

A GUIDE FOR NEW STUDENTS

How to get started
at the University
of Oklahoma

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health and
safety | 5

Campus dining:

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to use your meal
plan | 9

Get involved:

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SUTTON SPINNER/OU DAILY

Cross Village is one of five options for first-year housing on campus. Here, students can find a variety of dining options at Credo and Glow kitchens, Milkflower Gelateria, The Hive, Basic Knead and Acre Provisions.

LIVING ON CAMPUS

Housing essentials from move-in to move-out

JAKE WILHELM • JAKE.R.WILHELM-1@OU.EDU

On-campus housing: OU requires that freshmen live in campus housing for two semesters. However, the university allows a few exceptions, such as students living within a certain distance of the campus. OU has five spaces designated for first-year students: Couch and Walker centers, Cross Village, David L. Boren Hall, Headington Hall and the residential colleges, which include Dunham College and Headington College. Students have the choice to rank their preferences. The Walker and Couch centers have options for students to loft their beds, which allows for the storage of a desk or other furniture underneath. The demolition of Adams Center, formerly one of the towers alongside Walker and Couch, began in July 2023 to start the first phase of OU's Freshman Housing Master Plan. OU said the north building, the first of the project, is expected to be complete by fall 2025.

Sooner Card: Sooner Cards give access to buildings across campus, including dorms

and Sarkeys Fitness Center, and can be used for points and swipes at participating campus restaurants. Sooner Cards can be obtained online and added to a mobile or phone wallet. To get a physical copy, visit the Sooner Card offices inside the Oklahoma Memorial Union or in Cross Village, Building D, to have it printed for a \$30 fee.

Move-in: First-year students receive rooming details, including their residence halls, room numbers and roommates, in an email prior to move-in. This fall, move-in is in early to mid-August. On move-in days, students will arrive near their assigned dorm, where Student Services staff will help carry belongings up to the rooms. OU allows a mini fridge and microwave for each dorm, and refrigerators can be rented through move-in partners on the OU website.

Laundry: Eventually, students will need to clean their bedding and clothes. Free laundry

machines are available in each residential building. There is also an on-campus laundromat on West First Street north of Walker Center that can be used for free.

Move-out: Students must be moved out of their dorms within 24 hours of their last spring final or by noon the Saturday after finals unless they request to extend their stay. Move-out is more independent than move-in. It is best to start moving out of the dorms in advance, so it is less stressful on the last day of finals. Students with physical keys must drop them at the front desk before leaving campus for summer break.

Fees: OU can levy fees against those living in first-year housing such as furniture replacement, cleaning, key replacement, lock replacement and damage charges. Make sure to take care of the dorm; someone else will have to use it eventually, and the last thing a student would want is to pay more for housing.



REGHAN KYLE/OU DAILY

Goddard Health Center on Elm Avenue is OU's campus health clinic.

TRANSPORT, HEALTH, SAFETY

Manage your commute and well-being at OU

ANNA BIRGITTA NILSSON • ANNA.BIRGITTA.NILSSON-1@OU.EDU

Commuting

Parking Permit: If you plan to have your car on campus, a parking permit will allow you to park close to classes and dorms. A housing or commuter parking permit can be purchased for \$288 through OU Parking and Transportation Services located in the Jenkins Avenue Parking Facility. You can also order your permit online through ou.edu/parking. If you don't want to purchase a parking permit, free parking is available on the north side of the Lloyd Noble Center.

CART: Campus Area Rapid Transit is a bus system operating on campus Monday through Friday. The shuttles on campus begin to operate at 7 a.m. with several operating as late as 9:45 p.m.

Norman On-Demand: This is a micro-transit service available to all Norman residents and OU students. With the rideshare app, you can travel around Norman for \$2, plus \$1 for each additional passenger. This service is available from 7 p.m. to 1 a.m. Monday through Wednesday, from 7 p.m. to 3 a.m. Thursday through Saturday and from 10 a.m. to 6 p.m. on Sunday. The first six rides are free.

VeoRide: OU has partnered with

VeoRide to provide students with quick and easy options to get around campus. Through VeoRide, students can rent electric scooters. The scooters cost \$1 to unlock and 15 cents a minute.

Health resources

Goddard Health Center: Located next to Zarrow Hall, Goddard Health Center provides clinical, counseling and nutritional services. You can schedule an appointment by phone or online to receive help with any health issues you may experience. Both counseling and psychological assessments are available. If you are experiencing issues related to food and nutrition, you may reach out to Goddard Health Center to make an appointment with a dietitian.

Campus safety

SafeRide and SafeWalk: In cooperation with Norman On-Demand, SafeRide offers free rides for students from 10 p.m. to 3 a.m. Thursday through Saturday. Students can also contact SafeWalk to avoid walking home alone in the evening from 8 p.m. to 2 a.m. Sunday through Thursday.

RAVE: This is the emergency communication system that allows OU to send out

information to students in case of urgent situations such as crimes committed on or near campus or weather warnings. Alerts and updates are sent through text messages, emails or phone calls. Updates are also posted to social media. A follow-up message will be sent out when the danger has been cleared.

OU Police Department: OUPD is responsible for the safety of OU's Norman campus. OUPD has an office in Cate Center Four where students can report crimes as well as register their bikes.

