entrance of the Student Union, Research Parkway food court, and OU Physicians. A full-service Simmons Bank is located in the Student Union.

Bursar Office
HSC Bursar’s Office is located in Research Park 865, Suite 240 (405) 271-2433 | ouhscbursar@ouhsc.edu ouhsc.edu/financialservices/bursar

HSC Student Union
The HSC Student Union is open 24/7 for current HSC students. As the “living room of campus” the Union strives to provide a safe, inclusive and active center for campus life. Eat. Meet. Relax.

(405) 271-3606 | union.ouhsc.edu | union@ouhsc.edu

Financial Aid
Looking for assistance with your tuition and fees? Come visit the Financial Aid Office located in Research Park 865, Suite 260.

(405) 271-2118 | financial-aid@ouhsc.edu ouhsc.edu/financialservices/SFA

Forms, Handbooks, and Policies
The OUHSC Student Handbook is a compilation of the University’s major policies and procedures regarding student academic matters. Visit studenthandbook.ouhsc.edu to access the OUHSC Student Handbook.

Check out students.ouhsc.edu/FormsAndPolicies to access forms and a list of policies.

Printing and Copies
Students can use PaperCut for printing in 5 locations: the HSC Student Union (Room 105), College of Medicine (BSEB 150, 160-169, 260-269), College of Allied Health (AHB 2040), College of Pharmacy (COP 105) and the Robert M. Bird Library. Learn more about PaperCut at papercut.com

For multiple copies and color copies, students can use HSC Printing Services (ROB-122), (405) 271-5489.

Student Health Insurance
Effective June 2017, all students enrolled in OUHSC programs must purchase the OUHSC Student Health Insurance Plan or submit a waiver to show alternative coverage via the Student Health Insurance waiver program each semester of enrollment.

General Information: students.ouhsc.edu/Health-Insurance
OUHSC Student Health Insurance Plan: ouhsc.myahpcare.com

Questions regarding specific coverage or conditions should be directed to: Academic HealthPlans Customer Care | 1-888-924-7758 (toll free) 8:30 AM – 5 PM CST, Monday-Friday

Student Organizations
Get involved on campus and create your legacy! Find more information on our 80+ Registered Student Organizations or start your own. Visit students.ouhsc.edu for a current listing or contact HSC Student Affairs at (405) 271-2416 for more information.
**INTENTIONAL LIVING**

**SIX DIMENSIONS OF WELLNESS**

Similar to your healthcare-focused curriculum, the journey toward excellence in wellness requires an intentional emphasis on the big picture of your choices and life management.

Prevent burnout, feelings of low energy, and the impact of trauma events by balancing and embracing each of the Six Dimensions of Wellness: physical, emotional, occupational, spiritual, social, and intellectual wellness.

Maintaining proper care for yourself is a great step toward ensuring the best possible outcomes for those whom you will care for in the future.

Dedicated to your overall success, HSC Counseling Services will provide opportunities to experience and enjoy each of the Six Dimensions of Wellness through campus wide programming. Keep an eye out for the HSC Intentional Living icons within campus promotional items and the HSC Daily News.

For more information and to check your wellness, visit:

students.ouhsc.edu/SCS

Student Counseling Services
counselors@ouhsc.edu
(405) 271-7336
Jessica Huddleston  
The University of Oklahoma College of Allied Health

What called you to a career in the health field?
Ever since I was little I intended to major in education, knowing that I wanted to work closely with children and families. After being diagnosed with a hearing loss in middle school, I began seeing an audiologist regularly. They encouraged me to shadow and find out more information about audiology. The audiology piece of health care allows me to daily combine my desire to serve families and children with my passion to teach people with hearing loss to advocate for themselves.

