

Welcome to the Sooner family!



Congratulations on your admission to the University of Oklahoma! Here we have included answers to all of the questions you might have after being admitted, and a checklist of items to complete on your path to becoming a Sooner!

SUPPORT FROM THE VERY BEGINNING!

All new and transfer international students must attend **New International Student Orientation** and check in with International Student Services. For more information, visit ou.edu/cis/iss.

ACADEMIC EXCELLENCE

Our **world-class facilities** rival those of private institutions. There has been more than \$2 billion in construction since the arrival of University President David L. Boren. This means that there are countless opportunities for experiential learning that will set you up for career success. Visit ou.edu/go2/facilities for more information.

Many of our **150+ degree programs** rank among the best in the country, including entrepreneurship, petroleum engineering, dance and meteorology.

OU has achieved the Carnegie Foundation's highest tier of **research** activity classification. We guarantee innovative research projects for all of our students.

University President David L. Boren teaches a political science course every semester, one of few university presidents to do so.

DYNAMIC STUDENT LIFE

The Conoco Student Leadership Wing houses all of OU's **450+ student organizations**. Collaboration is essential in making connections and making a difference and this space allows for that to happen. Visit ou.edu/studentlife.

What is a Sooner? In 1889, the Oklahoma Land Run was held to allow settlers from across the globe to claim land in Oklahoma Territory. One of the few rules was that all participants were to start at the same time. Those who went too soon were called "Sooners." Eventually, "Sooner" became a synonym for Progressivism. A Sooner is a prosperous and ambitious individual. As the Sooner State, Oklahoma is the land of opportunity, enterprise and economic expansion.

Staying active is easy for our students! OU offers more than 30 intramural sports, regular outdoor excursion trips, a climbing wall and state of the art training facilities. To learn more about our recreation center, visit ou.edu/far.

Sooners understand the importance of **giving back**. In fact, we have an office devoted solely to providing our students opportunities to help in our community. Visit ou.edu/leadandvolunteer for more information.

VIBRANT COMMUNITY

Norman, Oklahoma is a classic college town centered around OU students. It is a safe, welcoming place with lots of activities, including an eclectic local music scene, two world-class museums and more than 25 festivals each year.

Oklahoma City, the state capital, is located just 30 minutes north of Norman and presents students with a change of pace. OKC, as the locals call it, is home to the NBA Thunder basketball team, museums and fine dining, OU's Health Sciences Center campus, and the Bricktown Riverwalk, an extensive entertainment district. OKC is also home to the Will Rogers World Airport, the airport serving OU. Visit ou.edu/go2/okc for more information.


OU is truly a **global community** with over 1,700 international students from more than 100 countries. In fact, our International Programs Center was created to enrich the international experience on campus. You will have the opportunity to hear from notable international leaders and also get to know other students as part of our OU Cousins program, which pairs each participating international student with an American student to allow them to learn from and connect with each other.

As an international student, **living on campus** in the center of it all is a great way to experience OU to the fullest! Choosing to live on campus in either the residence halls or apartments, you have access to the largest assortment of amenities and services. The convenient on-campus location allows you to quickly access an array of restaurants, academic support services and campus involvement opportunities. First-time freshmen are required to live on campus, and many choose the Global Community floor in the Towers, which offers a community kitchen and is made up of 50 percent International students and 50 percent American students. Visit ou.edu/housingandfood to learn more.

Our **campus dining** isn't your typical college food. It's unbelievably good. In fact, our cafeteria boasts a 90% approval rating and we offer over 20 convenient dining locations across campus. Our shining gem is Couch Restaurants, which is an all-you-care-to-eat establishment with 14 unique dining concepts inside. Visit ou.edu/housingandfood for more information about dining options and available meal plans.

YOUR SOONER TO DO LIST


 **OBTAIN A U.S. VISA:** Visit the ISS website for F-1 and J-1 visa application information at ou.edu/cis/iss.


 **SET UP YOUR OUNet ACCOUNT:** Your OUNet Account is your key to accessing OU technology resources such as email, enrollment, grades, course materials, computer labs and OU Libraries resources. Many OU offices will only communicate with you via your official OU email account. Please check it regularly.


Set yours up today:


1. Go to account.ou.edu.
2. Click "I'm New to OU" and enter either your Social Security Number (if you have one) or 4+4 and date of birth to set up your account. Your 4+4 is your OU username and it consists of the first four letters of your last name and the last four digits of your OU ID number.
3. Enter an account recovery (non-OU) email address where OU IT can send password reset information in case you lose or forget your password.
4. If applicable, enter your cell phone number in the "Receive Text Messages" box to be notified of campus emergencies.
5. Change your email alias. OU IT will automatically set up your email address as First.MI.Last-1@ou.edu, but you can change this by visiting the Email Alias menu on the Account page.


