OU Health(y) Lifestyle

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at Central Park
APARTMENTS

Recognized as the best apartment community in OKC, The Lincoln features two resort style salt water pools, large central walking park, gated pet area and large 24-hour fitness center. Washer & dryer are included in every 1, 2 & 3 bedroom floor plan, and garages are available nearby. Just minutes from OUHSC, Bricktown, Whole Foods, Classen Curve & more, the Lincoln at Central Park is the perfect location to call home.

Life is Better at THE LINCOLN

Contact our consultants today:
www.TheLincolnAtCentralPark.com or 405.528.4800
I-44 & Lincoln Blvd.
Welcome Note

Welcome to the OU Health Sciences Center! We are pleased you have chosen to continue your education in the heart of Oklahoma City.

HSC Student Affairs is committed to making your experience as a student and future health professional the most it can be. Our extensive student services are dedicated to making students feel at home. As you explore the pages before you, take note of the many traditions, opportunities and possibilities the university has to offer. We encourage you to make the most of your time on campus, building new traditions along the way.

The content of this magazine does not necessarily represent the opinions, views interest or concerns of the University of Oklahoma Health Sciences Center.

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On The Cover
[Left to Right] Diara Siieth, College of Medicine
Steffan Sigler, College of Dentistry
Kayla Howerton, College of Allied Health, Au.D/Ph.D
Spotlight on OU President David Boren

President Boren, who served Oklahoma as governor and U.S. senator, became the 13th president of the University of Oklahoma in November 1994. He recently surpassed OU’s first president, David Ross Boyd, as the second-longest serving president in the university’s history.

He is the first person in state history to have served all three positions.

Boren is widely respected for his academic credentials, his longtime support of education, and for his distinguished political career as a reformer of the American political system.

Since 1995, more than $2 billion in construction projects have been undertaken on OU’s three campuses. OU is a leader among all American universities in international exchange agreements and study abroad programs. The University currently offers programs in over 50 countries and 100 cities across six continents. OU has increased from 100 to 560, the number of endowed faculty positions in the past 17 years, demonstrating a strong commitment to excellence.

If you have questions or comments regarding OU, President Boren has established the President’s Action Line (405) 325-1212 to assist you.

Meet the Provost

Dr. Dewayne Andrews received a B.S. degree from Baylor University and earned his M.D. from the University of Oklahoma College of Medicine. His residency and fellowship training in Internal Medicine and Nephrology were at the Johns Hopkins Hospital in Baltimore, Maryland and the University of Oklahoma Health Sciences Center. He served for two years as an Epidemic Intelligence Service Officer with the Centers for Disease Control of the U.S. Public Health Service.

Dr. Andrews’ past research interests include hypertension, kidney disease, and hepatorenal syndrome. He has been a member of the Board of Governors of the American College of Physicians, and in 2004 he was awarded the high honor of designation as a Master of American College of Physicians. He is past chairman of the National Commission on the Certification of Physicians Assistants, and past chairman of the Section on Medical Schools of the American Medical Association. He is a member of the Liaison Committee on Medical Education, the national accrediting body for the U.S. and the Canadian medical schools. Dr. Andrews has served on the Board of Directors of the Oklahoma City Philharmonic Foundation, Lyric Theater, and currently United Way of Central Oklahoma.

Dr. Andrews continues to serve as Executive Dean of the College of Medicine, a position he has held since 2002. He is a David Ross Boy Professor of Medicine, holds the Lawrence N. Upjohn Chair in Medicine, and has received several awards for excellence in teaching medicine. Dr. Andrews has overall responsibility for the OU Health Sciences Center colleges and programs in addition to responsibility for the medical education, biomedical research and clinical practice enterprises of the College of Medicine including OU Physicians. In 2011, the President and Board of Regents appointed Dr. Andrews as Senior Vice President and Provost of the University of Oklahoma Health Sciences Center.
AUGUST
16 Enrollment period (including add/drop and cancellations) ends at 5 p.m.
19 Classes begin
23 Last day to enroll
30 Change classes from audit to credit ends

OCTOBER
1 Final date to submit diploma application
11 Fall break
25 Change classes from credit to audit ends

SEPTEMBER
2 Labor Day (no classes)
3 Automatic grade of "W" for a dropped course begins
13 Final date to file as a master's degree candidate
15 Last date to pay tuition/fees without $50 late charge
27 Automatic grade of "W" for a dropped course ends
30 Dropped courses will result in a grade of "W" or "F" starting today

NOVEMBER
1 Final date to submit diploma application
15 Final date to submit thesis/dissertation reading copy
27 - DEC. 1 Thanksgiving vacation
29 Final date to schedule comprehensive exam

DECEMBER
6 End of classes
Final date to receive a grade of "W" or "F" for a dropped course

JANUARY
13 Classes begin
Late enrollment period ($50 late fee)
17 Final date to enroll

FEBRUARY
7 Final date to file as a master's degree candidate

MARCH
1 Final date to submit thesis/dissertation reading copy
19 Final date to schedule comprehensive exam
15-23 Spring break
28 Change classes from credit to audit ends

APRIL
Final date to withdraw from all courses
Final exams begin
9 May Intercession registration ends
Final exams end
Final date for oral defense of thesis/dissertation defense
Final date to pay tuition/fees without $50 late charge
Commencement weekend
12 May Intercession begins
13 Final grades due
30 May Intercession ends

HSC1 is established to provide all first-year students interdisciplinary experiences through planned opportunities to meet students, provide an avenue for campus information sharing, and a pathway to enhance contact and communication with first-year students.

Welcome Celebration
Tuesday, August 20, 2013 at 4:30 p.m.
DLB Student Union, 1st Floor
FREE T-Shirt for all students NEW to the OU Health Sciences Center.
Campus Life

Getting adjusted to the Health Sciences Center comes easiest to those who are prepared. These suggestions will tell you where to study, who to ask for help and how to be successful.

Features

The students, faculty and staff members at HSC are as interesting as they are diverse. We put the spotlight on three students, eight deans, nine college presidents and much more.

City Life

Welcome to Oklahoma City! Whether you’re a lifelong resident or new to OKC, let us point you in the right direction for entertainment, transportation and more.