What is an impactful aspect about being a student at the HSC?
The most impactful aspect of my experience as an HSC student is all of the opportunities I have to meet students from all different disciplines. There opportunities such as Leadership HSC, All Professions Day, and Crimson Club that have allowed me to form meaningful relationships with students from all across campus. These relationships started as sharing experiences together and many have turned into life-long friends! Going into the workforce we will be very skilled at helping to provide the best and most cohesive health care team that provides the best outcomes for our patients and families. This is something that most students in a health career do not get to experience!
Thanh Truong
The University of Oklahoma College of Dentistry

Where did you grow up? Ho Chi Minh City, Vietnam.
What is your go-to study snack? Potato chips.
What has been your favorite class in dental school so far? Operative Dentistry.
What class has been the most challenging so far? Anatomy.
Describe your first year of dental school in one word. Self-improvement.
Where did you complete your undergrad? OU-Norman.
What gets you through dental school? Friends and family support.
What did you study in college? Biochemistry.
How do you de-stress? Hanging out with my girlfriend.
What do you want to do when you graduate? Use dentistry to create a positive impact on people's lives.
What is your passion? Serving others.
What are your hobbies? Cars and anything related to cars.
Describe yourself in a single sentence. I'm just your friendly neighborhood soon-to-be dental-man (a Spider-man reference lol).

Parmida Gebreili
The University of Oklahoma Fran and Earl Ziegler College of Nursing

What is an impactful aspect about being a student at the HSC?
Many aspects about being an HSC student highlight the wonderful opportunities this campus provides. From developing life-long relationships with each of my instructors and peers, to gaining incredible hands-on experience in simulation labs and on-campus clinical rotations, OUHSC gave me countless opportunities to grow in confidence as both a student and a future healthcare professional. But above all that, I believe the most impactful aspect about being an OUHSC student has been the opportunity to work and interact with other healthcare disciplines in the multitude of different programs to provide well-rounded patient care while preparing me to work as an interdisciplinary team member in my future career. OUHSC provided numerous resources and unique opportunities that have helped me evolve from a nursing student to a prepared healthcare provider.

What has been the most surprising part about being a nursing student?
I knew becoming a nurse and going through the accelerated program would be one of the most rigorous challenges of my life, and it surely has been. But what I did not know was how much support and love I would receive from my instructors and my peers, as we endured each of the trials and challenges together. Continuing into each of the semesters, the challenges and weight of the program grew. But as the challenges grew, our support of one another grew to meet the demand. I count myself incredibly lucky to have developed these friendships over the course of the nursing program, and I know that I will always have a strong support system to help bear any challenges in the future.
HSC Writing Center
Mary Carter, Ph.D. | ouhsc.mywconline.com

The HSC Writing Center, which is located in Room 214 in the HSC Student Union, serves the students, faculty, and staff of the OU Health Sciences campus and HSC program students around the state. Services provided by the Writing Center include help with topic selection, strategies for successful research, proper citation use, grammar correctness and draft revision.

Available Services
- Starting a writing project
- Conducting research
- Incorporating sources
- Logical paper organization
- Citation/Documentation (JAMA, APA, etc.)
- Clarity and style
- Language usage guidelines

Writing Services
- Research papers
- Application essays/Personal statements
- Reports
- Theses and Dissertations
- Cover letters
- Resumes/Curriculum Vitae
- Presentations

IT Service Desk
it.ouhsc.edu/services/servicedesk

Available Services
- 24/7 student lab
- Free computer health check
- Password assistance: ouhsc.edu/password
- Computer encryption
- Technology sales
- Wireless/mobile device assistance
- FREE Microsoft software for students

Web: it.ouhsc.edu/services/servicedesk
Self help: it.ouhsc.edu/backtoschool/
Email: servicedesk@ouhsc.edu
Phone: (405) 271-2203 | (888) 435-7486

OUHSC Police Department
ouhsc.edu/police/home

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

Emergency Blue Phones
Emergency Blue Phones are located all across campus. When the button on one is pressed, the police see the location of the phone, where the alert originated from, and will send an officer immediately.

Emergency Communication System
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: gohsc.ouhsc.edu. For instructions, visit: ouhsc.edu/ecs.

Safewalk
Students can call for a CAMPUS SECURITY ESCORT if they ever feel they’re in a hazardous environment. An officer will be sent to their location immediately.

HSC Police Emergency Number: (405) 271-4911
The non-emergency number for the campus police is (405) 271-4300 and can be used at any time.