Blue light system: The blue light system is a system of emergency phones located throughout campus. The phones have a blue light and are visible from afar. If in danger, you may press the button or pick up the phone at a blue emergency phone and get connected with OUPD.

IMPORTANT PHONE NUMBERS

Goddard Health Center: 405-325-4611

SafeWalk: 405-325-9255

Norman On-Demand

& SafeRide: 405-643-8638

OU Police Department

(non-emergency): 405-325-2864



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the RED CUP Q&A

separating alcohol fact from fiction


Q What is OU's policy on student alcohol use?

A. This is a great question to ask as a new OU student! Alcohol is **not allowed** in OU residence halls; sorority, or fraternity houses; or on the grounds surrounding them. As an OU student, your responsibility to make **wise** choices about alcohol does not end when you are off campus. When you become a part of the OU community, you agree to *The Student Rights and Responsibilities Code*, which outlines that OU students are responsible for complying with **all** local, state, and federal laws. **OU can take action for violations of state law or University policy, whether you are on or off campus, regardless of whether your actions result in any criminal or civil proceedings.**


OU has a **mandatory**, minimum "Three Strike" Alcohol policy that is administered by the Office of Student Conduct. This policy is designed to hold students accountable and provide opportunities for learning to responsibly engage in campus life. For more information visit www.ou.edu/studentconduct.

When a student's first alcohol violation occurs, the Office of Student Conduct decides whether the student receives a Deferred Strike or a STRIKE 1. Only non-DUI related misdemeanors may qualify for a Deferred Strike.

If a deferred strike is **not** issued, the following process occurs:

 **Strike 1** parent/guardian notification
\$100 fine and possible community service
"Comprehensive Alcohol & Other Drug Program Strike One"
session with a Health Services Health Educator

 **Strike 2** parent/guardian notification
\$150 fine and possible community service
Mandatory 6 sessions with a licensed Alcohol and Drug Counselor (LADC)

 **Strike 3** parent/guardian notification
automatic suspension
readmission required... if granted, you will return with
2 strikes on your record

Note: A Deferred strike requires completion of an online education program called alcohol E-CHECKUP TO GO. If you have a Deferred Strike and receive another alcohol violation within 12 months, your Deferred Strike becomes a STRIKE 1 and your new violation is a STRIKE 2. At this point, you are responsible to meeting the provisions of both STRIKES 1 & 2.

Here are some on-campus scenarios: What happens if you're in a dorm room or sorority or fraternity house where there's alcohol present but you're not drinking? *Everyone, including you, is subject to a violation.*

What happens if empty beer bottles are found in your dorm room? *Everyone present in that room is subject to an alcohol violation because it cannot be proven who drank and who did not.*

Make memories that you want to remember and avoid alcohol violations that you wish you could forget.



This Red Cup Q&A is written by Charlene Shreder, MPS, ICPS, Chloe Sanders, LCSW, and Mackee Slattery, BSW from OU Outreach Southwest Prevention Center and Kye LeBoeuf, M.A. from OU Health Services.



Got a question about alcohol?

Scan the QR code or email it to
redcup@ou.edu



SUTTON SPINNER/OU DAILY

The OU Food Pantry is between Cate Centers Two and Four providing free food, clothing and household items to students, faculty and staff.

CHECK OUT OU FOOD PANTRY

An inclusive, accessible resource for students

BY HANNAH RYSTEDT • HANNAH.E.RYSTEDT-1@OU.EDU

The OU Food Pantry provides free supplemental food and household items to all OU students, faculty and staff.

For incoming freshmen or transfer students, this community outreach resource can be a helping hand during a transitional period. The pantry often collaborates with other organizations on campus to expand its resources and services, providing boxed and canned goods, fresh fruits and vegetables, clothing and other household items.

One of the pantry's goals is to offer well-rounded, nutrient-rich meals and ingredients. This includes a variety of accessible food groups, as well as kosher and halal food.

Matt Marks, campus care coordinator, said he and his team have aimed to create not only a food pantry but also a community-centric environment.

"We want the food pantry to be a home for everyone that walks through the door," Marks said. "We're not perfect, we know we can't meet every need, but we're going to try and we're going to give you that great hospitality as best we can."

In 2022, the food pantry was moved from 1113 Elm Ave. to 333 Cate Center Drive, allowing for more room as the organization continued to grow. Marks said the new location,

more central than the last, allows students to notice it as they walk by on their way to class.

Marks said the difficulty of working multiple jobs to afford attending OU has driven many students to rely on the food pantry.

"We know we're not like a grocery store where we're going to have everything," Marks said. "There's going to be times where it's hit or miss but we try to provide what we can and (newcomers) will expect a friendly face when they walk in the door. We want it to be a very inclusive, safe environment for everyone walking in."

Over the years, Marks has had conversations with students about their financial situations and how much the food pantry means to them.

"Answering questions and just building relationships, that's one of the things I really love about what we're able to do," Marks said. "You get to be brought into the lives of our clients."

Microbiology and Spanish junior and operations team member Danna Sanchez said the food pantry is for everyone in the OU community.

"I do see it as a safe place for a lot of people that go in because we do get a lot of those regulars in that are always there at the same time, making the same thing," Sanchez said. "So that

consistency within the community, that you know we're always going to be here whenever (you) need it."