Campus Life
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- Best Places to Study 13

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- Demographic Breakdown 23

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- Highlights from Last Year 34

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"Living room of the campus"

Over 40,000 square feet
- Open 24 Hours
- Athletic Fields
- Bank & ATM
- Computer Lab
- Food Court
- Game Room
- Lactation Room
- Meeting Rooms
- Reflection Room
- Study Lounges

David L. Boren Student Union
1106 North Stonewall
Oklahoma City, OK 73117
405.271.3606
union@ouhsc.edu

Eat
• Study
• Meet
• Relax

This University in compliance with all applicable federal and state laws and regulations does not discriminate on the basis of race, color, national origin, sex, age, religion, disability, political beliefs, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, financial aid and educational services.
Get to Know Campus’ Union

Bustling with activity throughout a typical day, the David L. Boren Student Union is the epicenter for student life on campus.

Housing everything from a ping pong room to Financial Aid, students can find virtually anything they need in one building.

“Whether they’re holding a productive meeting or unwinding from a day of labs, students have so many opportunities here at the DLB Student Union,” union events manager Joseph Schmidt said. “They meet here. They eat here. Greet friends after a long day of classes here. It’s no wonder they call it the living room of campus.”

Inside the union, students can grab a bite to eat in the food court, study in one of the many seating areas or blow off steam with a game of ping pong.

Both fun and functional, the union is a welcome refuge from the otherwise hectic pace of life at the HSC campus.

Meet Your Union Buddy, Stephen

Words: Paigten Harkins

Originally from Tulsa, Stephen Neely is the coordinator of operations and projects in the David L. Boren Student Union. His job includes administration of the union and overseeing reservations, intramurals, and the Read and Lead book club.

A little over a year ago Neely’s son, Jackson, was born and has had his hands full, but he said there are plenty of things to do in the Oklahoma City metro area.

Neely encouraged students to go out and explore Oklahoma City, including the recently-revived Midtown and booming Bricktown.

Working in the union, Neely sees the plethora of opportunities available to students and wants students to get the full experience of attending OUHSC, he said.

“There’s so much going on, so budget your time accordingly so you can experience everything.”
10 SIMPLE STEPS YOU SHOULD TAKE TO THRIVE AT OUHSC

It can be difficult adjusting to your new environment at HSC, but there are a few things you can do to make your time on campus easier and less stressful.

1. BE PREPARED
   It is a normal response to experience a sense of homesickness; you are away from everything and everyone familiar and thrown into a "whole new world." Even for those from Oklahoma, HSC is a new community.

2. FAMILIAR ITEMS
   Bring photos and items that remind you of home to facilitate your sense of comfort as you adapt to your new environment.

3. SOCIAL SUPPORT
   Make connections with people around you — neighbors, classmates and schoolmates. We know social support is a critical part of a person's well-being, so do not neglect to build a network of people you can lean on.

4. EXPLORE
   Once you settle in, it is important to become familiar with your new surroundings so you can feel less disoriented.

5. TRY NEW THINGS
   You are in a new culture now; try doing things you wouldn't be able to do back home. Become a member of a variety of social organizations on campus and meet different people.

6. KEEP IN TOUCH
   Supportive people back home will help facilitate you on your new journey and may even want to come for a visit.

7. EXPECTATIONS
   Given the academic demands of professional school, it is common to feel disappointed in your performance — you may have earned straight A's in undergrad and now you are making B's.

8. PLAN A TRIP HOME
   Traveling home often helps people feel connected to home and gives you something to look forward to and work hard toward.

9. FIND A BALANCE
   It's challenging to balance taking care of yourself and performing to your highest ability. It is critical to eat, sleep, exercise and socialize so you can be more productive when you do study.

10. ASK FOR HELP
    If you're struggling with your new environment, please don't hesitate to contact Student Counseling Services at 405-271-7336 or counselors@ouhsc.edu.

The UNIVERSITY of OKLAHOMA
Health Sciences Center
Student Government Association

2013-2014 Executive Board:

Blaire Bowers
President

Jenna Geohagan
Vice President
Chair, Student Senate

Jevon Oliver
Secretary

Christopher Webb
Treasurer

Kim Pham
Chair, Campus Activities Board

Every Student is a member of HSCSGA

The HSC Student Government Association (HSCSGA) is the Campus-wide student government

We're your representatives to the administration on campus-wide issues
Join the cultural diversity

Multicultural Student Services, a division of HSC Student Affairs, serves as a way to maintain a culturally diverse student environment at the HSC. With a number of multicultural student organizations as well as events, Multicultural Student Services strives to provide recruitment, advisement and support services to students.

The HSC Cousins Program, a major part of Multicultural Student Services, was created to provide understanding, friendship and unity among American and International/Exchange students on campus. HSC Cousins provides several opportunities for social, interactional and cultural exploration. Not only will you make new friends, but also you will be able to share traditions and culture with the person you are matched up with.

Another great way to get involved with Multicultural Student Services is the Diversity Week Celebration. Diversity Week Celebration in which Multicultural Student Services joins forces with HSC Student Government Association and the Diversity Board to sponsor this annual event which showcases our multicultural students. This annual weeklong event in early spring is filled with cultural education, cultural food, cultural activities and fun within our campus community.

Dr. Mary Carter (right) helps a student with her writing at the Writing Center.

Campus resources

WRITING CENTER

The Writing Center has been serving the OUHSC campus full time for the past three years, and according to its coordinator, Dr. Mary Carter, has shown incredible growth in the number of students seen each semester. She believes this is a direct reflection of the center’s increasing success at helping students through the academic writing process.

Carter said she likes to think of the Writing Center located in the Union, as providing a low-pressure, supportive environment for HSC students. The center offers hour-long, student-driven appointments focused on addressing student concerns with any of the many writing tasks encountered on the HSC campus. Appointments can be made by contacting the Writing Center by phone at 405-271-2416 or by email at writingcenter@ouhsc.edu.

“Definitely come see us early,” Carter said. “All writers can benefit from having someone review their paper during the writing process.”

LIBRARY

The Bird Health Sciences Library is committed to making all of the library’s services and resources available through the website (library.ouhsc.edu) and in person. The library staff realizes that the schedule of an HSC student is packed, so the site provides links to books, journals, databases and services so that students can use them 24 hours a day. Librarians are available from 8:00 a.m. to 5:00 p.m., Monday through Friday, to provide assistance in the library or on the phone. The website’s “Ask a Librarian” service, along with voicemail, allows students to leave requests at any time of the day or night. The library provides academic support for education and research through the collection of and access to resources. Additionally, professional staff provides a variety of services to promote a positive experience in the utilization of these resources.