Visit getconnected.ou.edu or call (405) 325-HELP if you need help.


 **ACCESS YOUR OZONE PORTAL:** oZONE is OU's student portal. It is designed to give current OU students personalized access to campus resources like enrollment, Financial Aid and more, all in one location. oZONE allows you to customize what you see and do in the portal based on your personal preferences and interests. To access the oZONE portal, go to ozone.ou.edu. You will be asked for your username (4+4) and password. For more information on oZONE, visit ou.edu/portal.

 **SUBMIT HOUSING CONTRACT:** If you are interested in living on campus, visit ou.edu/housingandfood to complete your housing contract. This will be available beginning in early October. Email housinginfo@ou.edu if you have questions.

 **CHECK IN WITH ISS:** You are required by law to check in with OU International Student Services (ISS) – Hester Hall Room 144, 729 Elm Ave, upon your arrival in Norman. Bring your passport and I-20 or DS-2019. Failure to report to OU ISS may result in cancellation of your immigration status and cancellation of your enrollment at OU. For more information, visit ou.edu/cis/iss.

 **ENSURE YOU HAVE THE PROPER VISA STATUS:** Prospective or current students who are in the US on a visa other than F-1 or J-1/J-2 must contact OU ISS regarding a change of visa status prior to enrolling. A visa status other than F-1 or J-1 may restrict you from enrolling in or attending class. Beginning studies while on a B-1/B-2 visitor visa is a violation of the visitor visa status. F-2 dependents cannot enroll. Students must receive USCIS approval for a change of visa status or obtain a student visa outside the US before beginning studies in order to maintain lawful US immigration status. For more information, visit ou.edu/cis/iss.


 **COMPLETE MANDATORY TRAINING:** Prior to enrollment, all University students are required to successfully complete the mandatory online training located at onpoint.ou.edu. Federal law and Regent policy mandate compliance with this training and the University's Sexual Misconduct, Discrimination and Harassment Policy at ou.edu/eoo. You will first need to obtain and activate your 4+4 and password. If you need technical assistance, please contact the IT Help Desk at needhelp@ou.edu or (405) 325-HELP. International Students are required to complete the online ISS Mandatory Immigration Orientation at learn.ou.edu.

 **ENROLL IN YOUR CLASSES:** International Students have enrollment requirements to maintain legal immigration status in the US. Please visit ou.edu/go2/issenrollreqs to learn more.

Incoming freshmen: You will be advised individually by a professional academic adviser once you arrive on campus. For more information, visit newsouner.ou.edu.

Transfer students: Contact your academic adviser to set up an appointment to be advised. To locate contact information for your adviser, please visit your academic college website (to find your college website, visit ou.edu) or review the contact information listed in the enclosed letter from your college of interest.

Graduate students: Before enrolling in classes, you need to contact your departmental academic adviser. They will remove any registration stops that must be cleared. Once these stops are removed, you can enroll online at ozone.ou.edu.

 **PURCHASE HEALTH INSURANCE:** All international students are required to purchase and maintain a medical health plan. When you enroll, you are automatically charged for the Student Health Plan. You must complete and return an application for the Student Health Plan Office when you arrive and again during the open enrollment period every year in August. Once you are enrolled, you may add your dependents to your health plan. If you have a different insurance policy, it must meet specific requirements including repatriation and evacuation coverage in order to qualify for a waiver. For more information, contact the Student Health Plan office online at ou.edu/ohr/shp or by phone at (405) 325-9196.

PAY EXPENSES: Tuition, fees, books, housing charges, medical insurance and miscellaneous expenses are due at the time of enrollment. We suggest that you have at least \$10,000 (USD) available when you arrive and that you bring one check made payable to the University of Oklahoma for your tuition, fees, housing (if living on campus) and one check made payable to yourself to use for additional expenses. See the enclosed information from the Office of the Bursar regarding payment options for tuition and fees. There is no need-based financial aid available to incoming international students. Visit bursar.ou.edu.

REVIEW IMMUNIZATION REQUIREMENTS: OU requires all students to provide documentation of the required Hepatitis B and MMR vaccinations. Also, documentation of having a Tuberculosis test within 6 months prior to attending classes for the first time is required for international student. For further information regarding these required immunizations, visit immunization.ou.edu.

