

HR AND YOU

The Official Newsletter of the Department of Human Relations



Hello Students!

This monthly newsletter should serve as a source of departmental updates and helpful resources for your personal and professional lives. The objective is to provide tools to acclimate to the university and beyond.

You can click any underlined text for more information.

We love to hear your feedback and comments as we grow this communication platform together.

-Sincerely,
Tyra Jackson, Undergraduate Academic Advisor
tyra.jackon-1@ou.edu

OVERVIEW

- To-Do
- Campus Events
- Program Requirements
- Campus Resources
- Career Exploration
- Student Spotlight (Coming Soon!)
- Feedback Survey



TO-DO



Apr 4

- Advance Registration for Next Term(s) Begins

Apr 15

- Last day for an automatic grade of W for dropped course(s)

Apr 18

- Petition to College Dean to Drop Course(s) for Undergraduate students

First Year and Sophomore students

- Identify your personal interests and needs; assess your career skills, values, and goals.
- Participate in campus organizations and activities that interest you.
- Check out careers by attending career fairs and discussing ideas with professors, academic counselors, and career advisors in Career Services.
- Review the Handshake Job Board and apply for on-campus interviews for internships or co-ops.
- Schedule an advising appointment for the upcoming semester.

Junior and Senior students

- Schedule a degree check or confirm graduation requirements.
- Attend career fairs, network with faculty/staff.
- Enhance your job search, business etiquette, resume writing, and interviewing skills by attending workshops watching webinars, and by using the resources available in Career Services.
- Actively develop leadership and communication skills in campus organizations.
- Update your resume and have it critiqued by Career Services.
- Become familiar with the various job search sites online that are related to your career interests.
- Review and apply for full-time postings on the Handshake Job Board.

Students should routinely check the Academic Calendar:
<https://www.ou.edu/registrar/academic-calendars/spring-2022-academic-calendar>

CAMPUS EVENTS

Happiness Reconnect: Meditation & Breathwork

- Friday, April 1 at 1 PM - 1:30 PM
- Practice some relaxation techniques!
- Every Tuesday and Friday.
- <https://oklahoma.zoom.us/meeting/register/tJEudO-rqjOpHtDPJp5zlChTaDqMzl1gKvSV>



Spring Family Weekend

- April 7-10, 2022, <https://www.ou.edu/sga/cac/events/spring-family-weekend/schedule>
- CAC Scandals, April 7 - April 9 ([more information](#))

IAC Eve of Nations

- Friday, April 8 at 6 PM, Lloyd Noble Center
- [Click Here to Learn More](#)

Campus Activities Council films ([more information](#))

- Oklahoma Memorial Union Meacham Auditorium
- Matrix Resurrections, April 8 | (R) 6 PM, 9 PM, and Midnight
- Encanto, April 22 | (PG), 6 PM, 9 PM, and Midnight



OU Hispanic Royalty Pageant

- Sunday, April 10 at 7 PM
- Meacham Auditorium
- [Click Here To Learn More](#)



Oklahoma Festival Ballet

- Wednesday, April 23, 2022, at 8 PM
- Donald W. Reynolds Performing Arts Center
- <https://www.ou.edu/finearts/universitytheatre>





SSHR

Student Society for Human Relations
Department of Human Relations

MARCH MEMBERSHIP MEETING

Join SSHR

Become a Student Leader !!

Wed., March 9, 2022

Memorial Union Pioneer Room (2nd Floor)

4pm-5pm

Our mission is to promote social justice principles of tolerance, inclusion, dignity, and equal respect for all groups of people; to serve as social agents of change for the betterment of society; to develop leadership skills as future human relations professionals, and to actively seek ways to build relationships through service with the entire university and community at large.

Accommodations on the basis of disability are available. Contact Dr. Marilyn Byrd, Marilyn.Byrd-1@ou.edu by 3/6/22.

Food- Friends-Fellowship!



PROGRAM REQUIREMENTS

- Some courses required for the major may also fulfill University General Education and/or College of Arts & Sciences Requirements.
- A grade of C or better is required in each major course.

Core Requirements		
H R 3003	Human Relations Theory	3
H R 3013	Introduction to Human Relations	3
H R 3033	Writing for Human Relations Professionals	3
H R 3413	Cultural Awareness in Human Relations	3
H R 4013	Social Change Process	3
H R 4503	Applied Research	3
H R 4513	Service Learning	3
Major Electives		
Choose five Upper-Division (3000-4000-level) H R courses		15
Total Credit Hours		36

Students must choose one course from each of the following areas based on career interest and professional development. Substitutions are allowed only through consultation and permission from advisor.