Sanchez said her biggest goal moving forward in her role at the pantry is to diversify the food that is available, such as expanding the types of ethnic foods in order to make it as welcoming as possible.

"We all struggle through college," Sanchez said. "We've all been there, done that. And there's no reason that food insecurity should be one of your issues or one of the problems that you face when you're coming into university. You should be able to study and do whatever you need to do here without having to deal with that issue and that's what we're here for."

To access OU Food Pantry's services, patrons must fill out an order form, either in person or online, and present an OU ID at time of pick up. The OU Food Pantry is open from 8 a.m. to 6 p.m. on Tuesday and 10 a.m. to 6 p.m. on Wednesday and Thursday.

"We're all going to go through a time in our life where we're going to need a little help and that's why we exist," Marks said. "It's a very easy process. We try to make it as simple as possible for people to utilize."

ABOUT THE EATS

Breakdown of meal plans and campus dining

BY JAKE WILHELM •
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Food is essential for the well-being of students. OU offers a wide variety of restaurants all over campus where meal plans through Sooner Card can be used without the need for a credit card or cash.

Meal Plans: OU offers multiple meal plans to meet a student's specific needs, with different rates and number of meals. Students can purchase a meal plan through the OU Housing and Food Services portal.

- Regular meal plans: \$2,845 per semester or \$5,690 per year with the option of 6 meals a week with 750 points a semester, 8 meals a week with 550 points a semester, 10 meals a week with 400 points a semester or 12 meals a week with 250 points a semester.
- Enhanced meal plans: \$3,145 per semester or \$6,290 per year for either 10 meals a week with 700 points a semester or 14 meals a week with 400 points a semester.
- OU also offers meal plans options for commuters. For more information, visit the OU Housing and Food Services website.
- At select locations across campus, students can exchange a meal swipe for \$11 of the cost of their meal.

Couch Restaurants: Next to the towers, at 333 Third St., are the Couch Restaurants. The restaurants serve as OU's largest dining hall with a wide variety of options. Food options range from vegan, vegetarian and halal to barbecue, Mediterranean and more. The Couch Restaurants are also home to the only all-you-care-to-eat Chick-fil-A in the country. Students can access the restaurants using a meal swipe. For those without swipes, the price for breakfast is \$13, lunch and dinner are \$15 and special dinner is \$17.

Cross Village: Cross Village has a large selection of options for students, with six restaurants and a marketplace. Credo Kitchen offers classic American food such as burgers, corn dogs and chicken. Glow Kitchen provides students with acai bowls, smoothies, flatbreads



REGHAN KYLE/OU DAILY

Couch Restaurants offer a wide variety of food and dessert options.

and wraps. Basic Knead offers classic Italian food, including pasta, pizza and calzones. Sushi with Gusto serves sushi and made-to-order noodle and rice bowls. The Hive brews coffee, teas and more. Milkflower Gelateria will hit students' sweet spot, serving clean-ingredient gelatos and desserts. At these locations, students can use meal exchanges. Cross Village is also home to Acre Provisions, which provides students with beverages, groceries, fresh produce and more. Meal points, cash or credit can be used at all Cross Village locations.

Oklahoma Memorial Union: At 900 Asp Ave., the Union is primarily arranged as a food court, along with other restaurants and a market. Crossroads serves breakfast, lunch and dinner options, including pancakes, breakfast burritos, burgers, sandwiches and more. The Union also includes chain restaurants such as Chick-fil-A, Quiznos and Starbucks. Baja Fresh Express is another food option in the Union serving Mexican food such as burritos, tacos, nachos and salads. The Union Market supplies fresh fruit, snacks, packaged sandwiches and sushi, and hosts The Range, with grilled sandwiches and loaded fries. The University Club is located on the second floor of the Union serving pizzas, a salad and pasta bar along with daily desserts. At the Union, students can use meal exchanges within set hours along with meal points, cash or credit.

Residential Colleges' Dining Hall: The dining hall between Dunham and Headington College can be accessed from either college using a meal swipe, points, credit or cash. Students can enjoy a rotating selection of buffet-style food as well as pizza, soup, a salad bar and made-to-order burger station.

Xcetera: On the first level of Walker Center, Xcetera is a convenience store offering groceries, frozen goods, snacks, beverages and more. Students can shop here using meal points, cash or credit.

South Campus: Inside the National Weather Center is the Flying Cow Café offering everything from snacks to meals including burgers, omelets, sandwiches and fries. Just north of the Weather Center is Cafe 201, located in the Tom Love Innovation Hub, which serves coffee and Flying Cow Products.

Headington Hall: Einstein Bros. Bagels is a bagel and coffee shop open to all students, found inside Headington Hall on the corner of Lindsey Street and Jenkins Avenue. Students can use a meal swipe or points at this location. Wagner Dining Hall is also located inside Headington Hall and is only available via swipes to residents. Nonresidents can use points at Wagner.



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NEED CAFFEINE?

*Grab a drink
at coffee shops
on and around
campus*

BY HANNAH RYSTEDT •
HANNAH.E.RYSTEDT-1@OU.EDU

Need a pick-me-up or a good study spot? Check out OU Daily's picks for on-campus and local coffee shops.

