

# **HUMAN RELATIONS AND YOU**

## **SEP. 2023 / VOL 1 ISSUE 7**

### **HELLO STUDENTS**

This document should serve as a guide to important program information and a tool to acclimate to the university.

You can click any underlined text for more information.

Any questions can be directed to [damoncravens@ou.edu](mailto:damoncravens@ou.edu)



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# TO-DO



- **SCHEDULE ADVISING APPOINTMENT (SEE IADVISE.COM OR EMAIL)**
- **REVIEW PROGRAM REQUIREMENTS: HUMAN RELATIONS, B.A. < UNIVERSITY OF OKLAHOMA (COURSELEAF.COM)**
- **CHECK ACADEMIC CALENDAR.**
- **CHECK CANVAS/EMAILS DAILY.**
- **COMPLETE OU GRADUATION APPLICATION. THIS APPLICATION IS AVAILABLE ONLINE ON YOUR OZONE SITE.**
- **DEADLINES FOR THE OU GRADUATION APPLICATION ARE:**
  - **OCTOBER 1 FOR FALL GRADUATION CERTIFICATION**
  - **PURCHASE CAPS AND GOWNS AT GRADUATION GEAR-UP OR AT THE UNIVERSITY BOOKSTORE (STADIUM LOCATION) 1185 ASP AVENUE. OUT OF STATE? ORDER BY PHONE: (405) 325-3511**

<https://www.ou.edu/registrar/academic-records/academic-calendars/fall-2023>

# ACADEMIC CALENDER

## SEPTEMBER 2023

100% Reduction of Charges on Complete Withdrawals	Aug. 21 to Sept. 1**
100% Reduction of Charges on Dropped Courses	Aug. 21 to Sept. 1**
No Record of Grade on Dropped Courses	Aug. 21 to Sept.1
Grade of W on Complete Withdrawal for Undergraduate students	Aug. 21 to Dec. 8
No Reduction of Charges on Dropped Courses after this date	Sept. 1
Final Day to Change from Audit to Credit for Undergraduate students	Sept. 1
Final Day to Change from Credit to Audit for Undergraduate students	Sept. 1
<b>Labor Day Holiday</b>	<b>Sept. 4 ( No school)</b>
Automatic Grade of W for Dropped Course(s) for Undergraduate students	<b>Sept. 5 to Nov. 10</b>

# CAMPUS EVENTS



USING OU ENGAGE IS A GREAT TOOL TO USE FOR UPCOMING EVENTS, ORGANIZATIONS, AND SHOWCASE. HERE ARE JUST A FEW THAT ARE PROVIDED THIS SEPTEMBER.

- **HARD INTERVIEW QUESTIONS WORKSHOP WITH BROOKE SPENSER, WALMART DIRECTOR**
- **DATE AND TIME: TUESDAY, SEPTEMBER 5TH AT 4P IN PRICE HALL 1046**
- **MINI MAJORS/MINORS FAIR-SEPTEMBER 6TH, 2023 FROM 11:30 AM TO 1:30 PM ON THE SOUTH OVAL!**
- **CAREER FAIR PREP WITH DENA NEWHOUSE WEDNESDAY-SEPTEMBER 6 2023 AT 6:00 PM PRICE HALL 3065**
- **WOMEN OF POWER GAME NIGHT THURSDAY, SEPTEMBER 7 2023 AT 7:00 PM JIM THORPE 1620 ASP AVE**
- **ASIAN AMERICAN STUDENT ASSOCIATION FIRST GENERAL BODY MEETING THURSDAY, SEPTEMBER 7 2023 AT 7:00 PM JIM THORPE 1620 ASP AVE**
- **START YOUR SEMESTER OFF SWEET WITH ICE CREAM SANDWICHES AT THE OU WRITING CENTER! TUESDAY, SEPTEMBER 12 2023 AT 11:00 AM- 2PM, OU WRITING CENTER**
- **HOSTING STUDY ABROAD WEEK, SEPTEMBER 18-22. ALL WEEK WE WILL BE HOSTING EVENTS ACROSS CAMPUS TO BRING AWARENESS TO STUDY ABROAD PROGRAMS, RESOURCES, AND THE EXPERIENCE AS A WHOLE! WEDNESDAY, SEPTEMBER 20TH FROM 11:00AM-1:00PM**
- **PRIDE & POLITICS: KNOW YOUR RIGHTS. INTERESTED IN LEARNING MORE ABOUT LGBTQ+ ISSUES AT THE LOCAL AND STATE LEVEL? WANT TO CONNECT TO ORGANIZERS FROM LOCAL LGBTQ+ ORGANIZATIONS? JOIN US AT OUR PRIDE & POLITICS FOR A DISCUSSION ON DIFFERENT STATE AND LOCAL POLICIES THAT MAY IMPACT OUR COMMUNITY. FREE FOOD AND REFRESHMENTS ARE PROVIDED. THURSDAY, SEPTEMBER 14 2023 AT 6:00 PM, HERITAGE, OMU**