For more information visit www.ouhsc.edu/libraries.
## Your Table of Fitness Elements

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### Basics Series

- 120 Fs
- 220 Vi
- 250 St
- 220 Re
- 220 Ki
- 220 Tk
- 120 Xp
- 120 Tr
- 120 De

### Renew Series

- 335 Fs
- 335 Vi
- 335 St
- 335 Re
- 335 Ki
- 335 Tk
- 335 Xp
- 335 Tr
- 335 De

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### Elements

- Yoga-Pilates Meld
- World Beat Dance
- All-Around Step
- Performance Studio Cycling
- Total Body Conditioning
- Kickboxing Conditioning
- Fast Efficient Fitness
- Active Aging 45+
- Straight Up Sculpt

---

Classes available on your Fitness On Request kiosk located at the University Health Club.

Try a class today!

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The University of Oklahoma®
University Health Club

For More Information:
Call 405-271-1650 or visit www.ouhsc.edu/uhc

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Get Your Head in the Game

Every student on campus agrees that school can be extremely overwhelming. This is why it’s important to participate in activities that help relieve stress. With nearly a fifth of HSC students involved, intramurals could safely be considered one of the favorites among students.

Kevin Emesiani, a third year Pharmacy student, understands the importance of being involved. "IM sports is a great stress relief from the rigors of school," Emesiani said. "It allows students from other colleges to interact and compete in a fun environment while also strengthening friendships within individual classes."

Chelsea Michael, a third year Allied Health student, also sees the importance of intramural sports.

"IM Sports are a blast! It's good, fun, clean competition and it gives great opportunities to interact with people from other programs!" Michael said. She also thinks intramurals opens a lot of opportunities. "IM Sports has opened windows of opportunity for me to be more involved in campus activities."

One reason that intramurals are such a popular pick is the competitive nature of many HSC students.

"We have extremely driven students here at the HSC," Union Coordinator Stephen Neely said. "They are in extremely demanding academic programs, which require them to study nearly 24/7, so when they do get that one or two hours a week to come out to sporting events they, in some regards, live for it." The competitive nature of HSC students becomes apparent each year as the competition builds up. "There's banter back and forth between colleges and years, and they bring it to the field," Neely said. "Generally, it’s something that builds all throughout the semester."

Graduate Assistant Noetta Harjo thinks intramurals has created competitive rivalries around campus. "The competitive nature of the students has created some interesting rivalries between some of the colleges and even some within the same college, but different classes," Harjo said.

"This competitiveness makes the games fun to watch and even more fun for the students to participate. And the students display great sportsmanship on and off the field. They are truly remarkable competitors," Harjo said.

Intramurals include flag football, basketball, softball and soccer. The sports are divided into recreational and competitive leagues, meaning that if you win a game you also will be playing a team that has won a game. This means that you will have similar records. This helps build competition throughout the season. Occasionally, HSC Student Affairs will offer small tournament sports, like dodgeball. These are the sports that may only last a day or a weekend, not a whole semester.
A. William Horsley Physician Assistant Student Society
Academic Medicine Interest Group
Academy of LDS Dentists
Academy of Managed Care Pharmacy
African American Student Association
Alfred F. Staples Society
American College of Healthcare Executives Student Chapter
American College of Healthcare Executives OU Affiliate
American Dental Hygienists' Association
American Pharmacist Association-Academy of Student Pharmacists
American Society of Consultant Pharmacists
American Student Dental Association
Anesthesiology Interest Group
Asian American Professional Student Association
Baptist Student Union
Biostatistics and Epidemiology Student Association
Blood and Thunder
Business in Medicine
Christian Medical & Dental Association
College of Allied Health Student Association
College of Dentistry - Rural interest Group
College of Dentistry Student Council
College of Medicine Graduate Student Organization
College of Medicine Student Council
College of Nursing Student Association
College of Public Health Student Association
Colleges Against Cancer
Community Health Alliance
Christian Pharmacist Fellowship International
Dermatology Interest Group
Emergency Medicine Interest Group
Family & Community Medicine Interest Group
Global Health Interest Group
Health Occupations Professionals for Equality
Hispanic American Student Association
Indian Student Association
Interdisciplinary Geriatrics Interest Group
Internal Medicine Interest Group
international student organization
Kappa Psi
Kentucky Professional Student Association
Latter-Day Saint Student Association
Medical Genetics Interest Group
Medical Spanish Organization
Men’s Caucus/OUCON
Middle Eastern and Mediterranean Medical Cultural Interest Group
Music as Medicine
Muslim Health Professionals Student Association
Native American Student Association
National Community Pharmacists Association
Neurosurgery Interest Group
Nutritional Graduate Association
OB-Gyn Student Interest Group
Oklahoma Association Of Women Dentists Student Chapter
Oklahoma City Chinese Students and Scholars Association
Oklahoma State Medical Association-Medical Student Section
Oncology Interest Group
Ophthalmology Interest Group
ORL Interest Group
OU Community Health Alliance
OUHSC badminton Club
OUHSC Graduate Student Association
Pediatric Interest Group
Pharmacy Student Association
Phi Lambda Sigma
Physical Medicine and Rehabilitation Interest Group
Psychiatry Interest Group
Public Health and Preventive Medicine Interest Group
Radiology Interest Group
Rehab Sciences Class of 2013
Rho Chi Society
SIGN
Sooner Miracles
Student Academy of Audiology
Student Dietetic Association
Student National Pharmaceutical Association
Student Nurses Association
Student Occupational Therapy Association
Student Physical Therapy Association
Student Society of Health-System Pharmacy
Team Everest
Urology Interest Group
Wilderness Medical Society
Student Interest Group

To register your student group or for involvement opportunities, visit students.ouhsc.edu or call 405-271-2416

**Student Government**

Here's a look at how student government works at the Health Sciences Center. For more information or to get involved, contact your college president. See pages 25-27 to learn about leadership in your college. Learn more about the student government at [www.ouhsc.edu/sa/mission.asp](http://www.ouhsc.edu/sa/mission.asp).
Study Spots

STANTON L. YOUNG WALK

Stretching from the clock tower to the bronze seed sower, this garden walk is the heart of the HSC campus — and it offers many seating options. Sprinkled with roses, hydrangeas, perennials, and annuals throughout, the gardens provide year-round color that can help brighten up any outdoor study session.

DAVID L. BOREN STUDENT LOUNGE

Located on the third floor of the union, the David L. Boren Student Lounge is another great place to study. The lounge is home to several couches, chairs, tables, and rooms, and the area makes for a great meeting space. HSC Student Affairs is also conveniently located on the third floor.

OU Medical Center Fountain Courtyards

Situated between the Children’s Center and the College of Medicine, these courtyard spaces provide outdoor seating for students and are accented with fountains and a modern trellis covered with evergreen.

Is someone you know...