OUHSC Sooner Safety and Fire Report:
www.ouhsc.edu/safety
Nearly 900 hundred students on the OUHSC campus participate in IM Sports annually. Representation from each college ensures you have a team and can be active in your physical well-being amongst friends.

Season sports include
• Fall and spring soccer
• Flag football
• Basketball

Single events include
• Sand volleyball
• Ice skating
• Dodgeball
• Rock climbing

Sports are constantly being introduced and revised for current information, visit imleagues.com/ouhsc or email IMSports@ouhsc.edu

The mission of the University 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 while improving their lifestyles.

For both locations, Health Sciences Center student membership included in student fees.
**HSC Student Counseling Services**

students.ouhsc.edu/SCS | counselors@ouhsc.edu | (405) 271-7336

**What are some ways Student Counseling Services can help?**
- Manage stress
- Develop a healthy self image
- Work through conflicted emotions
- Deal with life transitions and disappointments
- Improve relationship dynamics, individually or with your partner
- Adjust to a new environment and academic demands

**What should I expect when I make an appointment?**

Call (405) 271-7336 or email counselors@ouhsc.edu to set up an appointment. In the first appointment, you will complete paperwork and meet with your counselor for one hour to discuss goals for future sessions. Each session following lasts 45-55 minutes.

**Is there a charge for sessions?**

Anyone who is a student at the University of Oklahoma Health Sciences Center may utilize Counseling Services and the cost is part of your student fees. There is a fee for certain psychological assessments.

**Are my sessions private?**

By law we cannot let anyone know that you have utilized our services unless under very specific circumstances and even in those situations, only the relevant information to the relevant individuals will be released.

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**Robert M. Bird Health Sciences Library**

library.ouhsc.edu

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” services, along with voicemail, allows students to leave requests at any time 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.

**LIBRARY HOURS**

<table>
<thead>
<tr>
<th>Monday - Thursday</th>
<th>7 AM to Midnight</th>
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<tbody>
<tr>
<td>Friday</td>
<td>7 AM to 10 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>8 AM to 10 PM</td>
</tr>
<tr>
<td>Sunday</td>
<td>10 AM to Midnight</td>
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**HSC Campus Dining**

“HSC Food Services strives to improve the lives of our customers by developing relationships through delicious food across our operations. This is by far my favorite part of what the staff and I do on this campus each day through food - building relationships - with our customers, whether they be students, patients, physicians or fellow staff members.”

Rayanna Reidy
Director, HSC Food Services

**BEAKER’S CAFE & FOOD COURT**

Location: (405) 271-3665
HSC Student Union: Open M-F

| Breakfast: 7 AM - 10:30 AM |
| Beaker’s Café: 7 AM - 4 PM |
| Beaker’s Food Court: 10:30 AM - 3 PM |

**HEALTHY HEARTH**

Location: (405) 271-1685
Stephenson Cancer Center: Open M-F

| Breakfast: 7:30 AM - 10:30 AM |
| Lunch: 10:30 AM - 3 PM |
| Snacks, Coffee, Grab and Go: 3 PM - 5 PM |
Where is the parking office located and what are the business hours?
We are located in Research Park 825, First Floor #115. We are open from 7:30 AM - 5 PM, M-F.

Do I have to purchase a parking permit?
Any employee or student who wishes to park a motor vehicle in any of the parking lots operated by the Health Sciences Center must have a parking permit and decal. Contact the Parking Office for the permit that best fits your need.

Can I park in patient or visitor parking?
No, unless you are being seen as a patient and have notified the Parking Office in advance. A “visitor” is defined as any person, to include patients, unaffiliated with the organizations and entities of the Oklahoma Health Center as an employee, doctor, student, vendor, office occupant, or tenant.

What are the shuttle routes?
A live GPS shuttle tracker is available at ouhsc.edu/transit.

What if I forget my hangtag or drive a different vehicle?
Park in the same place you usually park. Use the call box to get into the lot or garage if needed. Then use one of these three options:
• Call the Parking Office at (405) 271-2020
• Email us at parking@ouhsc.edu
• Use the “Leave Alone List” link on the OUHSC Parking website

We will need a description of the car you are driving, the license plate number, and which lot you will be parked in.