# PROGRAM REQUIREMENTS

## REQUIREMENTS FOR THE BACHELOR OF ARTS DODGE COLLEGE OF ARTS AND SCIENCES THE UNIVERSITY OF OKLAHOMA

Academic Year	General Requirements	Program
For Students Entering the Oklahoma State System for Higher Education Summer 2021 through Spring 2022	Minimum Total Credit Hours ..... 120 Minimum Upper-Division Hours ..... 48 Major Hours ..... 36 Minimum Retention/Graduation Grade Point Averages: Overall - Combined and OU ..... 2.00 Major - Combined and OU ..... 2.00	Human Relations BS15 Bachelor of Arts

OU encourages students to complete at least 30 hours of applicable coursework each year to have the opportunity to graduate in 4 years.

### GENERAL EDUCATION AND COLLEGE REQUIREMENTS

Courses graded P/NP will not apply

Courses for fulfillment of General Education and College of Arts & Sciences requirements must be from the approved General Education course list published in the Class Schedule or at <http://www.ou.edu/gened/courses>.

### UNIVERSITY-WIDE GENERAL EDUCATION (MINIMUM 40 HOURS) AND COLLEGE REQUIREMENTS

Code	Title	Credit Hours
<b>Core Area I: Symbolic and Oral Communication</b>		
<i>English Composition (6 hours)</i>		
ENGL 1113	Principles of English Composition	3
ENGL 1213	Principles of English Composition	3
	or EXPO 1213 Expository Writing	
<i>Language (0-13 hours in the same language)</i>		
The college requirement cannot be met by high school coursework.		
	Beginning Course	0-5
	Beginning Course, continued	0-5
	Intermediate Course (2000 level) <sup>1,2</sup>	0-3
<i>Mathematics (3 hours)</i>		
	Choose one course from the General Education Mathematics list	3
<b>Core Area II: Natural Science (7 hours, including one laboratory component)</b>		
<i>Biological Science</i>		
	Choose an approved General Education Natural Science course with one of the following prefixes: BIOL, HES, MBIO, or PBIO <sup>1</sup>	3-4
<i>Physical Science</i>		
	Choose an approved General Education Natural Science course with one of the following prefixes: AGSC, ASTR, CHEM, GEOG, GEOL, GPHY, METR, or PHYS <sup>1</sup>	3-4
<b>Core Area III: Social Science (6 hours)</b>		
P SC 1113	American Federal Government	3
	Choose one course from the General Education Social Science list	3
<b>Core Area IV: Arts and Humanities (18 hours)</b>		
<i>Artistic Forms</i>		
	Choose one course from the General Education Artistic Forms list	3
<i>Western Culture</i>		
HIST 1483	United States to 1865	3
	or HIST 1493 United States, 1865 to the Present	
	Choose one course from the General Education Western Culture list (excluding HIST 1483/1493)	3
<i>World Culture</i>		
	Choose one course from the General Education World Culture list	3
<i>Additional Core IV Upper-Division Arts &amp; Humanities courses</i>		
	Choose one course from Artistic Forms, Western Culture, or World Culture <sup>1,3</sup>	3
	Choose one course from Artistic Forms, Western Culture, or World Culture <sup>1,3</sup>	3
<b>Core Area V: First Year Experience (3 hours)</b>		
	Choose one course	3
Total Credit Hours		56

<sup>1</sup>College of Arts and Sciences Requirements: college requirements are not automatically fulfilled by a previous degree.

