



# ACADEMICS



## Advising Resources

### Advising

[Advising@ou.edu](mailto:Advising@ou.edu) | [iAdvise.ou.edu](http://iAdvise.ou.edu)

assist with degree planning, selecting courses, and university policies

### Academic Life Coaching

[iCoach.ou.edu](http://iCoach.ou.edu)

facilitating student process towards academic and life goals

### OU Admissions

[te@ou.edu](mailto:te@ou.edu) | 5-5952 | [ou.edu/admissions](http://ou.edu/admissions)

transfer equivalency database and transfer credit questions

### Transfer Admissions

[transfer@ou.edu](mailto:transfer@ou.edu) | 5-2151 | [ou.edu/admissions/apply/](http://ou.edu/admissions/apply/) [transfer](http://ou.edu/admissions/transfer)

facilitating transfer student admission process

### Class Navigator

[classnav.ou.edu](http://classnav.ou.edu)

Searching for semester class options and general education credit

### Degree Navigator

[degree.ou.edu](http://degree.ou.edu)

advising and degree audit tool allowing students to track degree progress

### Education Abroad

[ea@ou.edu](mailto:ea@ou.edu) | 5-1693 | [ou.edu/cis/education\\_abroad](http://ou.edu/cis/education_abroad)

study abroad advising and degree planning

### Enrollment Services

[enroll@ou.edu](mailto:enroll@ou.edu) | 5-3572 | [ou.edu/enrollment](http://ou.edu/enrollment)

add and drop course assistance

### Honors College

[honors@ou.edu](mailto:honors@ou.edu) | 5-5291 | [ou.edu/honors](http://ou.edu/honors)

current or transfer students may apply if earned 15 or more hours of OU credit with a cumulative GPA of 3.40

### Records and Transcripts

[admrec@ou.edu](mailto:admrec@ou.edu) | 5-4147 | [ou.edu/recordsandtranscripts](http://ou.edu/recordsandtranscripts)

OU records and transcripts, enrollment verification, prior learning assessment, diplomas, grade reporting

## Learning Resources

### Disability Resource Center

[drc@ou.edu](mailto:drc@ou.edu) | 5-3852

Registering for learning disability accommodations and ensure equal educational opportunities

### Chemistry Help Center

Physical Science Center Rm. 303 | 405-325-4811

### Engineering Tutoring

[ou.edu/coe/academics/student-support/tutoring](http://ou.edu/coe/academics/student-support/tutoring)

Rawl Engineering Practice Facility Rm. 230 and Sarkeys Library, Rm 350

### Math Center

[ou.edu/cas/mathcenter](http://ou.edu/cas/mathcenter)

Physical Sciences Center, RM 209, 231, and 232

### Student Learning Center

[studentlearning@ou.edu](mailto:studentlearning@ou.edu) | 5-7621 | [ou.edu/univcoll/about/action\\_tutoring](http://ou.edu/univcoll/about/action_tutoring)

free group tutoring, 1 to 1 tutoring sessions, and study consultation appointments

### Language Learning Center

[llc.ou.edu](http://llc.ou.edu) | 5-1352 | Kaufman Hall Rm. 228

foreign language assessment, foreign language waivers, free tutoring

### Writing Center

[writingcenter@ou.edu](mailto:writingcenter@ou.edu) | 5-2936 | [ou.edu/writingcenter](http://ou.edu/writingcenter)

brainstorming, planning, drafting, or revising with a consultant

### Center for Student Advancement

5-2574 | [ou.edu/univcoll/about](http://ou.edu/univcoll/about)

provides programs and services that promote the retention and success of students experiencing academic challenges

Faculty Mentoring | Strategies for Success | Transitions | First Steps

## Major and Career Planning

### Career Services

[oucs@ou.edu](mailto:oucs@ou.edu) | 5-1974 | [hiresooner.com](http://hiresooner.com)

resumes, career fairs, job search/planning

### Major and Career Exploration

[exploremajors@ou.edu](mailto:exploremajors@ou.edu) | 5-1684 | [iadvice.ou.edu/majors](http://iadvice.ou.edu/majors)