- experiencing a decline in work or academic performance?
- demonstrating disruptive or disturbing behavior?
- showing dramatic changes in appearance, behavior or weight?
- having problems at home, with classes or work?
- making disturbing comments in conversation, email, letters, social media or papers?
- sad, anxious or experiencing dramatic mood shifts?
- abusing alcohol or drugs?
- isolating themselves socially?
- acting paranoid or suspicious?
- frequently angry or easily frustrated?
- struggling with health problems?

These behaviors, especially when more than one are present, may be signs that a person is in distress. There are many resources available at OU to help. Your confidential call can make a difference.

OU BIT

If a person is an immediate threat to themselves or someone else or is incapable of caring for themselves, CALL 405.271.4911.
Spotlight on HSC Deans

Deans at the Health Sciences Center hail from all over, and they have settled in the center of Oklahoma. With hometowns spanning from Florida to Canada, the deans offer much diversity to campus.

HSC is home to eight deans. Deans serve as the figurehead of their college or division and oversee activity within it. These responsibilities include overseeing faculty and hiring, working with students, setting academic policies, managing departmental budgets and handling administrative duties. Within each college, you’ll find associate and assistant deans looking to assist you along the way. Be sure to stop by your college student services office and introduce yourself.

**COLLEGE OF ALLIED HEALTH**
P. Kevin Rudeen, Ph.D.  
Hometown: American Falls, Idaho  
Undergrad: Utah State University  
Pictured with his wife, Kathleen

**COLLEGE OF DENTISTRY**
Stephen K. Young, D.D.S., M.S.  
Hometown: Kansas City, Mo.  
Undergrad: University of Missouri  
Pictured with his wife, Eileen

**DEAN OF STUDENTS**
Clarke A. Stroud, M.Ed.  
Hometown: Aurora, Colo.  
Undergrad: University of Oklahoma  
Pictured with his wife, Robin

**COLLEGE OF MEDICINE**
M. Dewayne Andrews, M.D.  
Hometown: Oklahoma City, Okla.  
Undergrad: Baylor University  
Pictured with his wife, Rebecca

**COLLEGE OF NURSING**
Lazelle E. Benefield, Ph.D., RN, FAAN  
Hometown: Miami, Fla.  
Undergrad: University of Florida  
Pictured with her husband, Rob

**COLLEGE OF PHARMACY**
JoLaine R. Draugalis, R.Ph., Ph.D.  
Hometown: Battle Creek, Mich.  
Undergrad: Ferris State University  
Pictured with her husband, Paul

**COLLEGE OF PUBLIC HEALTH**
Gary Raskob, Ph.D.  
Hometown: Hamilton, Ontario  
Undergrad: University of Toronto

**GRADUATE COLLEGE**
James J. Tomasek, Ph.D.  
Hometown: Downers Grove, Ill.  
Undergrad: University of Illinois  
Pictured with his wife, Carol Haaksma
OUR STUDENTS COME FROM 46 U.S. STATES
OF THE 3,413 STUDENTS FROM THE UNITED STATES 2,867 CALL OKLAHOMA HOME
AND THE REST...

INTERNATIONAL STUDENTS TOP FOUR COUNTRIES IN 2012
31 INDIA
35 CHINA
8 PAKISTAN
14 SOUTH KOREA
Health sciences are rigorous fields to study after the undergraduate level. Students may find it difficult to do well in their studies and still manage a life outside of school. Balance is key. Sometimes the best way to figure out how you will balance school, extracurriculars and a social life is to see how it’s done by others.

These three students know what it’s like to maintain balance. Breanca Thootes is a doctoral student in the College of Public Health, Edith Outziner is studying to be a dental hygienist in the College of Dentistry and Josh Nora is a graduate student studying dietetics and nutritional sciences in the College of Allied Health.

Keep reading to find out more about these students; you might learn some strategies about how to be successful at OUHSC.
Breanca Thomas

This Sooner has a strategy to her creative stride, which, she said, is vital to her success at OUHSC.

Words: Paigten Harkins • Photo: Blayklee Buchanan

Breanca Thomas, a doctoral student in the College of Public Health, isn’t sure of the specifics of her future profession, but she does know one thing — she wants to incite change.

A self-described creative, strategic visionary, Thomas knows she wants to work with social policy and focus on social and behavioral health.

Thomas came to HSC after some soul searching and realizing what she could realistically do with different degrees, she said.

She initially wanted to be a journalist, but after an internship her sophomore year she realized she wanted to pursue a career in policy and found out the public health degree would give her more options in the social side of policy, she said.

Thomas encouraged new students to find time for relaxation in addition to their studies.

“Focus on your work, but have some time to yourself,” she said.

The fact that OU had become her home as an undergraduate helped with the decision, too, she said.

“OU, especially after my undergraduate experience, felt like home to me,” Thomas said.

When she’s not strategizing about changing the world for the better, Thomas likes to jog, work out, watch sports and do puzzles, she said.

Ideally, she would like to work with others to improve the health of society as a whole, which she hopes to do that through social policy.
"OU, especially after my undergraduate experience, felt like home to me."

**Quick facts**

- Graduated from OU Norman campus
- Doctoral student for Health Promotion Services
- Enjoys jogging, watching sports, and doing puzzles
“You can network with others that you otherwise wouldn’t be able to. We are in our own little health city when you think about it.”

Quick facts

- Dental hygiene student
- President of the OUHSC chapter of American Dental Hygienists Association
- Expected graduation: May 2014
Edith Quinonez

Part of what’s great about OUHSC is the many people students can meet and network with.

Words: Paighton Harkins • Photo: Blayklee Buchanan

Edith Quinonez, dental hygiene student, says that patient interaction and care is what she will really love about her future profession.

She found that she loved being a caretaker while shadowing at a dentist's office in Guymon, Okla.

Quinonez is bilingual and while at the office she translated for the hygienist when a patient came in who couldn’t speak English, she said.

“It was one of those moments where you realize this is what you want to do,” she said.

While she loves to taking care of patients, Quinonez takes care of herself too by running, she said.

She ran the Oklahoma City Memorial half marathon the last two years, and won the Health Sciences Center’s health dash, a 10K race, in April.

Quinonez also likes to read in her spare time and mostly enjoys thriller novels, or those that make her think, she said.

Quinonez expects to graduate in May 2014. During her time at the Health Sciences Center she’s been impressed with the caliber of people with which she interacts and the number of interesting people she’s met, she said.

“I could be sitting next to the guy that might find a cure for something,” she said.
Josh New

Balancing school work with staying active can be tough, but it helps this Sooner stay focused.