<sup>2</sup>One course at the intermediate level or demonstrated competency at that level

<sup>3</sup>6 upper-division hours, 2 courses, at the 3000- 4000-level. *Must be outside the major.*

### FREE ELECTIVES

Electives to bring total applicable hours to the minimum total required for the degree including 48 upper-division hours.

### MAJOR 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.

Code	Title	Credit Hours
<b>Core Requirements</b>		
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
<b>Major Electives</b>		
	Choose five Upper-Division (3000-4000-level) H R courses	15
Total Credit Hours		36

### MAJOR SUPPORT REQUIREMENTS

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.

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

More information in the catalog: (<http://ou-public.courseleaf.com/arts-sciences/human-relations/human-relations-bachelor-arts/>).

Scan the QR code's to visit our major, minor and website pages.

Major



Minor



Website





# OU NORMAN CAMPUS RESOURCES

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

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

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

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

Counseling Services  
[Goddard Counseling Center](http://ou.edu/goddard-counseling-center)  
8 a.m.-5 p.m. Monday-Friday  
(405) 325-2911  
Goddard Health Center, 201

The Student Society of Human Relations  
[Student Society for Human Relations \(ou.edu\)](http://ou.edu/student-society-for-human-relations)

Student Activities  
[Campus Activities Council](http://ou.edu/campus-activities-council)  
Explore - [ENGAGE](http://ou.edu/engage) powered by OU Division  
of Student Affairs ([campuslabs.com](http://campuslabs.com))

Study Abroad  
(405) 325-1693  
ea@ou.edu

[Education Abroad \(ou.edu\)](http://ou.edu/education-abroad)

Safety  
[Safe Walk](http://ou.edu/safe-walk) (Norman Campus)  
[Safe Ride](http://ou.edu/safe-ride) (Norman Campus)

[Parking Services](http://ou.edu/parking-services)  
Jenkins Parking Facility  
1332 Jenkins Ave.  
1st floor  
(405)-325-3311

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

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

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



# **OU-TULSA**

## **CAMPUS RESOURCES**

**STUDENT INFORMATION OFFICE**  
**(918) 660-3318**  
**TULSAINFO@OU.EDU**

**STUDENT ENROLLMENT CENTER**  
**TULSA SEC (OU.EDU)**

**BURSAR SERVICES**  
**(918)-660-3474**  
**TULSA.SEC@OU.EDU**  
**BURSAR (OU.EDU)**

**OU-TULSA STUDENT AFFAIRS**  
**OU-TULSA STUDENT AFFAIRS**

**OU-TULSA STUDENT COUNSELING**  
**SERVICES**  
**(918)-660-3109**  
**TULSACOUNSELING@OU.EDU.**  
**COUNSELING SERVICESWEBSITE**

**CAREER SERVICES**  
**CAREER SERVICES (OU.EDU)**

**OU POLICE DEPARTMENT**  
**EMERGENCY: (918) 660-3333**  
**NON-EMERGENCY: (918) 660-3900**  
**TULSA-**  
**CAMPUSPOLICE@OUHSC.EDU**

**DISABILITY RESOURCE CENTER**  
**JOSHUA-DAVIS@OUHSC.EDU**  
**ACCESSIBILITY AND DISABILITY**  
**RESOURCE CENTER**

**VETERAN STUDENT SERVICES**  
**(918) 660-3360**  
**VETERAN STUDENT SERVICES**  
**(OU.EDU)**

**STUDENT ORGANIZATIONS**  
**STUDENT ORGANIZATIONS**  
**(OU.EDU)**

**OU TULSA DEPARTMENT OF**  
**HUMAN RELATIONS**  
**EMAIL: TULSAINFO@OU.EDU**  
**PHONE: (918)-660-3318**

# CAREER PREP:

STARTING NEXT WEEK, THE CAREER CENTER STUDENT ENGAGEMENT TEAM ALONG WITH LINDSEY MASTIN( ASSISTANT DIRECTOR, CAREER ADVISING)IS GOING TO START MAKING SHORT CLASSROOM ANNOUNCEMENTS ABOUT OUR SERVICES AND THE UPCOMING JOB AND INTERNSHIP FAIR.

