

HR AND YOU

The Official Newsletter of the Department of Human Relations



Hello, Students!

The Department of Human Relations was founded at the University of Oklahoma in 1970 by George Henderson, Ph.D. The Human Relations program is a multidisciplinary field of study and professional practice. The discipline blends theoretical perspectives from the social sciences, humanities, and organizational studies with the world of work and service.

Students learn to thrive in an increasingly diverse and global workplace with skills in cultural competency, professional communication, project management and more!

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 help you succeed in the university and beyond.

You can click any underlined text to be directed to outside websites. .

-Sincerely,

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

OVERVIEW

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CALENDAR

[Find the Academic Calendar here](#)



Undergraduate students

Sept. 30 - Oct. 18

- Midterms

Oct. 1

- FAFSA opens
- OU CASH opens

Oct.24

- Advance registration for next term(s) begins

Oct. 28

- Final day to change from credit to audit for graduate students

Oct. 31-Dec. 9

- Petition graduate college to drop course(s) for graduate students

Graduate students

Oct. 3

- Final Day to submit graduate certificate program report form

Oct. 3-28

- Grade of W or F for dropped course(s) for graduate students

Oct. 3-Dec. 9

- Grade of W or F on complete withdrawals for graduate students (to be assigned by instructor)

Oct. 28

- Final day to change from credit to audit for graduate students

Oct. 31-Dec. 9

- Petition graduate college to drop course(s) for graduate students

Check out the HR Program Planner:

- https://www.ou.edu/cas/humanrelations/academics/graduate/forms/_jcr_content/contentpar/download_1493424489/files/hr-program-planner.pdf

SEPTEMBER EVENT RECAP!



On Sept. 20, the department hosted our first panel discussion!

This semester's HR Chat series strives to survey experts in various fields to unpack the intricate elements of difficult conversations and share different perspectives.

Former Norman Mayor, Breea Clark, moderated the panel and our distinguished panelists answered numerous questions about Oklahoma public policy. They provided clarity on the impacts of the Dobbs v. Jackson ruling and the recent passing of state bills. Each expert also gave their input on the trajectory of this issue as it affects Oklahomans.

Check out the recorded zoom here:
https://mymedia.ou.edu/media/HR+Chat-Dobbs+v.+Jackson+Recording/1_b14bnzyl



Read about the event as covered by The Oklahoma Daily:

[OU Human Resources hosts panel outlining future for Oklahomans after overturning of Roe v. Wade | News | okdaily.com](https://www.oklahomadaily.com/news/ou-human-resources-hosts-panel-outlining-future-for-oklahomans-after-overturning-of-roe-v-wade)

Leave us your event feedback or suggest a new topic:

https://ousurvey.qualtrics.com/jfe/form/SV_bwMOJFoe1gQqzVs

The department was joined by over 50 people interested in learning more about this topic. Be sure to follow us on social media to catch the next event!



[LinkedIn](#)



[Department Website](#)

CAMPUS EVENTS

Contemporary Dance Oklahoma

- Saturday, Oct. 1, at 8 p.m.
- Sunday, Oct. 2, at 3 p.m.
- Donald W. Reynolds Performing Arts Center
- <https://www.ou.edu/finearts/universitytheatre>



Happiness Reconnect: Meditation and Breathwork

- Tuesday, Oct. 4 at 12:00 - 12:30 p.m. (Every Tuesday and Friday)
- 30-minute guided meditation, breathwork and light stretching sessions open to OU faculty, staff and students
- https://oklahoma.zoom.us/meeting/register/tJYvde-sqTktGddYpxUgIWa_uSMOgH3b0U-H



Indigenous Peoples Day

- Monday, Oct 10
- Norman Campus South Oval | 10:00 a.m. - 8:00 p.m.
- [Indigenous Peoples' Day](#)



Hispanic Heritage Month Celebrations

- Sept. 15-Oct. 15
- [Hispanic Heritage Month \(ou.edu\)](#)



Homecoming 2022 Schedule

- Oct 10-15
- Movie night, trivia, Rah Rally, puppies on the Norman Campus South Oval, parades, and more!
- [Schedule \(ou.edu\)](#)