Words: Paighton Harkins • Photo: Blayklee Buchanan

After spending 3 years as a tight end at OU, one Sooner plans to bring his zeal for athletics into his future career.

Josh New, dietetics and nutritional sciences graduate student, plans to become a dietitian after graduation.

His background in sports led to his love of health, which he thinks is reliant on the food you eat.

This really hit home for New during his time as a personal trainer. The job showed him that what you put into you has more of an effect on your overall health than what you get out of it in training.

“I felt food was more of an effective approach for obtaining health,” he said.

As a trainer, he would see people an hour a day two or three times a week. For the rest of the time those people may or may not have been maintaining healthy lifestyles.

That’s why he thinks creating a good diet will keep people healthier in the long run, he said.

Off the football field, New spends his free time in much the same way he did when he was on it — by working out, swimming, or playing pickup sports.

“Once an athlete always an athlete,” he said.
OUHSC is a great place for grad school because it has the same feel as OU [Norman], but it’s just different enough so you know you’re moving and working toward your goals.”

Quick facts

- Graduated from OU Norman campus in 2012
- Dietetics and nutritional sciences graduate student
- Expected graduation: Dec. 2013
2013 HSC Campus Award Recipients | Will you be a future recipient?

**Dr. Steven Blevins**
Robert Nagarian Faculty Award
- Engaging, extremely humorous and incredibly dedicated to the highest quality student education.
- Served as a member of the internal medicine department at OU Medicine, he is intimately involved with the medicine rotation of third and fourth year medical students, where his guidance has had a positive impact on many medical students.

**Elaine Stageberg**
Outstanding First Year Student
- Outreach and Education Chair for student organization, HOPE, Health Occupation Professionals for Equality.
- A member of the inaugural 2013 Leadership HSC Class
- Research Coordinator for OKC Mobile Market, a student organization focused on providing fresh healthy groceries to food deserts in our community.

**Gina Griffith**
Willie V. Bryan Award Multicultural Services Award
- Participated as a member of the Diversity Committee, in Graduate Research Education and Technology Symposium activities, and the Graduate College Academic Misconduct Board
- Served as Treasurer for the College of Medicine Graduate Student Association.
- Served as Secretary and Vice President for HSC Native American Student Association.

**Wei Cheng-Yuet**
Joseph J. Ferretti Award Outstanding Student Leader
- Served as a member of the Student Counseling Services Student Advisory Board
- Participated as a member of the Resource Fair Committee for the Bridges to Access Conference
- Served and volunteered at countless health fairs and community awareness events
- Served as a “Big Sister” in Oklahoma City Big Brother Big Sisters.

**Dr. Ryan Brown**
Outstanding Student Organization Advisor Award
- As an advisor with great enthusiasm, an unriveting eagerness to help, and also a desire to remain “behind the scenes.”
- His advice and leadership are indispensable for us as an organization — I don’t know if I would do it without him!
- Despite incredible generosity with his time and energy, he never seeks recognition for his contribution.

---

**SEEK COUNSEL(ING)**

**WE CAN HELP YOU:**
- manage your stress
- adjust to a new environment, culture and academic demands
- work through conflicted feelings/thoughts to reach a decision
- develop a healthy self-image
- establish healthy coping and problem-solving strategies
- deal with life transitions and disappointments

**WHAT TO EXPECT IF YOU MAKE AN APPOINTMENT:**
- Call or E-mail us and let us know your availability and we can set the first appointment.
- The first appointment is 60 minutes. You fill out some paperwork and meet with your counselor to share your concerns and goals for counseling.
- Each counseling session lasts forty-five to fifty-five minutes.

**Contact:**
E-mail: counselors@ouhsc.edu
Phone: (405) 271-7336
Locations: HSC Student Union & Family Medicine Center

*No Charge for student counseling sessions - this service is included in your fees.*

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24 • hsc sower | 2013
Meet Your College Presidents

ALLIED HEALTH

Julia Kelly

Age: 22  
Hometown: Tulsa, Okla.  
Years at HSC: One  
Undergrad: Nutritional Sciences from OU Norman Campus  
Hobbies: Reading, cooking, traveling  
Goal: Increase student involvement and community outreach  
Advice: Embrace opportunities  
Random: Spent a semester studying abroad in Austria  
Email: Julia-Kelly@ouhsc.edu

PHYSICIAN ASSOCIATES

Melissa Gleason

Age: 23  
Hometown: Edmond, Okla.  
Years at HSC: One  
Undergrad: Physiology from Oklahoma State University  
Hobbies: Reading, yoga, traveling  
Goal: To graduate and become a skilled practitioner  
Advice: Take advantage of opportunities  
Random: Caffeine addict  
Email: Melissa-Gleason@ouhsc.edu

GRADUATE

Julie Ward

Age: 43  
Hometown: Oklahoma City  
Years at HSC: Two  
Undergrad: Microbiology from University of Texas at Arlington  
Hobbies: Jogging, gardening, singing  
Goal: To make important discoveries that will advance science  
Advice: Be involved to make a difference  
Random: Inspired by Mae Jamison  
Email: Julie-Ward@ouhsc.edu

MEDICINE

Blair Kirkpatrick

Age: 25  
Hometown: Bartlesville, Okla.  
Years at HSC: Two  
Undergrad: Accounting from Oklahoma State University  
Hobbies: Going to estate sales  
Goal: To be a genuine and empathetic physician  
Advice: Remember your reasons for choosing your profession  
Random: Likes The Jersey Shore  
Email: Blair-Kirkpatrick@ouhsc.edu
CHANDRA KROLL

Age: 27
Hometown: Perry, Okla.
Years at HSC: Two
Undergrad: Biomedical Science at Oklahoma City University
Hobbies: Tennis, running, basketball
Goal: To become an Academic Scientists
Advice: Don’t sweat the little things
Random: Enjoys watching OKC develop
Email: Chandra-Kroll@ouhs.c.edu

KELSEY WOLFLEY

Age: 23
Hometown: Oklahoma City
Years at HSC: Two
Undergrad: Prerequisite courses at OU Norman campus
Hobbies: Running, drinking coffee
Goal: To receive a doctorate as a family nurse practitioner
Advice: Inspired by great grandmother
Random: Taught English in Taiwan
Email: Kelsey-Wolfley@ouhs.c.edu

TIM McNAMARA

Age: 31
Hometown: Seattle, Wash.
Years at HSC: Three
Undergrad: Finance from Washington State University
Hobbies: Golfing, fishing, reading
Goal: To use degree to give back to the community
Advice: Get involved
Random: Inspired by wife and the ’88 Dodgers
Email: Timothy-McNamara@ouhsac.edu