The Bookmark Café: The only cafe in the Bizzell Memorial Library, the Bookmark offers a convenient and quick experience. Located on Lower Level 1, this shop is the ideal spot for a mid-study caffeine break. It serves Starbucks coffee as well as on-the-go snacks and baked goods. Meal points are accepted. Bookmark Café is open from 7:30 a.m. to 8 p.m. Monday through Thursday, 7:30 a.m. to 3 p.m. Friday, closed on Saturday and open 1 to 8 p.m. Sunday.

Not Your Average Joe: A nonprofit coffee chain with a unique mission: employing those with intellectual, developmental and physical disabilities in order to create and inspire inclusive employment. The campus location offers seasonal beverages in addition to classic favorites like the horchata latte, Sooner mocha and turtle latte. Just a short walk off Lindsey Street, Not Your Average Joe has a homey atmosphere with couches, vinyl records and plenty of room to study. Not your Average Joe at 1001 Elm Ave. is open from 7 a.m. to 7 p.m. on Monday, Tuesday and Thursday, 7 a.m. to 5 p.m. on Wednesday and Friday, 8 a.m. to 4 p.m. on Saturday and 1 to 7 p.m. on Sunday.

Haystack Coffee: Conveniently located between south greek life houses and first-year housing, Haystack Coffee merges delicious treats with a lively, studious atmosphere. Just over a quarter-mile walk from the South Oval, Haystack allows for a quick break between classes. Haystack Coffee is at 1203 Elm Ave. and is open from 7 a.m. to 11 p.m. Monday through Friday, 9 a.m. to 9 p.m. on Saturday and 1 to 11 p.m. on Sunday.



JACOB RUDES/OU DAILY

Haystack Coffee is located close to first-year housing. It is part of the OU Baptist College Ministries building and offers study space for all group sizes.

The Hive: This campus cafe serves Starbucks teas, espressos and blended beverages. Meal points are accepted. Among many restaurants in Cross Village, The Hive is around a half mile from the South Oval at 1695 Asp Ave. and is open from 7:30 a.m. to 3:30 p.m. Monday through Friday and closed Saturday and Sunday.

Einstein Bros. Bagels: Known for their delectable bagels and cream cheeses, Einstein Bros. is located at the base of Headington Hall across from the Oklahoma Memorial Stadium. It offers chai lattes, cold brews, smoothies, macchiatos and more. Meal points are accepted. Einstein Bros. Bagels is at 100 E. Lindsey St. and is open from 7:30 a.m. to 1:00 p.m. every day.

Second Wind Coffeehouse: Noted as the "living room on Campus Corner," Second Wind Coffeehouse is a nonprofit that accepts donations, rather than set prices. This allows customers to enjoy high-quality, specialty coffees without the high prices often associated with this service. Run by student volunteers, this spot uniquely serves the OU community. It hosts a variety of events like open-mic and craft nights, trivia and poetry readings. Second Wind Coffeehouse is at 564 Buchanan Ave. and is open from 9 a.m. to 10 p.m. Sunday,

Monday, Wednesday and Thursday and 9 a.m. to 6:30 p.m. on Tuesday and Friday.

Yellow Dog Coffee Company: Yellow Dog Coffee Company serves locally roasted and ethically sourced coffee as well as teas and pastries. Its location near downtown makes for an ideal study spot, and its drive-thru location at 1230 Alameda St. is the perfect place to get caffeinated before heading to class. Yellow Dog's cafe is located at 222 S. Porter Ave. and is open from 6 a.m. to 6 p.m. Monday through Thursday, 6 a.m. to 8 p.m. on Friday, 8 a.m. to 8 p.m. on Saturday and 8 a.m. to 6 p.m. on Sunday.

Gray Owl Coffee: A melting pot of the Norman community, Gray Owl features local art, vendor pop-ups and tarot card readings. Not only does Gray Owl provide connections through events, but it's also a popular study spot due to the pleasant aroma and overall ambiance. A variety of fresh, house-made pastries line the cases while the chalkboard coffee menu overflows with beverage options. Gray Owl is at 223 E. Gray St. and is open from 7 a.m. to 6 p.m. every day.



ADEN CHOATE/OU DAILY

The Great Reading Room is a quiet study spot on campus, found in the Bizzell Memorial Library.

GOT HOMEWORK?

From libraries to lounges, find our ideal study spot

BY HANNAH RYSTEDT • HANNAH.E.RYSTEDT-1@OU.EDU

Looking for a new place to study? Check out OU Daily's picks of the best study spots on campus.

Beaird Lounge: On the second floor of the Oklahoma Memorial Union, the lounge is a multi-purpose area where many students study. The couches, fireplace and piano make its cozy atmosphere a must-visit on campus. Just above the Union Market and Starbucks, this location encourages students to take a break from studying and grab a snack or some caffeine.

Conoco Student Leadership Center: The lounge is tucked away on the second floor of the Archie W. Dunham Conoco Student Leadership Center on the southwest corner of the Oklahoma Memorial Union. The center is a solid choice for group studying as it is a large, open space. Whether studying for finals, writing a paper or working on a group project, this spot does the trick.

The Great Reading Room in Bizzell Memorial Library: The room might be one

of the quietest places on campus. The library has the right environment to settle down and study, including stable internet connection, outlets and plenty of table room. This space is for students hoping to get away from bustling crowds and background noise for uninterrupted concentration and productivity.