Choose one course from each of the following areas:	15
Global/Multicultural Perspectives	
Personal/Social Development	
Social Responsibility/Ethical Living	
Organizational	
Statistics	
Total Credit Hours	15

Find other program year checksheets in the course catalog:

<https://ou-public.courseleaf.com/arts-sciences/human-relations/human-relations-bachelor-arts/>

Visit our website:

<https://www.ou.edu/cas/humanrelations>



OU NORMAN CAMPUS RESOURCES

Student Financial Center
Buchanan Hall 105
(405)-325-9000
[ou.edu/sfc](https://www.ou.edu/sfc)

Study Abroad
(405) 325-1693
ea@ou.edu
[Education Abroad \(ou.edu\)](https://www.ou.edu/education-abroad)

MoneyCoach
Couch Center, 2nd floor
(405)-325-4692
<https://www.ou.edu/moneycoach>

Safety
[Safe Walk](#) (Norman Campus)
[Safe Ride](#) (Norman Campus)

Career Services
Oklahoma Memorial Union, Rm 323
(405) 325-1974
<https://www.ou.edu/career>

[Parking Services](#)
Jenkins Parking Facility
1332 Jenkins Ave.
1st floor
(405)-325-3311

Goddard Health Center
620 Elm Ave.
(405)-325-4611
[Goddard Health Services \(ou.edu\)](https://www.ou.edu/goddard-health-services)

Disability Resource Center
730 College Ave.
(405)-325-3852 (voice)
(405)-325-3494 (VP)
drc@ou.edu

Counseling Services
[Goddard Counseling Center](#)
8 a.m.-5 p.m. Monday-Friday
(405) 325-2911
Goddard Health Center, 201

Veteran Student Services
Buchanan Hall 216
(405)-325-4308
veterans@ou.edu

The Student Society of Human Relations
[Student Society for Human Relations \(ou.edu\)](#)

Gender & Equality Center
Oklahoma Memorial Union
(405)-325-4929
[Gender and Equality Center \(ou.edu\)](https://www.ou.edu/gender-equality-center)

Student Activities
[Campus Activities Council](#)
[Explore - ENGAGE powered by OU Division of Student Affairs \(campuslabs.com\)](#)

CAREER EXPLORATION

As a multidisciplinary field, Human Relations is widely applicable to many job fields. Each month we will explore a few!

What Can I do with this Major?/Career Services

Home : Occupational Outlook Handbook: : U.S. Bureau of Labor Statistics (bls.gov)



Coming Soon:

Student Spotlight

What is your favorite way to spend free time?

Describe yourself in 3 words.

What have you been reading or watching lately?

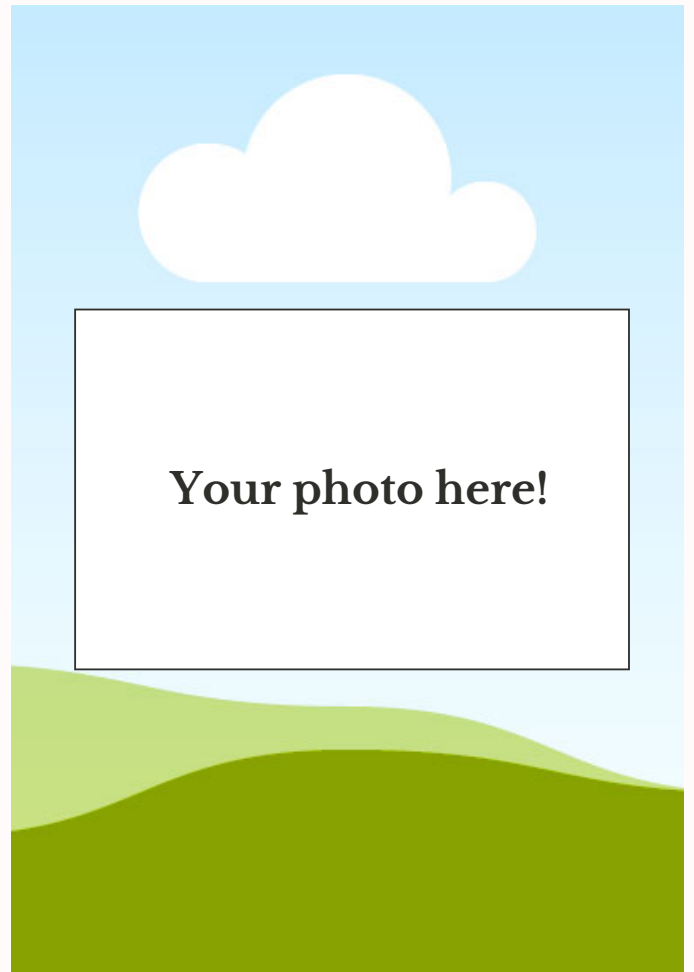


Your favorite quote
here!

A monthly recognition of hardworking and dedicated students of the program.

Nominate yourself or a friend!

[Go to the Nomination Form](#)



Brag about an important, recent accomplishment.

What is one social issue you think everyone should know about?

What are your plans after graduation?

WE WANT TO HEAR FROM YOU

Tell us how we can improve!



We welcome your open, honest and critical feedback as we continue to improve and grow as a department.

The survey below lets us continue to be student-driven and responsive to departmental needs.

Tells us how we can improve!

https://ousurvey.qualtrics.com/jfe/form/SV_85Qp4ET5FtmbkOm

Time-sensitive inquiries or concerns should be directed to the appropriate party via email, call, or appointment.

Please remember that change can be slow and that civil discourse is a necessity to achieve our goals.

The most helpful responses are:

- Honest and Genuine
- Tactful and Thoughtful
- Specific and Thorough