LANEY SHUTLER

Age: 30
Hometown: Moore, Okla.
Years at HSC: One
Undergrad: Respiratory Care from Midwestern State University
Hobbies: Spending time with family
Goal: To make a big difference for a lot of people
Advice: Make good decisions
Random: A practicing Registered Respiratory Therapist
Email: Larissa-Shutler@ouhs.c.edu
Laura Bergs

Age: 25
Hometown: Fort Worth, Texas.
Years at HSC: Two
Undergrad: Biology from University of Texas in Austin
Hobbies: Drumming, sports, reading

Goal: To encourage more collaboration between organizations
Advice: Get outside comfort zone
Random: Part owner of Green Bay Packers
Email: Laura-Bergs@ouhsc.edu

Sower's history

When the first president of the university, David Ross Boyd, stepped off the train in Norman, Okla., he was greeted with the barren expanse of hardpan prairie without a tree to be seen. His only remark at this sight of the future location of the University of Oklahoma was, "What possibilities!" Boyd not only busied himself with the building of an academic institution, but with his own money and his own hands began planting the trees that became the forbears of the beautiful campus today. He embodied in his life and effort the now famous seed sower.

The seed sower serves as a reminder of the importance of sowing the seeds of knowledge, to bear fruit in the future. The face of the seed sower was rendered to resemble the first president of the university. David Ross Boyd dreamed the possibilities of the place as well as the possibilities for the people.
For good reason, the University of Oklahoma is best known for its football program.

Being in a state without a professional football team and a program that saw ultimate success during a period when college football was more popular than any form of professional league, of course people would flock to Norman to see what’s going on at Owen Field. Being a Sooner fan has been as much of a tradition for Oklahomans and people from surrounding states as winning has become ingrained in what defines OU. Although the Sooners have less national championships than other programs in the country, they still have an impressive seven titles as well as 44 conference titles and five Heisman Trophy winners.

Not too shabby for a school located in what some people call a “fly-over state” and may be best known for either the fact it has legalized gambling or an NBA team that was acquired through poor practice.

But success is not just something limited to Saturdays between late August and early January on the corner of Lindsey Street and Jenkins Avenue.

OU has a gymnastics program — both men’s and women’s — that are solid contenders for national titles year in and year out, a Track & Field program that produces Olympians, and a baseball team that has been a force to reckon with for a while. The list goes on and on for winning at OU.

However, in 2013, one program on campus stood above the rest: The OU softball team. The Sooners won their second national title in softball — the first since coach Patty Gasso took her squad in 2000 to the Promised Land.

And the Sooners winning a national title was not too much of a surprise. Just look at the team had going for it: the reigning Player of the Year, a sophomore who was coming off a 30 home run season, a backup pitcher who would be the ace on 99 percent of teams in the nation, a transfer third baseman who was a key part of her old team and a ton of speed to complement a slew of sluggers.

Gasso put together not just a great team, but a team that was almost impossible to beat. The Sooners lost just four games throughout a four-month-long season.

If OU has ever seen more dominant team in any sport, it may have been the football teams in the early-to-mid that won 47 straight games.

Winning is a tradition at OU; nay, it’s in the Sooners’ blood.
Sexual Misconduct

The University of Oklahoma’s Sexual Misconduct Policy provides students, faculty and staff the personnel and process to address behavior that impacts their right to study, work and live in an environment free of sexual misconduct.

The university explicitly condemns discrimination based on sex and sexual harassment, which includes sexual assault and sexual violence, of students, staff and faculty. Sex discrimination and sexual harassment are unlawful and may subject those who engage in them to university sanctions, as well as civil and criminal penalties.

The university is committed to creating and maintaining a community where all people who participate in university programs and activities can work and learn together in an atmosphere free from all forms of harassment, exploitation or intimidation.

HSC Student Affairs (i) provides support and counseling services to sexual assault/violence survivors, (ii) informs survivors of and may serve as a resource to available campus disciplinary resources, (iii) facilitates providing advocates or other support to survivors, (iv) conducts education programs to enhance awareness of sexual assaults/violence on campus, and (v) right to file a criminal complaint. To contact HSC Student Affairs, please call (405) 271-2416.

The OU Sexual Assault Response Team (SART) provides advocates to the university community in cases of sexual assault. Advocates are available 24/7 to help those assaulted navigate the medical, law enforcement and legal systems. They provide immediate emotional support and can assist in providing referrals for other helpful services. To contact SART, please call (405) 615-0013.

To file a report with the university, the student can contact the Sexual Misconduct Officer at (405) 325-2215. For more information, visit students.ouhsc.edu.

WHAT DO YOU DO IF YOU OR A FRIEND EXPERIENCES SEXUAL VIOLENCE?

If you or someone you know has safety concerns or needs medical attention call 911 or go to a local emergency room immediately. After a sexual assault or other sexual misconduct incident, a victim has many choices and decisions to make, and a university Sexual Assault Response Team (SART) advocate, available 24/7, can help.

If there are no safety risks or serious injuries, consider obtaining a forensic exam. The OKC Rape Crisis Center (RCC) or the YWCA in OKC offers exams. An advocate from OU can accompany the victim to the exam; the RCC also has advocates on-call 24/7.

The university can also assist victims with on-campus housing changes and academic challenges. OU SART and HSC Student Affairs are great resources for help.

DO YOU KNOW?

- Sexual Harassment can be defined as unwanted sexual attention or unwelcome action based on one’s gender that is so severe, persistent or pervasive that it unreasonably interferes with the work or educational environment.
- Sexual Violence means physical sexual acts perpetrated against a person’s will or where a person is incapable of giving consent. A number of acts fall into the category of sexual violence, including but not limited to rape, sexual assault, sexual battery, sexual misconduct and sexual coercion.
- Sexual Coercion is the act of using pressure (including physical pressure, verbal pressure or emotional pressure), alcohol, medications or drugs, or force to have sexual contact against someone’s will or with someone who has already refused.
- Sexual Exploitation is taking abusive sexual advantage of another.
- Consent is the act of willingly and verbally agreeing to engage in sexual contact or conduct. Individuals who consent to sex must be able to understand what they are doing. “No” always means “No,” and the absence of “No” may not mean “Yes.” In order to give effective consent, one must be of legal age and have the capacity to consent. Incapacity may result from mental disability, intellectual disability, unconsciousness, age, or use of alcohol, drugs, medication, and/or other substances.
- Dating/Domestic Violence is violence between those in an intimate relationship with each other.
- Stalking is the repetitive and/or menacing pursuit, following, harassment and/or interference with the peace and/or safety of a member of the community or the safety of any of the immediate family members of the community.
- Retaliation is any attempt to penalize or take an adverse employment, educational or institutional benefit action because of participation in a complaint.