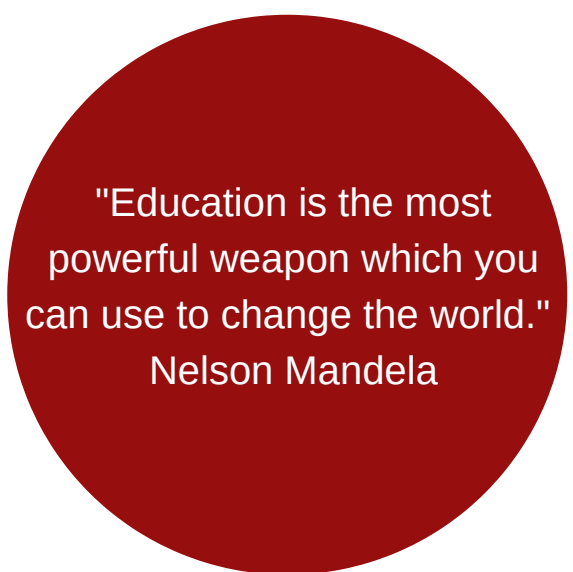
[ou.mymajors.com](http://ou.mymajors.com) exploring major and careers and deciding on academic path

## College Level Resource

### Student Success Center

[dfcassuccess@ou.edu](mailto:dfcassuccess@ou.edu) | 5-4411 | [ou.edu/cas/students/student-success-center](http://ou.edu/cas/students/student-success-center)

The SSC can assist students with the following: general questions, academic success strategies, finding campus involvement opportunities, major/internship/career exploration and planning, navigating campus resources, student advocacy, etc.



"Education is the most powerful weapon which you can use to change the world."  
Nelson Mandela



# CAMPUS LIFE



## Student Life

**Campus Activities Council**  
5-3163 | [ou.edu/sga/cac](http://ou.edu/sga/cac)

programming inclusive, campus-wide events

**Fraternity and Sorority Programs and Services**  
[fsps@ou.edu](mailto:fsps@ou.edu) | 5-3163 | [ou.edu/studentlife/fsps](http://ou.edu/studentlife/fsps)  
IFC, Panhellenic, Multicultural, National Pan-Hellenic

**Multicultural Programs and Services**  
[ou.edu/studentlife/diverse\\_communities](http://ou.edu/studentlife/diverse_communities)  
social justice engagement, cultural events, and leadership

**Orientation and Transfer Programs**  
[ou.edu/studentlife/new\\_to\\_OU](http://ou.edu/studentlife/new_to_OU)  
programming and resources for incoming students

**OU Cousins**  
[oucousins@ou.edu](mailto:oucousins@ou.edu) | 5-3163 | [ou.edu/oucousins](http://ou.edu/oucousins)  
opportunity to connect with students from across the globe

**Student Organizations**  
[ou.edu/studentlife/organizations](http://ou.edu/studentlife/organizations)  
Org Sync portal; clubs and organizations

**What To Do at OU**  
[ou.edu/wtd](http://ou.edu/wtd)  
OU, Norman, and Oklahoma City event page

**Campus and Local Ministries**  
[ou.edu/studentlife/get\\_involved/ministries](http://ou.edu/studentlife/get_involved/ministries)  
list of student ministries

## Being on Campus

**Housing & Food**  
[housinginfo@ou.edu](mailto:housinginfo@ou.edu) | 5-2511 | [ou.edu/housingandfood](http://ou.edu/housingandfood)  
OU campus living and dining

**Parking & Transportation Services**  
[parking@ou.edu](mailto:parking@ou.edu) | 5-3311 | [ou.edu/parking](http://ou.edu/parking)  
Parking permits, maps, and tickets; Crimson Cruisers, Free parking

## Health

**Health Services**  
[healthservices@ou.edu](mailto:healthservices@ou.edu) | 5-4611 | [ou.edu/healthservices](http://ou.edu/healthservices)  
Health Promotion, Clinical Services, Physical Therapy, Pharmacy, etc.

**Fitness + Recreation**  
[fitrec@ou.edu](mailto:fitrec@ou.edu) | 5-3053 | [ou.edu/far](http://ou.edu/far)  
Sarkeys Fitness Center, Murray Swim Complex, Intramurals

**Goddard Counseling Center**  
5-2911 | [ou.edu/ucc](http://ou.edu/ucc)  
psychological services, crisis services

## Student Affairs

**Gender + Equality Center**  
[gec@ou.edu](mailto:gec@ou.edu) | 5-4929 | [ou.edu/gec](http://ou.edu/gec)  
advocate for women and LGBTQ+ rights

**Leadership & Volunteerism**  
[leadandvolunteer@ou.edu](mailto:leadandvolunteer@ou.edu) | [ou.edu/leadandvolunteer](http://ou.edu/leadandvolunteer)  
empower students to become effective community leaders

**Oklahoma Memorial Union**  
[union@ou.edu](mailto:union@ou.edu) | 5-2121 | [ou.edu/union](http://ou.edu/union)  
Union Programming Board and campus spaces

**Student Conduct**  
[studentconduct@ou.edu](mailto:studentconduct@ou.edu) | 5-1540 | [ou.edu/student\\_conduct](http://ou.edu/student_conduct)  
responsible for university's discipline system