## SERVICES

WE OFFER RESUME CRITIQUES, COVER LETTER CRITIQUES, MOCK INTERVIEWS, JOB/INTERNSHIP SEARCH ASSISTANCE, CAREER FAIR ADVICE, ETC. (SIDE NOTE: SEE A MORE INFO ABOUT OUR SERVICES ON OUR WEBSITE: [HTTPS://WWW.OU.EDU/CAREER/STUDENTS/SERVICES](https://www.ou.edu/career/students/services)).

## LOCATION

WE ARE LOCATED ON THE 3RD FLOOR OF THE UNION (OPPOSITE OF THE BALLROOM). MAIN ENTRANCE UP THE STAIRCASE, WE ARE LOCATED ON THE LEFT.

## HANDSHAKE ACCOUNT/PROFILE

HANDSHAKE IS A CAREER MANAGEMENT PLATFORM. THIS IS LIKE OU'S VERSION OF LINKEDIN. YOU CAN APPLY FOR JOBS, EXPLORE COMPANIES, SIGN-UP FOR ON-CAMPUS INTERVIEWS, AND REGISTER FOR CAREER FAIRS AND WORKSHOPS.

THIS IS ALSO WHERE YOU SCHEDULE APPOINTMENTS WITH US. GO TO [OU.JOINHANDSHAKE.COM](http://OU.JOINHANDSHAKE.COM) AND LOGIN WITH YOUR 4X4 & PASSWORD.

## CAREER COMMUNITIES

HANDSHAKE IS ALSO WHERE YOU CAN JOIN A CAREER COMMUNITY. WE ARE MOVING AWAY FROM MAJOR FOCUSED MODEL TO A COMMUNITY/INDUSTRY MODEL.

## SOONER SHOWCASE JOB AND INTERNSHIP FAIR

**WEDNESDAY, SEPTEMBER 13TH @ JIM THORPE MULTICULTURAL CENTER (12:30 – 4:30PM) REGISTRATION IS NOW OPEN.** COME TO OUR OFFICE ANYTIME TO GET YOUR NAME TAG PRINTED FOR THE SOONER SHOWCASE JOB AND INTERNSHIP FAIR. \*\*NOTE: YOU MUST HAVE A NAME TAG TO ATTEND. 120+ EMPLOYERS WILL BE THERE RECRUITING FOR JOBS & INTERNSHIPS.

STUDENTS WILL BE ABLE TO ACCESS THE RESUME DROP-IN SCHEDULE (NOT YET POSTED) AS WELL AS OTHER INFORMATION AT [HTTPS://LINKTR.EE/OCAREERCENTER](https://linktr.ee/oucareercenter)



# STUDENT SPOTLIGHT :

EMILY DUNCAN, A SENIOR IN THE PROGRAM, CAN BE BEST DESCRIBED AS HONEST, DILIGENT, AND CONSIDERATE.

EMILY ENJOYS THRIFTING, BEADING, AND PURSUING ARTISTIC PROJECTS.

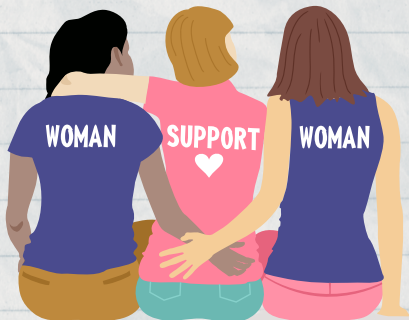
MOVIE RECOMMENDATION:

WATCHED BOTH BARBIE AND OPPENHEIMER OVER THE SUMMER, BOTH WERE ABSOLUTELY INCREDIBLE!