IT’S IMPORTANT TO KNOW YOUR RIGHTS

Sexual assault/violence survivors have the right:
- To be informed of all reporting options
- To be free from pressure to make a criminal report
- To have allegations of sexual assault investigated by the appropriate criminal, civil and/or campus authorities
- To be notified of existing campus and community medical, counseling, and mental health services whether or not the crime is reported to campus or civil authorities
- To receive, when required, the full prompt cooperation of campus personnel when obtaining, securing and preserving evidence

For more information, visit students.ouhsc.edu
Study break!
the best places to be in OKC

WORDS | PHOTOS • BLAYKLEE BUCHANAN

Oklahoma City might not be the biggest city in the U.S., but we sure have spirit. For those of you who haven’t lived here your entire lives like I have, OKC hasn’t always been a buzzing place to be. In fact, it has really only been the last 10 years or so that the citydwellers started taking pride in The City, revamping areas throughout Bricktown, Downtown and other small areas. Business owners started buying old buildings and restoring them to make coffee shops, pubs, boutique stores, art galleries, and restaurants.

With newer businesses booming, some of the more steadfast places to go are becoming more popular. Many museums and venues in The City have been here a while, but are growing in popularity as the new businesses bring in customers.

These are just a few areas of Oklahoma City that you should check out ... and they’re pretty close to the HSC campus. These places are just a starting point for your adventures, because there are plenty of great hole-in-the-wall restaurants and cool, locally-owned shops that you should definitely experience.

One thing you must do in OKC is feel the energy of a Thunder game. Also, if you like sports, the Redhawks are a fun team to see. Another thing: Don’t miss the annual Festival of the Arts held in April. Not only is the art great, but the food is, too.

Whatever you do, just be sure to eat out. I love the restaurants around The City; there is a lot of variety and taste around OKC. So put those books down, go out and explore!

1. Artistic?

The Oklahoma Museum of Art is a great place to go on the weekend. Not only can you see the intricate glass creations of Dale Chihuly, but there also is a theater, and the museum always is showing interesting films. One of my favorite times at the museum was when they showed all the short films nominated for Oscars. It’s great and it’s affordable.

2. Musical?

The Civic Center is one of the more sophisticated venues of OKC. They have off-broadway shows, comedians and orchestras perform. Also, during the summer on the front lawn is Shakespeare in the Park.

3. Hungry?

Midtown is your place. There are pubs, dessert places, bakeries and more. It doesn’t look like much when you’re driving through, but look closely and you will find some real gems!

4. Thirsty?

The Paseo Arts District has plenty of small coffee shops. Grab a cup of coffee and walk around and look at all the shops. Most of the stuff inside likely is hand made and one-of-a-kind.
Are you feeling...

1.

2.

3.

4.
Parking and Transportation Services provides bus transportation on the HSC campus.

Students take advantage of the service by driving to work and then riding the shuttle from one building to another. In addition to convenience, the shuttle provides a safe alternative for getting around campus during cold winter months.

The OUHSC shuttle service saves time, fuel and worry.

The Central Route runs from 6 a.m. to 6 p.m. The Central Route makes 18 stops and runs every 10 minutes.

The VA Route runs from 4:30 a.m. to 6:30 p.m. Two busses run from 6:30 to 9 a.m. and from 2:30 to 5 p.m. The buses run counterclockwise and passes by stops every 15 minutes or every 7 minutes if two buses are running.

Cleveland Area Rapid Transit (CART) and Oklahoma City METRO Transit offer a Sooner Express route from the Norman campus to the OUHSC campus six times a day. METRO transit also offers and Edmond Express route to the OUHSC campus.

Parking Information

Keep your parking permit hanging from your rearview mirror as well as your decal on the back windshield and you likely will never receive a citation.

If you do forget to display your parking permit and receive a ticket for "Failure to Display", Parking Services will grant you leniency twice a year and void the citation as long as your permit is current. After that, each ticket will cost you $25.

If you forget your hang tag and need access to a parking lot, just push the button available on all parking lot call boxes and the office will lift the gate for you.

Parking Services also will ticket you for parking in a spot reserved for patients, unless, of course, you are a patient yourself for the day.

Phone Parking Services at 405-271-2020 to let them know so office personnel can stop the officers from issuing a citation. You can also go online and inform the Parking Office at www.ouhsc.edu/parking.

Parking permits can be purchased on the first floor of the Service Center Building.
OU Police Aim to Keep You Safe

Certified by the State of Oklahoma, OUHSC Police Department has many programs to keep students as safe and attentive as possible.

Students should always be aware of their surroundings because constantly observing their surroundings is essential to staying safe, Police Chief Ed Welch said.

The Emergency Communication System is operated directly through the police department and alerts students via five communication methods when there is a potential safety threat.

Therefore, it is important for students to keep their contact information current. To update your emergency contact information go to http://gohsc.ouhsc.edu. For instructions go to http://ouhsc.edu/ecs.

If you ever need to make a call, Emergency Blue Phones are located all across campus.

When the button is pressed, the police can locate which phone the alert originated from and will send an officer immediately.

Campus police encourage students to call for a campus police escort if they ever feel they are in a hazardous environment. An officer will be sent to their specific location immediately.

Students should never hesitate to call the police at 405-271-4300.

Tips to Remember in a Digital Age

Our OUHSC working group that’s looking into social media best practices has learned a lot.

We’re keeping three key points in mind. First, social media tools can enhance the work of health professionals and scientists, so learning to use these tools appropriately for those purposes is necessary. Second, what we put in the digital world will be there for a long time; exercising judgment is important in terms of what we trust to that arena and who we entrust with information. Third, being “trustworthy” in the digital/virtual world is a bit different. How we establish and protect our personal brand in the social media environment is worthy of the same care and attention that leading organizations give their brand identity. I suspect our conversations about social media best practices will be on-going.”

VALERIE WILLAMS, PH.D.,
VICE PROVOST FOR ACADEMIC AFFAIRS AND FACULTY DEVELOPMENT

TIPS

1. Protect confidential and personal information — for both yourself, faculty, staff and patients.

Think before posting...be accurate, respectful, remember your audience, and engage in a way that promotes valuable behavior.