**Student Media**  
[dailynews@ou.edu](mailto:dailynews@ou.edu) | 5-3666 | [oudaily.com](http://oudaily.com)  
OU Daily media

## Safety

**Safe Ride**  
[saferide@ou.edu](mailto:saferide@ou.edu) | 5-7433 | [ou.edu/studentaffairs/our\\_departments/saferide](http://ou.edu/studentaffairs/our_departments/saferide)  
safe and free transportation for OU students

**Safe Walk**  
325-WALK | [ou.edu/police/crime/ou-safewalk](http://ou.edu/police/crime/ou-safewalk)  
accompany members of the university community anywhere on campus

**Police Department**  
[oupd@ou.edu](mailto:oupd@ou.edu) | 5-1717 | [ou.edu/police](http://ou.edu/police)  
full time, state certified, police department

**Call 911 in case of an emergency**

## Mandatory Trainings

**Alcohol Policy**  
[ou.edu/ucc/cap](http://ou.edu/ucc/cap)  
comprehensive alcohol education

**Sexual Misconduct**  
[smo@ou.edu](mailto:smo@ou.edu) | 5-1057 | [ou.edu/eoo/student-online-training](http://ou.edu/eoo/student-online-training)  
sexual misconduct awareness training

**Diversity**  
[university.community@ou.edu](mailto:university.community@ou.edu) | 5-7314 | [ou.edu/community/experience](http://ou.edu/community/experience)  
introduce students to diversity and life skills

**For all trainings, go to [onpoint.ou.edu](http://onpoint.ou.edu)**

"We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own."

Cesar Chavez



# MONEY MATTERS



## Bursar

[bursar@ou.edu](mailto:bursar@ou.edu) | [ou.edu/bursar](http://ou.edu/bursar)

centralized billing and collection point for student accounts

## Student Financial Center

[sfc@ou.edu](mailto:sfc@ou.edu) | 5-9000 | [ou.edu/sfc](http://ou.edu/sfc) | Skype is available

One office for assistance with all student financial questions

## MoneyCoach Program

[moneycoach@ou.edu](mailto:moneycoach@ou.edu) | 5-4692 | [ou.edu/moneycoach](http://ou.edu/moneycoach)

1 to 1 coaching to learn money management

## Student Jobs

[jobs.ou.edu](http://jobs.ou.edu)

on-campus and Norman job opportunities

## Student Insurance

5-9196 | [hr.ou.edu/Students](http://hr.ou.edu/Students)

must be enrolled in at least 9 on-campus credit hours

## Types of Financial Aid

### Scholarships

[scholarships@ou.edu](mailto:scholarships@ou.edu) | [ou.edu/scholarships](http://ou.edu/scholarships)

Centralized Academic Scholarship Hub (CASH)

Work Assistance Tuition Waiver (25+ hours; enrolled in at least 15 credit hours)

### Federal Direct Unsubsidized Stafford Loans

Not need-based; responsible for repaying and paying interest

### Grants

Need-based and do not have to be repaid; Eligibility determined by FAFSA

### Private Loans

[ou.edu/financialaid/typesofaid/studentloans](http://ou.edu/financialaid/typesofaid/studentloans)

Credit-based loans offered by banks/private lenders

### Work-Student Jobs

[ou.edu/financialaid/typesofaid/workstudy](http://ou.edu/financialaid/typesofaid/workstudy)

OU Federal Work-Study Program; earn money working on campus  
Students receive biweekly paycheck that can be used for tuition/fees

### OU Institutional Loans

[ou.edu/financialaid/typesofaid/studentloans](http://ou.edu/financialaid/typesofaid/studentloans)

loan requires a creditworthy cosigner who earns at least \$35,000 a year

### Federal Direct Subsidized Stafford Loans

Eligibility is need-based; available for undergrad student during first 150% of program

### Federal Direct Parent Plus Loans

[ou.edu/financialaid/typesofaid/studentloans](http://ou.edu/financialaid/typesofaid/studentloans)

allow parents of undergrads to borrow up to full cost of tuition and education expenses

“Your decisions from today forward will affect not only your life, but also your entire legacy.”