The Helmerich Collaborative Learning Center on Bizzell Memorial Library's Lower Level 1: This space is intended for students to freely talk and collaborate with friends or classmates. There are multiple study rooms available for reservation in the learning center. These private rooms are best for group study sessions as they have multiple chairs, tables and white boards.

Courtyard area between Bizzell Memorial Library and Evans Hall: There is a secluded area nestled between the library and Evans Hall, where students can study in the fresh air. This area, and the lawns around the library, attracts students who enjoy studying or hanging out outdoors. A change in pace from typical study

rooms, this outdoor area is where students can bring picnic blankets or hammocks.

Gaylord Hall balcony: Overlooking the OU football practice field, the balcony on Gaylord Hall's third floor allows students to get some fresh air and a change of scenery. It is a spot to settle down, enjoy the view and get some work done.

Fine Arts Library: Another hidden gem is the Fine Arts Library in the Catlett Music Center. The inviting atmosphere, with windows lining the ceilings and faint music in the background, welcomes students to this unique study location.

Price Hall: Home of the Michael F. Price College of Business, Price Hall has multiple study rooms lining the halls and spaces to study independently or as a group. Computer labs and printers are available. Price Hall also has a courtyard area just outside the lounges on the first floor.

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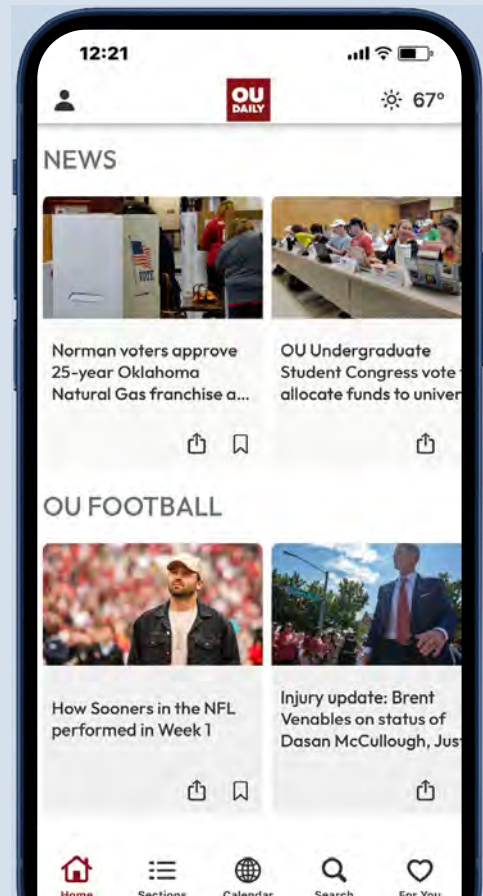
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WHAT TO DO IN NORMAN, OKC

Check out local art and culture

FROM STAFF REPORTS •
DAILYNEWS@OU.EDU

Norman

Fred Jones Jr. Museum of Art: This free-to-visit art museum is at 555 Elm Ave. on the corner of Boyd Street and Elm Avenue, right by OU's North Oval. Open Tuesday through Sunday, the museum is a great place to visit on campus within walking distance of student housing. It features art from Claude Monet, Vincent van Gogh and Nicolai Fechin. It is also home to an extensive collection of Indigenous art and photography. Make sure to stop and say hello to Fernando Botero's sphinx at the entrance!

University Theatre & Campus Fine Arts: Near the Fred Jones Jr. Museum, at 563 Elm Ave., the A. Max Weitzenhoffer Theatre hosts many productions in the fall and spring for OU's drama department, including some directed by seniors. Past productions include "Marisol," "Spring Awakening" and "The Scarlet Letter." The performances offer a great opportunity to experience theater up close and personal. The fine arts department is also home to a renowned dance program that showcases student talent at performances such as Contemporary Dance Oklahoma and the Young Choreographers' Showcase. Don't forget to use your student discount when ordering tickets, and be sure to order early; they go fast!

Guestroom Records: New friends almost always means introduction to new music. When you want to show people your favorite band or mull over which indie album has the fewest skippable tracks, make a trip over to Guestroom Records on 125 E. Main St. Not only do they have a massive selection of classic-style records, but they also sell CDs to blast on the ride to class. A pretty low-key location, Guestroom would be a great spot for a first date or a heated discussion over which Journey song hits the hardest.



PHOTO PROVIDED

The first Friday of every month, the Paseo District hosts an evening of art and fun.

Norman Farm Market: If you're looking to get away from campus food, try stopping by the Norman Farm Market at 210 James Garner Ave. It is open 8 a.m. to 1 p.m. on Saturday, April through October, and 9 a.m. to 1 p.m. Saturday, November through March. The market is a hub for more than fresh produce, though. It also hosts live music, cooking classes and a chance to explore the Norman Wellness Center.

Oklahoma City

Bad Granny's Bazaar: Found in the Plaza District at 1759 NW 16th St., Bad Granny's Bazaar is quite the distance from campus but well worth the drive for its unique pieces. This stop is a true vintage store with booth-style sales, blending antique shop maximalism with stylish, trendy wear. When you need a one-of-a-kind piece to turn heads, take a trip to this antique store.