Institute of Tamil Performing Arts Workshop

- Saturday, Oct. 29, at noon, Donald W. Reynolds Performing Arts Center
- The Institute of Tamil Performing Arts train, perform and promote marginalized traditional performing arts from the state of Tamil Nadu in India
- [Click Here to Learn More](#)



Campus Activities found on Engage

- [Upcoming Events - ENGAGE powered by OU Division of Student Affairs \(campuslabs.com\)](#)



OU-NORMAN CAMPUS RESOURCES

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

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

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

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

Goddard Health Center
620 Elm Ave.
(405) 325-4611
[Goddard Health Services \(ou.edu\)](https://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://ou.edu/gender-equality-center)

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



OU-TULSA CAMPUS RESOURCES

Student Information Office
(918) 660-3318
tulsainfo@ou.edu

OU Police Department
Emergency: (918) 660-3333
Non-Emergency: (918) 660-3900
Tulsa-campuspolice@ouhsc.edu

Student Enrollment Center
[Tulsa SEC \(ou.edu\)](http://TulsaSEC(ou.edu))

Disability Resource Center
joshua-davis@ouhsc.edu
[Accessibility and Disability Resource Center](#)

Bursar Services
(918) 660-3474
tulsa.sec@ou.edu
[Bursar \(ou.edu\)](#)

Veteran Student Services
(918) 660-3360
[Veteran Student Services \(ou.edu\)](#)

OU-Tulsa Student Affairs
[OU-Tulsa Student Affairs](#)

Student Organizations
[Student Organizations \(ou.edu\)](#)

OU-Tulsa Student Counseling Services
(918) 660-3109
TulsaCounseling@ou.edu
[Counseling ServicesWebsite](#)

OU-Tulsa Department of Human Relations
Email: tulsainfo@ou.edu
Phone: (918) 660-3318

Career Services
[Career Services \(ou.edu\)](#)

CAREER PREP: Industry: Administrative and Support Services

Occupations

- Human Resources Specialist --> average 49k/year in Oklahoma
- Sales Representative (insurance, finance, etc.)--> average 47k/year in Oklahoma
- Training and Development Managers--> average 98k/year in Oklahoma

Transferable Skills

- Written and Oral communication
- Active Listening
- Reading Comprehension
- Critical Thinking
- Service Orientation
- Judgment and Decision Making
- Program Evaluation

Technological Skills

- Intuit QuickBooks
- Oracle Taleo
- Adobe Systems Adobe Creative Cloud
- Microsoft Office

Resources

- [Career Center \(ou.edu\)](http://ou.edu)
- [Society for Human Resource Management](#)
- [National Association of Sales Professionals](#)
- [What Can I Do With This Major? | Human Services](#)
- [Career Tips from DACA College Graduates | BestColleges](#)



Student Spotlight:

Meet Tyler Duncan!

Tyler Duncan is a graduate student pursuing a master's degree in the human relations counseling program. He can be best described as resilient, abstract and dedicated.

He enjoys working out, honing mindfulness, and gaming. Recently, he's been watching "House of the Dragon" and reading *An Unquiet mind*.

Duncan has successfully completed three semesters of OU's pilot online clinical mental health counseling program. He's maintained top grades while completing a research summer course that was challenging and helped him grow as a professional.



Duncan believes in the bottom up approach to integrative care. He plans to seek community-based behavioral health programs to gain licensing hours and looks forward to completing a Dialectical Behavioral Therapy accreditation/certification.

He believes that in America talking openly about mental health is still a taboo topic that often gets looked over. While there is no shame when being honest about living with and overcoming hardships, the communities we live in offer limited opportunities for help.

Duncan is passionate about helping communities within the great state of Oklahoma grow and thrive through improved quality of life. He's completed six associate degrees in the realm of behavioral-sciences, and one bachelor of arts degree in psychology, all of which will lead him to a career in professional mental health counseling.

Tyler Duncan's favorite quote is:

Knowing your own darkness is the best method for dealing with the darkness of other people.
-Carl Jung

This is a monthly recognition of hardworking and dedicated students of the program. Nominate yourself or a friend!

[Go to the Nomination Form](#)

[Norminate a Human Relations Alumni!](#)

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. Tell us how we can improve!

https://ousurvey.qualtrics.com/jfe/form/SV_85Qp4ET5FtmbkQm

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