What do I need to do so I don’t get a citation?
Citations are given for violations of the OUHSC Parking Rules & Regs.

If you have questions, contact the parking office at (405) 271-2020. Citations must be paid or appealed within 10 days to avoid additional late fees. Citations may be paid in person at the Parking Office, by mail, or online at: ouhsc.edu/parking.

Information for appealing a citation can be found at: ouhsc.edu/parking.

For credit card security reasons, we cannot accept credit card payments by phone.

OU Physicians Student Health and Wellness Clinic
Chad Douglas, MD | students.ouhsc.edu/shwc

The OU Physicians Student Health and Wellness Clinic is just down the street from your classes and has convenient appointments available.

Available Services
• Management of chronic health conditions and medications
• Urgent care visits including colds, acute minor injuries, bladder infections, rashes, etc.
• General checkups with routine lab work
• Immunizations/Antibody titers
• TB skin testing
• Travel consults

Website: students.ouhsc.edu/shwc
General: studenthealthnurse@ouhsc.edu
Billing: studentbilling@ouhsc.edu
What makes OUHSC home? OUHSC is home to me because I am surrounded by like-minded people who are patient advocates, empathetic, and hard working. This is such an amazing community and I’m so lucky to be a part of it.

Peyton
Peyton-Allen@ouhsc.edu
Hometown: Norman, OK
University of Oklahoma

What makes OUHSC home? When I first started at the OU College of Dentistry not only was I introduced to the 54 classmates that I would spend the next four years with, but I was introduced to PA students as well as Pharmacy and Medical students. It was incredible to see all of these soon to be Doctors working together...I felt very welcomed by the OUHSC community immediately and I couldn’t have asked for a better student body to share this campus with.

Caytlin
Caytlin-Nichols@ouhsc.edu
Hometown: Sapulpa, OK
Villanova University

What makes OUHSC home? The people! Though I’m not a native Oklahoman, I have always felt at home on this campus. From my peers to my professors to the staff, everyone I have met is friendly, excited, and passionate about student success. This is a wonderful place for anyone to find their niche, make a difference, and gain an incredible education.

Rachel
Rachel-Davis@ouhsc.edu
Hometown: Fort Smith, AR
Oklahoma State University

What makes OUHSC home? When you become more involved on campus, you are able to develop relationships with students from different colleges and take advantage of what OUHSC has to offer. The relationships I’ve made with students and faculty on campus has transformed OUHSC from a school to a home.

Joel
Joel-Fowler@ouhsc.edu
Hometown: Skiatook, OK
Sterling College

What makes OUHSC home? OUHSC feels like home to me because every faculty member and student is supportive of one another in all ways, academic and personal. OUHSC is a great community of people who very quickly become family in my home away from home.

Lauren
Lauren-Lake@ouhsc.edu
Hometown: McKinney, TX
University of Oklahoma
Holly Leverett@ouhsc.edu  
Hometown: Altus, OK  
Oklahoma State University

What makes OUHSC home?  
The incredible people is what makes OUHSC feel like home to me. From day one, I was welcomed and encouraged by my professors and fellow students. I wouldn’t want to be anywhere else and it is a blessing to be able to call OUHSC home!

Tabitha Foraker@ouhsc.edu  
Hometown: Altus, OK  
University of Oklahoma

What makes OUHSC home?  
I think the combination of a close-knit community and a sea of friendly faces everywhere you look has made the OUHSC home for me. Nothing compares to the sense of belonging I’ve experienced here. Most of our faculty and staff have truly become like family to me.

Brennah Murphy@ouhsc.edu  
Hometown: Oklahoma City, OK  
Tulane University

What makes OUHSC home?  
I definitely feel like I’m part of one large family in the Graduate College. From all the encouragement and help I receive from my peers, to the endless support and guidance from my mentor and the Graduate College, it’s hard to not feel at home on this campus.