Scissortail Park: Free concerts, food trucks and fresh air, what more could you ask for? Scissortail Park, at 300 SW 7th St., offers a chance to decompress from your busy school schedule. Open from 6 a.m. to 11 p.m. every day, there is plenty of time to enjoy the playground with climbing walls and steep slides or SPARK, the burger and ice cream restaurant at the north end of the park. The park even has pedal boats, canoes and kayaks to enjoy the 3.5-acre lake.

Plaza and Paseo districts: These districts are home to some of the most creative hot spots in Oklahoma. The Paseo Arts District houses several galleries, including Paseo Gallery One, Planet Dorshak and Bombs Away Art, Paseo Pottery and Prairie Arts Collective. Whether you're looking to meet your step goal for the day or want to decorate your dorm with locally made art, Paseo has you covered. The Plaza District hosts a collection of delicious

restaurants great for a night on the town with friends. After dinner, don't forget to stop by Out on a Limb plant boutique for all your plant needs.

Tower Theatre: At 425 NW 23rd St., the Tower Theatre is a historic venue that has been revitalized to become a thriving cultural hub. The theater offers an intimate setting for live performances, concerts, films and more. Its diverse programming includes local talent and nationally renowned acts, ensuring a captivating experience for all. The Tower Theatre stands as an iconic landmark, blending nostalgia and contemporary appeal in the heart of Oklahoma City's Uptown 23rd District.

Beer City Music Hall: At 1141 NW Second St., Beer City Music Hall is a vibrant and dynamic music venue that combines live music with a diverse selection of craft beers. In the heart of downtown, the venue offers an energetic atmosphere where music enthusiasts can enjoy a diverse mix of genres, ranging from rock and blues to folk and jazz.

Myriad Botanical Gardens: At 301 W. Reno Ave., the Myriad Botanical Gardens is a breathtaking oasis of natural beauty and tranquility nestled in the heart of the city. Spanning 15 acres, these enchanting gardens offer an escape from the urban bustle. Inviting visitors to immerse themselves in a diverse array of flora and fauna, the gardens provide a picturesque backdrop for peaceful strolls, family outings or romantic getaways. The Crystal Bridge Tropical Conservatory houses a lush tropical paradise, featuring exotic plants and vibrant flowers from around the world. The gardens also offer educational programs, special events and seasonal displays, ensuring a delightful experience for visitors of all ages.

FIND YOUR PLACE ON CAMPUS

Explore a wide range of student organizations

BY ISMAEL LELE •
ISMAEL.M.LELE-1@OU.EDU

Student Government Association: SGA is composed of elected student leaders who serve as voices for their peers and distribute funds to other student organizations. SGA is broken into five divisions including the Executive Branch, Undergraduate Student Congress, Crimson Leadership Association, Graduate Student Senate and the Campus Activities Council.

Campus Activities Council: CAC is the programming branch of the Student Government Association. Its job is to initiate campuswide programs to welcome new students and build community and leadership. The council puts on events such as Howdy Week, a week-long event that educates new students on campus culture. Other events include Fall Family Weekend and Homecoming Reunion Week.

OU Gaming Club: Both students and alumni are free to play video games with one another in the OU Gaming Club. Casual and competitive play that spans universities allows students to meet and bond over a shared love of gaming.

American Indian Student Association: AISA promotes the safety and inclusion of all Indigenous people — American Indian, Alaska Native, Native Hawaiian and other Indigenous students at OU. The organization fosters community by hosting cultural events such as the Spring Powwow and the OU Indigenous Royalty Pageant.

Asian American Student Association: AASA helps spread the knowledge and culture of all Asian American students at OU. Asian languages, traditional attire, cuisine and history are celebrated at several events throughout the year such as the OU Asian Royalty Pageant and a Lunar New Year celebration.



ADEN CHOATE/OU DAILY

The Campus Activities Council hosts many campuswide programs throughout the year.

Black Student Association: BSA promotes interaction and communication for Black students and other communities at OU in an effort to provide students with a sense of home and community on campus. BSA hosts events such as the Stomptown step show and the OU Black Royalty Pageant.

Hispanic American Student Association: HASA serves to strengthen the Hispanic and Latin American community at OU by promoting Hispanic heritage, culture and traditions. HASA enhances both educational and developmental skills for students who wish to get involved, as well as organizes events such as the Day of the Dead Street Festival and the OU Hispanic Royalty Pageant.

International Advisory Committee: IAC is an umbrella organization that coordinates other international student organizations on campus. Its executive team hosts intercultural events to increase awareness of the international community and build connections among international students at OU. Some of those events include the International Gala, International Pageant and Eve of Nations.

Women's Health Advocacy: WHA is dedicated to educating students on health literacy, contraception and menstrual health. The organization has created several gender-neutral menstrual stations on campus equipped with menstrual products for anyone who may need them.

Green Week: Green Week promotes accessible and inclusive conservation and preservation efforts for a sustainable future. Join them for community outreach events and sponsorships to learn about and advocate for a greener future and campus environment.

The Big Event: The Big Event offers students, faculty and staff the opportunity to participate in one day of community service across Norman and the greater Oklahoma City metropolitan area. Join them in the spring to show your appreciation for the surrounding community by giving back. Service projects include painting, yard work and visiting the elderly.