ATTEND ORIENTATION: You are required to attend one of the New International Student Orientations around the start of the new semester. Visit ou.edu/cis/iss for more information. Students are advised to arrive a week before classes start. To see when classes will begin, visit ou.edu/admissions/academic_calendar. This will allow time to attend orientation, obtain housing, enroll, set up phone service, etc. To contact an international student association before your arrival, visit our student organization website at ou.edu/cis/iss under "International Community."

ADDITIONAL CHECKLIST ITEMS FOR GRADUATE/TRANSFER STUDENTS:

COMPLETE TRANSFER PROCESS: (TRANSFER STUDENTS) If you are currently attending another school in the US, you must have your SEVIS record (I-20) transferred to OU to maintain your immigration status. This is a separate process from your academic transfer. For more information, contact International Student Services at iss@ou.edu

COMPLETE TEACHING ASSISTANT TRAINING: (TA's) This training is for all new OU teaching assistants whose duties will include any contact with students. This workshop will help ease your transition into the university teaching community and enhance teaching effectiveness. Visit ou.edu/cte for more information and to register for TA training. In addition, you may be required to attend a departmental TA training program. Consult your department for details.

COMPLETE LANGUAGE PROFICIENCY TEST: (GRADUATE STUDENTS) The state of Oklahoma requires certification for any non-native speaker of English who has contact with students in an instructional capacity. To meet this requirement, the English Assessment Program administers language proficiency tests leading to Certification of Proficiency in English. We can also advise you about other matters related to English certification and proficiency. Go to ou.edu/gradweb/eap for more information.

ATTEND DEPARTMENTAL ORIENTATION: (GRADUATE STUDENTS) Many departments at OU host individual orientation programs along with the Graduate College Graduate Student Orientation. For more information, contact your academic department.

REVIEW ADDITIONAL GRADUATE INFORMATION: (GRADUATE STUDENTS) The Graduate College Bulletin offers general information on graduate programs and policies. Specific program information is available upon request. Visit ou.edu/gradweb/gcbulletin to get the online version of this document. You can also find information on many resources for graduate students in the Graduate Student Handbook. Go to ou.edu/gradweb/student_resources to access the online version of the handbook.

ATTEND THE GRADUATE RECEPTION: (GRADUATE STUDENTS) All incoming graduate students are encouraged to attend the annual Graduate Student Welcome Reception and Resource Fair, an event that provides students with information on campus services, university life and community resources. More information can be found at ou.edu/gradweb.



Q&A (QUESTIONS & ANSWERS)

Where will I live? Housing is guaranteed for all freshmen, and we have options available for Transfer and Graduate students too! Visit ou.edu/housingandfood to learn more.

How will I get around? Many of the things you'll need will be within walking or biking distance of our on-campus living. We have convenience stores, post offices, bookstores, over 20 dining options and more right here on campus. We do have other transportation options available if you need them. Visit ridecart.com for bus information and enterprise-carshare.com for information on our campus car-sharing program available by the day or by the hour. In addition, the Oklahoma City Airport is located about 20 miles northwest of the Norman campus. We recommend that you check the airport website, flyokc.com, for ground transportation information to get to and from the airport.

Will I be safe? Our students feel very safe both in the residence halls and across campus. View the current Sooner Safety report at ou.edu/oupd/safety.pdf.

Where will I eat? Visit ou.edu/housingandfood for details about campus restaurants and meal plans.

Where can I find an academic calendar? Visit ou.edu/admissions and click on "Academic Calendars."

Where can I see OU's campus? Please visit ou.edu/go2/virtualtour to see a 360° tour of our campus!

Where can I buy books? To purchase your textbooks from the University Bookstore, visit oklahoma.bkstr.com.

Will I have to buy books? The OU Libraries provides selected textbooks on reserve that can be checked out free of charge. Please visit libraries.ou.edu/textbooks for more information.

Where will I work? OU offers on-campus jobs that international students can apply for. Visit jobs.ou.edu to find these on-campus jobs. For off-campus work experience, please contact OU ISS at iss@ou.edu.

Where can I purchase a computer or tablet? Visit the OU IT Store at 329 W. Boyd on Historic Campus Corner or the One University Store in the Oklahoma Memorial Union for academic discounts on computers, software, accessories and more. Find more information at facebook.com/UITStore.

How do I get tickets to athletic events? Right before school starts, you will receive information on how to order football and/or men's basketball tickets. Learn more at soonersports.com.

What if I need disability assistance? The OU Disability Resource Center provides accommodations for students on an individual basis dependent on the need for services including advocacy, architectural accessibility, alternative testing, interpretation, real-time captioning and note-taking services. Visit drc.ou.edu for more information.