Hanna Kluth@ouhsc.edu  
Hometown: Littleton, CO  
University of Oklahoma

What makes OUHSC home?  
The sense of community! OUHSC is a family atmosphere. Even with 7 separate colleges and such a diverse student body ranging from undergraduate students to graduate students, we are one campus and there are friendly faces everywhere!
College of Allied Health

The College of Allied Health’s goal is We Empower Life and offers programs in audiology, nuclear medicine, nutritional sciences, occupational therapy, physical therapy, radiation therapy, radiography, sonography and speech-language pathology.

College of Dentistry

More than half of Oklahoma’s dentists are graduates of the OU College of Dentistry, which is also home to the state’s only bachelor’s program in dental hygiene.

Graduate College

The state’s only comprehensive academic graduate center providing Master of Science and Doctor of Philosophy programs for biomedical scientists, nurses, dentists, pharmacists, physicians, allied health and public health professionals.

College of Medicine

At OU College of Medicine, we are committed to a mission of leading healthcare in education, research and patient care. Nearly two-thirds of Oklahoma’s physicians are graduates of the OU College of Medicine.

Hudson College of Public Health

The OU College of Public Health is home to research dedicated to protecting and improving the public’s health. The areas of research are widespread, from tobacco prevention and cessation to cardiovascular diseases in American Indian populations.

Student Affairs

The goal of HSC Student Affairs is to enrich students’ academic experience by building a diverse and inclusive community, supporting emotional, intellectual and personal growth, facilitating professional development and providing guidance toward a professional health career.

Fran and Earl Ziegler College of Nursing

The Fran and Earl Ziegler College of Nursing is the largest educator of registered nurses, advanced practice nurses, and research-based nursing faculty in Oklahoma.

College of Pharmacy

The OU College of Pharmacy is committed to contributing to society through state-of-the-art education and research as well as modern, innovative pharmacy practices and services.

Raymond Cohlmia, D.D.S.
Oklahoma State University

Anne Pereira, Ph.D.
University of Melbourne

Allen Knehans, Ph.D.
University of Missouri

Gary Loving, Ph.D., RN
University of Texas at Austin

Gary Raskob, Ph.D.
University of Toronto

JoLaine Draugalis, R.Ph., Ph.D.
University of Arizona

John P. Zubialde, M.D.
University of New Mexico

David Surratt, Ed.D.
George Washington University

Gary and Fran Ziegler

Meet Your Deans.
Multicultural Student Services exists to create and maintain a culturally diverse student environment, provide educational opportunities on the varying cultures on campus, optimal recruitment, advisement and support services to prospective and current students.

UNITY IN HEALTH
Wednesday, November 20, 2019
Samis Education Center | 5 p.m.

An Interprofessional Dialogue Focused on Diversity in Healthcare
By Danial Gebreili, College of Medicine MS3 student

According to the U.S. Census Bureau, by the year 2044 America is expected to become the first nation where the majority of the population are part of a minority race or ethnic group[1]. As such, diversity education and cultural competency are especially important for the next generation of healthcare providers.

Unity in Health is a student-led initiative with the aim of addressing the topic of diversity on the OUHSC campus. This event is unique as it replaces the abstract idea of diversity with concrete individuals sharing their unique perspective based on their diverse cultures, backgrounds, and experiences. In order to better demonstrate the diversity that is present in the entire healthcare spectrum, the individuals discussing these topics are students from our seven professional colleges.

The purpose of Unity in Health is to shed light on the rich diversity represented at our comprehensive academic health center and promote interdisciplinary collaboration. This will be achieved by bringing together students, faculty, and staff from all seven colleges to discuss how diversity in cultures, backgrounds, and experiences impact the healthcare field.

RESOURCES

VETERANS MILITARY ALLIANCE WELCOME SOCIAL
Tuesday, August 20, 2019
HSC Student Union | Noon

Join members of the Veteran and Military Alliance (VMA) community in an effort to connect to resources and people who provide support services on campus.

MULTICULTURAL STUDENT ORGANIZATION MEET & GREET
Wednesday, August 21, 2019
HSC Student Union | Noon

Members of the Multicultural Student Organizations invite you to learn about all that is available on the HSC campus.