LGBTQ Student Alliance: LGBTQ Student Alliance is student-run and provides a safe and supportive environment for the 2SLGBTQ+ community on campus. The LGBTQ Student Alliance holds weekly meetings, volunteering projects, social events and informative activities. Join them and help build an inclusive community for 2SLGBTQ+ students on campus.

Camp Kesem: Kesem is a national nonprofit organization supporting children through and beyond a parent or guardian's battle with cancer. Though they work from over 130 different locations across the country, the only chapter in Oklahoma is at OU, where students lead and operate. Join them by becoming a coordinator, committee member or a counselor for the summer program, Camp Kesem, and help serve children impacted by their parent or guardian's cancer diagnosis.

OU Cousins: The OU Cousins program is dedicated to developing understanding, friendship and unity among U.S., international and exchange students at OU. This program matches international students with an American student according to hobbies, majors and countries of special interest.

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The Sooners will play Alabama in football for the first time since 2018, as OU joins the Southeastern Conference.

SEC MATCHUP HISTORY

Check out OU's 2024 conference lineup

BY COYT WISDOM • COYT.T.WISDOM-1@OU.EDU

This year OU is starting its journey in the Southeastern Conference and OU football will play schools that many fans are not used to seeing in its usual schedule.

Home

Alabama: The Sooners will host Alabama at home for the first time since 2002. The two programs haven't played each other since the 2018 Orange Bowl, which resulted in a 34-45 loss against the Crimson Tide. OU currently leads the all-time series record 3-2-1. The Sooners will face the Crimson Tide on Nov. 23.

Tennessee: OU last hosted the Volunteers in 2014, which resulted in a Sooners 34-10 win. Tennessee head coach Josh Heupel played quarterback for the Sooners in 1999 and 2000 when he led the Sooners to a national title. The Sooners have the edge against the Volunteers 3-1. The Sooners will open SEC play against the Volunteers on Sept. 21.

South Carolina: The Sooners and Gamecocks have never played each other. The Sooners will host the Gamecocks in Norman for a historic first game on Oct. 19.

Texas: Oklahoma will be the designated home team in the annual Red River Rivalry game. The Sooners will play the Longhorns in the historic Cotton Bowl stadium in Dallas on Oct. 12.

Away

LSU: OU and LSU have met in bowl games three times, but the two football programs have never played each other at either school's campus. OU trails LSU in the head-to-head series 1-2. The Sooners last faced LSU in the 2019 College Football Playoff in the Peach Bowl, where the Sooners lost 28-63 to the Tigers. OU will play LSU on Nov. 30.

Missouri: Both former members of the Big Eight Conference and of the Big 12, Oklahoma and Missouri developed a rivalry during their time in the same conferences. That rivalry hasn't been revisited since the Tigers left the Big 12 for the SEC in 2012. OU leads the all-time series 67-24-5. The Sooners will play MU on Nov. 9.

Mississippi: OU and Mississippi have only met once when OU lost 25-27 in the 1999 Independence Bowl. The Sooners will have their rematch on Oct. 26.

Auburn: OU and Auburn have only played each other twice, and both games were in the Sugar Bowl. The Sooners have won both matches against AU and the last meeting was in the 2017 season when the Sooners defeated the Tigers 35-19. OU will face Auburn on Sept. 28.

JOIN OU'S STUDENT SECTION

Learn about tickets, venues and seating

BY COYT WISDOM •
COYT.T.WISDOM-1@OU.EDU

OU is known for its athletics. For new students, it is important to know where to watch the Sooners, especially as they take on new opponents in the Southeastern Conference.

The student section makes one of the biggest impacts in college sports. Many universities urge their students to make home games as loud as possible. Students hoping to partake in OU's athletic events will need to know where the student section is located and what is allowed at sporting events.

Football is the only sport that charges students for admission. All other sports allow free admission for students as long as they have their student ID.

Oklahoma athletics have a clear bag policy for their events and those who attend are limited to one bag. Attendees can bring a 12-by-6-by-12 inch clear tote bag, a 1-gallon clear storage bag, a clear fanny pack, or a clear crossbody bag and a nontransparent 6.5-by-4.5 inch clutch wallet.

Attendees can also bring clear bottles that are less than 17 ounces and fill them up at water refill stations throughout the stadium.

Gaylord Family-Oklahoma Memorial Stadium: The Palace on the Prairie is home to OU football. The stadium is on the east side of campus and seats over 80,000 fans. The stadium is the largest in Oklahoma and one of the nation's largest college football stadiums. Students can enter the stadium at gate seven.

For the 2024 season, OU football moved the location of the student section. Rows 6-28 of section 20 and sections 22-28 will be where students can get loud and cheer for the Sooners as they make their SEC debut.



ADEN CHOATE/OU DAILY

Love's Field is the new home of OU softball. The stadium opened on March 1.

Lloyd Noble Center: Home to OU basketball and women's gymnastics, the LNC is south of campus and the student entrance can be found on its north side. The student section for the LNC is on the north side of the arena, and is nicknamed "The Boom Squad." Here, students can cheer on both men's and women's basketball, as well as women's gymnastics.