Dave Ramsey



# TECHNOLOGY



## OUNetID (4x4) and Password

[account.ou.edu](http://account.ou.edu)

to retrieve OUNetID or change password

## ONE

[one.ou.edu](http://one.ou.edu)

gateway to OU's student information resources; single sign-on  
check degree progress; see financial awards; pay tuition and fees;  
view transcript; enroll in classes

## OU Email

To set up account: [portal.office.com](http://portal.office.com)  
main form of communication

## Canvas

[canvas.ou.edu](http://canvas.ou.edu)

primary learning management system  
create/manage ePortfolios and set notifications  
Mobile App: Available for iOS and Android

## Computer Labs

[ou.edu/ouit/learning/labs](http://ou.edu/ouit/learning/labs)

tech spaces located across campus; desktops; printers;scanners

## Printing

[print.ou.edu](http://print.ou.edu)

campus-wide cloud printing services through WEPA

## Tech Bootcamp

[link.ou.edu/techbootcamp](http://link.ou.edu/techbootcamp)

learn how to set up email, free Microsoft Office account, and Canvas

## Sooner Card

[soonercard@ou.edu](mailto:soonercard@ou.edu) | 5-3113 | [ou.edu/soonercard](http://ou.edu/soonercard)

OU ID card grants access to many buildings, campus restaurants, and student services

## Information Technology

325-HELP | [ou.edu/ouit](http://ou.edu/ouit)

Self Help Resource: <http://askit.ou.edu/>  
Assistance for all OU Tech questions



# INTENTIONAL SUPPORT



## **Behavioral Intervention Team (BIT)**

**[normanbit@ou.edu](mailto:normanbit@ou.edu) | [ou.edu/normanbit](http://ou.edu/normanbit)**

group of campus professionals who respond to reports of disruptive or troubling behavior

## **Compass Network**

**[compassnetwork@ou.edu](mailto:compassnetwork@ou.edu) | [link.ou.edu/compass](http://link.ou.edu/compass)**

Assisting undergraduate students facing a multiplicity of issues impacting their success or degree completion

## **First to Go OU**

**[tbates@ou.edu](mailto:tbates@ou.edu)**

program for first-generation students to help create a sense of belonging, academic readiness, and mentorship

## **Green Zone**

**[veterans@ou.edu](mailto:veterans@ou.edu) | [ou.edu/veterans/green-zone](http://ou.edu/veterans/green-zone)**

assistance and resource opportunities for those students who serve or have served our country

## **International Student Services**

**[iss@ou.edu](mailto:iss@ou.edu) | 5-3337 | [ou.edu/cis/iss](http://ou.edu/cis/iss)**

provide expert advice and support to every international student

## **OU Advocates**

**[gec@ou.edu](mailto:gec@ou.edu) | 5-0013 | [ou.edu/gec/advocates](http://ou.edu/gec/advocates)**

24/7 crisis line and support service for any OU community member who experience sexual assault, relationship violence, stalking, or sexual harassment

## **OU Food Pantry**

**[oupantry@ou.edu](mailto:oupantry@ou.edu) | 5-2044 | [ou.edu/foodpantry](http://ou.edu/foodpantry)**

open to current OU students, faculty, and staff who are in need of nutrition assistance

## **Project Threshold**

**[scady@ou.edu](mailto:scady@ou.edu) | 5-7772 | [ou.edu/threshold](http://ou.edu/threshold)**

TRIO program designed to serve first generation, economically disadvantaged or disabled students

## **Student Legal Services**

**[sls@ou.edu](mailto:sls@ou.edu) | 5-6875 | [ou.edu/studentlegalservices](http://ou.edu/studentlegalservices)**

provide quality legal services to students to ensure their ability to focus on achieving academic success

## **Veteran Student Services**

**[veterans@ou.edu](mailto:veterans@ou.edu) | 5-4308 | [ou.edu/veterans/veteran\\_student\\_services](http://ou.edu/veterans/veteran_student_services)**

cater to the needs of student veterans enrolled in academic programs offered by campus

## **Institutional Equity Office**

**[smo@ou.edu](mailto:smo@ou.edu) | 5-2215 | [ou.edu/eoo](http://ou.edu/eoo)**

promote and foster the University's commitment to the prohibition of gender discrimination in the educational and employment context

*Two Offices within Institutional Equity Office:*

## **Equal Opportunity and Affirmative Action Office**

**[bjm@ou.edu](mailto:bjm@ou.edu) | 5-3246 | [ou.edu/eoo](http://ou.edu/eoo)**

handles discrimination claims, as well as affirmative action plans

## **Title IX**

**[smo@ou.edu](mailto:smo@ou.edu) | 2215 | [ou.edu/eoo](http://ou.edu/eoo)**

handles claims involving the Sexual Misconduct, Discrimination and Harassment Policy and gender equity issues related to athletics

## **Additional Campus and Community Resources**

**[ou.edu/graduatesooner/compass-network/campus-and-community-resources](http://ou.edu/graduatesooner/compass-network/campus-and-community-resources)**

“Challenges are gifts that force us to search for a new center of gravity. Don’t fight them. Just find a new way to stand.”

Oprah Winfrey