2. Protect University trademark, logo, and branding.

3. Respect the copyright and intellectual property of others.

4. Familiarize yourself with the terms of the social media site you are on...yes Facebook does have policies!

BLAIRE BOWERS, DDS
STUDENT GOVERNMENT ASSOCIATION PRESIDENT
1. HSC Big Event unites all seven HSC colleges in an effort to say "thank you" to the community we serve through philanthropy.

2. Diversity Week is a week filled with events celebrating cultural diversity on the HSC campus. Students from many cultures come together to share traditions, including food and dance.

5. All College Party is an opportunity for students from all seven colleges to come together in support of the Children's Miracle Network. Students enjoyed an all college party held at the Will Rogers Theater hosted by the HSC Student Association and Student Senate. Mark your calendars on Friday, February 7, 2014.

6. HSC1 provides an interdisciplinary experience through social events for students new to the HSC campus.

7. Sweets in the Suite is an opportunity to learn about services available to students through HSC Student Affairs while free food and fun with students from across campus.

8. De-Stress Fest is hosted each spring by Student Counseling Services giving students a day of relaxation and fun. Full of activities, massages and free food, De-Stress Fest provides exciting ways to alleviate stress after a full day of academics.

9. HSC Student Government Association Leadership Retreat. Each year student leaders gather at the beginning of the semester to discuss programming and opportunities for the campus to grow.

10. David L. Boren Student Union. Named after the thirteenth president of the University of Oklahoma in honor of his ten years of service to the OU family, the David L. Boren Student Union celebrated 15 years as the centerpiece of student life at the OU HSC.
A Look Back at the 2012-2013 Campus

3. A campus-wide holiday campaign, Adopt-a-Patient provides pajamas, books, toys and more to 24 adults and 65 children at OU Medical Center and OU Childrens Hospital.

4. HSC Cousins was created to facilitate understanding, friendship and unity between American and International/Exchange students. The program provides numerous venues for social interactions and opportunities for cultural exploration.

Family Medicine Center
at the University of Oklahoma Health Sciences Center
900 N.E. 10th Street Oklahoma City

To make an appointment:
- Call (405) 271-2577 or (405) 271-4311
- Appointments must be made for an office visit with a licensed provider.
- Same-day appointments are usually available for acute illnesses, injuries, etc.
- Evening clinic appointments are available.
- Remember your student ID and insurance card (must show at each visit).

For other questions contact:
Judy Davis, Student Health Coordinator,
at studenthealthnurse@ouhsc.edu
http://students.ouhsc.edu/HealthServices.asp

HSC Shirt COUPON
Shirts are $15 - Limit one coupon per customer
Bring this ad into HSC Student Affairs in the David L. Boren Student Union, Suite 300 to receive $2 off HSC t-shirts showcasing individual colleges & the campus.
Expires Tuesday, Sept 3, 2013
Names and Faces of HSC Student Affairs

Words: Paigten Harkins

Allison Davis, coordinator for campus and community life, works with both prospective and current students at the Health Sciences Center to plan events and make campus life more fun.

She’s been a part of planning program like the Adopt-a-Patient program where OUHSC partnered with the OU Medical Center to pair students with adult patients, take them to the hospital and buy them gifts, she said.

Davis is also involved in HSC1, which is geared to first year students to help them meet other students through different events, she said.

“It’s easy to only be in your college and only go to class with your classmates, but HSC1 offers an opportunity to meet other students across campus,” Davis said.

Currently, Davis is planning a wedding but when she has spare time she likes to spend time with friends and family, bake and do Pinterest crafts, she said.

She’s also a huge Oklahoma City Thunder supporter, with season tickets.
Important Information to Know

E-BILLS
Each month, the Bursar’s Office will email you a link to view your e-bill, which includes tuition, athletic tickets, parking tickets, etc. It is very important that you check these. You can save $50 by paying your account before the last day of the semester. After that, late fees will be assessed. The payment deadline is the 15th of each month.

TRANSCRIPTS
The Office of Admissions and Records, located on the first floor of the David L. Boren Student Union, is where to go if you need a transcript. You may request a transcript in person with the proper identification, or you may submit a request by fax or mail with your signature.

HSC DAILY NEWS
Created as a way to keep students informed, the HSC Daily News is a newsletter sent by email every weekday morning. The newsletter includes campus events and important notices. If you prefer, you may view the newsletter online. To submit items for publication in the HSC Daily News, send an event title, date, description, time, location and contact information to hscdailynews@ouhsc.edu.

DISABILITY RESOURCE SERVICES
The Disability Resource Center (DRC) ensures equal education opportunity by providing accommodations for students with any type of disability. Appropriate documentation must be provided for eligibility to be determined. Documentation guidelines can be found online. Students who would like to put in a request should schedule an appointment with one of the staff members. Accommodations are provided on an individual basis and include both programmatic and architectural accommodation. www.ou.drc.

INTEGRITY COUNCIL
The Integrity Council’s mission is to raise awareness of campus ethics, provide resources regarding the academic misconduct policies within each college and foster an environment rooted in integrity and honor. The IC is comprised of student representatives from all the Health Sciences Center colleges and works to improve the academic experience of students campuswide. www.ouhsc.edu/integrity.

SOONER ONECARD
Your Sooner OneCard is a necessity. Not only does it serve as an ID, but it is also your access to food, library materials and entry to facilities after hours. Your OneCard acts like a debit card when you add Sooner Sense to it. Sooner Sense are funds that you may add onto your card by using a Value Transfer Station machine, by check or credit card at the OneCard or Bursar’s office or online by transferring funds from a credit or debit card.

DISTANCE LEARNING CENTERS
OUHSC has a large presence in the Oklahoma City area, but did you know the university has distance-learning facilities throughout the state of Oklahoma?

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If you call while on campus using a cell phone and an operator asks, “What city?” request OUHSC police department.
Visit us for more information:
- Football & Basketball Tickets
- Read & Lead Book Club
- HSC Cousins
- Health Insurance
- Booking Union Space
- Planning On-Campus Events
- Registered Student Organization Assistance
- Applying for Awards
- Resume & Letter Writing
- Paperwork for OU Trademarks
- Getting Involved
- HSC Daily News
- Multicultural Student Services
- Title IX Report

Making it possible

MULTICULTURAL STUDENT SERVICES

CAMPUS LIFE
RECREATIONAL PROGRAMS
DAVID L. BOREN STUDENT UNION
STUDENT COUNSELING
RECRUITMENT SERVICES
PROFESSIONAL SERVICES

HSC Student Affairs
- students.ouhsce.edu
- David L. Boren Student Union
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- VIP concierge services offered
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Apartment Amenities
- Stylish and contemporary micro-units, one, and two-bedroom apartments
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