MLK JR. CELEBRATION
January 2020
Nicholson Tower Conference Center

Please join our entire HSC campus community in January in the Nicholson Tower Conference Center, for the African American Student Association’s celebration of Dr. Martin Luther King, Jr. This event is free and open to all members of our community.

DIVERSITY CELEBRATION
Thursday, February 20, 2020
HSC Student Union | 4:30 p.m.

Diversity Week is an annual event which showcases our multicultural students. This one evening event is filled with cultural education, cultural food, cultural activities and fun within our campus community.

How can you get involved? We are glad you asked!

Reach out to HSC Student Affairs for more information:
HSC Student Affairs
HSC Student Union, Suite 300
1106 N Stonewall, Ave
Oklahoma City, OK 73117
(405) 271-2416
students@ouhsc.edu
students.ouhsc.edu/MSS

Tanya Mustin
Coordinator, Multicultural Student Services
Tanya-Mustin@ouhsc.edu
HSC Daily News
Created as a way to keep students informed, the HSC Daily News is a newsletter sent by email. The newsletter includes campus events and important notices. To submit items, log in with your HSC credentials & submit announcements to the HSC Student Calendar: [students.ouhsc.edu/Student-Calendar Contact hscdailynews@ouhsc.edu with questions.

Transcripts
The Office of Admissions and Records, located in the Robert M. Bird Library, Room 121, is where to go if you need a transcript. Visit admissions.ouhsc.edu to learn more about obtaining a transcript.

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.

Gender Neutral Restrooms

<table>
<thead>
<tr>
<th>Building</th>
<th>Location</th>
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<tbody>
<tr>
<td>College of Allied Health</td>
<td>2017</td>
</tr>
<tr>
<td>College of Public Health</td>
<td>2018</td>
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<tr>
<td>College of Pharmacy</td>
<td>243</td>
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<tr>
<td>Student Union</td>
<td>240C</td>
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<tr>
<td>College of Nursing</td>
<td>129D</td>
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<tr>
<td>Univ. Health Club</td>
<td>108C</td>
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<tr>
<td>Univ. Village Apartments</td>
<td>123</td>
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<tr>
<td>Univ. Research Park</td>
<td>125</td>
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<td></td>
<td>253</td>
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</tbody>
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Be the Change: Active Bystander Training
hr.ou.edu | Questions?
Email students@ouhsc.edu

Our Voice is the name of the University’s Active Bystander Training, encouraging students, faculty and staff to take positive steps in intervention when they witness inappropriate behavior. Although the focus is primarily on the topics of gender discrimination, sexual harassment, and sexual misconduct, the concepts learned in the training translate to any situation.

HSC Sooners Helping Sooners
students.ouhsc.edu/
SooneersHelpingSooners

HSC Sooners Helping Sooners is a scholarship opportunity for OUHSC students who find themselves in extenuating circumstances and in need of emergency financial assistance.

HSC Behavioral Intervention Team
ouhsc.edu/BIT

All students and employees should consider it their responsibility to report concerning behaviors to the HSC Behavioral Intervention Team (BIT) for the safety and well-being of the HSC campus community.

The purpose of the OUHSC BIT is caring, preventive, early intervention with an individual (student, faculty, or staff) whose behavior is disruptive or concerning.

Contact BIT: (405) 271-9BIT(9248)
bit@ouhsc.edu

Online Reporting Form
ouhsc.edu/bit
If a person is an immediate threat to themselves or someone else or is incapable of caring for themselves, call (405) 271-4911.
sexual misconduct

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

students.ouhsc.edu/Sexual-Misconduct

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 and discriminatory speech or conduct undertaken because of an individual’s gender or is sexual in nature and is so severe, pervasive, or persistent, objectively and subjectively offensive that it has the systematic effect of unreasonably interfering with or depriving someone of educational, institutional, or employment access, benefits, activities, or opportunities.

• 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 forced to have sexual contact against someone’s will or with someone who has already refused.

• Sexual Exploitation: Taking consensual, unjust or abusive sexual advantage of another.