*Emily Duncan She/Her  
Class of 2024*

“WELL BEHAVED  
WOMEN SELDOM  
MAKE HISTORY”,  
-ULRICH 1976



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.**

I WAS PUT ON THE PRESIDENTS HONOR ROLL FOR SPRING '23 WITH A 4.0 HERE AT OU.

**WHAT IS ONE SOCIAL ISSUE YOU  
THINK EVERYONE SHOULD KNOW  
ABOUT?**

EVERY SINGLE PERSON DESERVES EQUAL TREATMENT WITHIN ALL SYSTEMS AND EXPERIENCES IN EVERY SINGLE COUNTRY.

**PLANS AFTER GRADUATION?**

I INTEND TO FULFILL AN HR POSITION WITH AN UPSTANDING RESPECTABLE COMPANY HERE IN OKLAHOMA. I MOSTLY PLAN TO PURSUE HAPPINESS IN MY LIFE, WHEREVER THAT TAKES ME.

# FACULTY SPOTLIGHT :

I teach primarily undergraduate classes in the HR program, and my classes are focused on social change, international human rights, and gendered components of war. I am also the co-director for the Center for Peace and Development at OU. Finally, I have been lucky enough to teach study abroad classes in both South Africa and Uganda.

I am South African by birth, but I have lived in the US since 1997. I have been in Norman since 2007. I live with my husband, an 11yo daughter, and our two cats (one good and one evil, as is the requirement when you live with more than one cat). I love to travel, and my research has always had an international focus. I am also passionate about working to end inequity, which also informs a lot of my research and teaching. My fun fact is that I have been to 36 countries, and I have lived in five!

I have worked with a number of populations on a number of issues. My prior research has focused on the needs in resettlement of refugee women, the post-war well-being of civilian women in Mozambique, the health behaviors of low-income middle school girls, the ways in which Native communities have responded to integrational transfer of historic trauma, and the experiences of Black undergraduate women in STEM. My most recent interests are focused on the triple intersection of the post-war context, Covid-19, and climate change as these impact women in Northern Uganda.



Zermarie Deacon, Ph.D.  
OU Norman Campus

## Favorite quote:

“The reason that the rich were so rich, Vimes reasoned, was because they managed to spend less money.

Take boots, for example. He earned thirty-eight dollars a month plus allowances. A really good pair of leather boots cost fifty dollars. But an affordable pair of boots, which were sort of OK for a season or two and then leaked like hell when the cardboard gave out, cost about ten dollars. Those were the kind of boots Vimes always bought, and wore until the soles were so thin that he could tell where he was in Ankh-Morpork on a foggy night by the feel of the cobbles.

But the thing was that good boots lasted for years and years. A man who could afford fifty dollars had a pair of boots that'd still be keeping his feet dry in ten years' time, while the poor man who could only afford cheap boots would have spent a hundred dollars on boots in the same time and would still have wet feet.

This was the Captain Samuel Vimes 'Boots' theory of socioeconomic unfairness.”  
— Terry Pratchett, Men at arms



# SSHR

Student Society for Human Relations  
Department of Human Relations

## **\$5 MEMBERSHIP IS A ONE TIME FEE**

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 with the community at large.



**Monthly meetings      Making memories at fun events and programs**

**Bonding with like-minded peers      Community Service Experience**

**Career development**

**CONTACT :** HR faculty sponsor  
Dr. Marilyn Byrd

**(405) 325-6405**  
**MARILYN.BYRD-1@OU.EDU**

# WE WANT TO HEAR FROM YOU

SEP. 2023/ VOL. 1 , ISSUE. 7



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!

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 DISCOURSE IS A NECESSITY TO ACHIEVE OUR GOALS.

THE MOST HELPFUL RESPONSES ARE:

- HONEST AND GENUINE
- TACTFUL AND THOUGHTFUL
- SPECIFIC AND THOROUGH



Leaving Feedback !



DODGE FAMILY COLLEGE OF ARTS AND SCIENCES  
HUMAN RELATIONS  
The UNIVERSITY of OKLAHOMA