• Dating/Domestic Violence: Violence, including assault, battery or other physical 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 Title IX/Sexual Misconduct Office at (405) 271-2110 or faustina-layne@ouhsc.edu. You can also complete an online complaint form at www.ou.edu/eoo. 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 informed of all reporting options
• To be free from pressure to make a criminal report
• To have allegations of sexual misconduct 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 an incident is reported to campus or civil authorities

For more information, go to: ou.edu/content/eoo/faqs/faqs-for-students.html, “Statement of the Rights of the Alleged Victim.”

Your Campus Contacts
Faustina Layne
Associate Equal Opportunity and Title IX Officer
1105 N. Stonewall Avenue, LIB 164H
Oklahoma City, Oklahoma 73117
(405) 271-2110
Faustina-Layne@ouhsc.edu

Kate Stanton
Assistant Vice President for Student Affairs
Associate Title IX Coordinator
HSC Student Union, 1106 N. Stonewall, Suite 300
Oklahoma City, Oklahoma 73117
(405) 271-2416
Kate-Stanton@ouhsc.edu
Not pictured:

**Lois Jones**
Psychology Intern - Primary
HSC Student Counseling Services

**Juanita Bigheart**
Psychology Intern
HSC Student Counseling Services

**Alexandra Bulovas**
Psychology Intern
HSC Student Counseling Services

**Mary McKinley**
Psychology Intern
HSC Student Counseling Services

**Jenni Sujka**
Psychology Intern
HSC Student Counseling Services

**Jim Weller**
James-Weller@ouhsc.edu
Manager
University Village Apartments
alumni SPOTLIGHT

As a lifelong Oklahoman, I always knew the OU Health Sciences Center was the institution where I wanted to pursue my graduate education. I followed my passion for infectious disease control to the Hudson College of Public Health where I obtained a master of science in epidemiology as well as a certificate of public health. The training and opportunities I received from faculty and staff committed to excellence were instrumental in preparing me for my career. One such opportunity, afforded to me by my mentor, led me to an internship in the Acute Disease Service (ADS) at the Oklahoma State Department of Health. There, I worked on my thesis assessing school immunizations of over 50,000 kindergartners across the entire state. This experience confirmed my belief that epidemiology had the potential to benefit people on a large scale while allowing me to work closely with individuals. I knew right away ADS was where I belonged and shortly after graduation I returned as an epidemiologist in the Communicable Disease Division where I work to protect the health of the citizens of Oklahoma. My responsibilities range from conducting day to day case investigations mitigating routine maladies such as salmonella to consulting on rabies exposure risk following animal bites to responding to outbreaks of dangerous diseases like measles. The nature of what I do makes me wake up for work every day expecting the unexpected and ready to learn something new. OUHSC empowered me to become involved as a leader, challenge myself academically and professionally, and serve my community.

Ozair Naqvi
Epidemiologist, Oklahoma State Department of Health

HSC Student Affairs is committed to the safety and wellness of the OU community. HSC Student Affairs offers multiple confidential resources to University of Oklahoma community members. The OU Advocates team works with students, faculty, and staff who experience sexual assault, dating violence, stalking or harassment. HSC Student Counseling Services offers 1-on-1 counseling sessions to explore any aspects of your concerns and provide help and tools for moving forward.
How to get involved:

**SGA Senate**

SGA Senate includes representatives from each of the seven health professional colleges as well as the Physician Associate program. Senators are elected by each college and serve on SGA as voting members.

**SGA Executive Council**

Executive Council serves in an advisory capacity for student initiatives and represents leadership from across campus. The Executive Council includes the Executive Board (SGA President, Vice President and Senate Chair, Secretary, Treasurer, Campus Activities Board), College Presidents, Multicultural Organization Presidents, and Chair/Liaison positions.

**Chair and Liaison Positions**

SGA Chair and Liaison positions represent opportunities to serve in leadership position as part of the SGA Executive Council. Available positions each academic year include HSC Big Event, Diversity Chair, Parking/Student Hearing Liaison, Campus Housing, Health and Wellness Liaison, Interdisciplinary Education Legislative Liaison, All College Benefit Chair, Sooner Safety Chair, and Campus Blood Drives.