John Crain Field: OU soccer can be found at John Crain Field, next to the LNC. John Crain Field opened in 2000 and a new video board was added in 2013. The venue can seat up to 3,500.

L. Dale Mitchell Park: The park is home to the OU baseball team. The ballpark is north of the LNC. It opened in 1982 and has had several updates and additions throughout the years, such as adding a video and scoreboard in 2009 and a warning track in 2012.

Love's Field: Love's Field is the new home of OU softball. The stadium opened in spring 2024 and seats 4,200 people. The stadium is at the northwest corner of South Jenkins Avenue and Imhoff Road, north of the LNC. OU softball previously played at Marita Hynes Field.

McCasland Field House: Several OU teams share McCasland Field House, including men's gymnastics, volleyball and wrestling. Former home to OU basketball, McCasland was opened in 1928 and has since been updated with new sound systems and scoreboards. McCasland is north of the Oklahoma Memorial Stadium.

Headington Family Tennis Center: Men's and women's tennis teams play at the Headington Family Tennis Center. The center features 12 outdoor courts, electronic scoreboards, seating for fans and a sound system. It also features an indoor facility which includes six courts. The Headington Family Tennis Center is west of the LNC.

John Jacobs Track and Field Complex: OU track and field calls the John Jacobs Track and Field Complex home. It features seating for 2,000 people and has been updated since its opening in the 1950s. It features a sound system and a permanent scoreboard. The complex is east of the Oklahoma Memorial Stadium.

FINANCIAL AID AT OU

Everything you need to know about FAFSA and CASH

BY COYT WISDOM •
COYT.T.WISDOM-1@OU.EDU

The Centralized Academic Scholarship Hub and the Free Application for Federal Student Aid, or CASH and FAFSA, are student financial aid resources. CASH is offered at the institutional level at OU and FAFSA is a federal student aid program.

What is FAFSA

The FAFSA is a free, need-based application for federal student aid. The FAFSA form usually opens on Oct. 1 and applicants are required to fill it out by June 30 each year to be considered for the different types of federal aid provided. In 2023, the application opening was delayed to December but will still close on June 30.

The FAFSA form is used to determine the amount of aid an individual is eligible for. OU received an average of \$15,747 in federal aid per undergraduate student from 2022-23. Nationally, the average grant and scholarship aid per student was \$14,080 from 2019-20.

Requirements

A Federal Student Aid ID is required to complete the FAFSA, along with valid U.S. citizenship or an eligible noncitizen status, social security number and federal tax information.

Dependent students also require their parents' social security information. Income records, child support payments and checking and savings account balances are also required.

Types of aid

FAFSA includes four main types of federal aid: scholarships, grants, work-study and loans.

Loans: The federal government provides four types of student loans: direct subsidized, direct unsubsidized, direct PLUS and direct consolidation loans.

Direct subsidized loans are financial need-based loans available for undergraduate students.



XANDIE WOOD/OU DAILY

OU's Student Financial Center is a campus resource that offers assistance with FAFSA and CASH applications. Visit their website for more information at ou.edu/sfc.

The U.S. Department of Education pays the interest for a direct subsidized loan while a student is enrolled at least half-time and for the first six months after graduation. Subsidized loans do not accumulate interest during deferment, or a temporary pause on loans.

Direct unsubsidized loans are available to undergraduate and graduate students regardless of financial need. Interest accumulates during deferment and students are able to make payments on interest during deferment.

Direct PLUS loans are available to graduate students and the parents of dependent students. A credit check is required to receive a direct PLUS loan.

Direct consolidation loans combine multiple federal student loans into one monthly payment.

Loan amounts are dependent upon academic year and dependent status, and determined by each institution. OU limits the amount to \$5,500 for freshmen, \$6,500 for sophomores and \$7,500 for juniors and seniors.

Loan interest rates for the 2023-24 academic year are 5.5% and remain fixed throughout the life of the loan.

Grants: Most FAFSA grants do not require repayment and are offered based on financial need.

Federal grants include Pell Grants, Federal Supplemental Educational Opportunity Grants, Iraq and Afghanistan Service Grants and Teacher Education Assistance for College and Higher Education Grants.

Scholarships: Scholarships are financial aid offered by schools, businesses, individuals and nonprofits, among others. They do not require repayment.

Scholarships are offered by merit and financial need, depending on the requirements of the donor. Amounts range up to full tuition.

Work-study: The Federal Work-Study program provides part-time employment opportunities for students. Students are paid per hour for academic costs.

The program intends to connect student employees to their field of study and community service, according to the Federal Student Aid website.

The program is available to full-time or part-time students, as well as undergraduate and graduate students with financial need.

What is CASH

The Centralized Academic Scholarship Hub is an OU resource for university scholarships and awards. CASH is available to all enrolled students each academic year, with awards disbursed to students the following year.

CASH applications are open from Oct. 1 to Feb. 1 every year.

Awards range from recognition-only to thousands of dollars in financial support. Awards are based on merit as well as financial need.

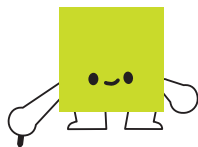
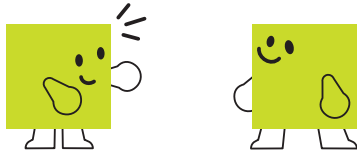
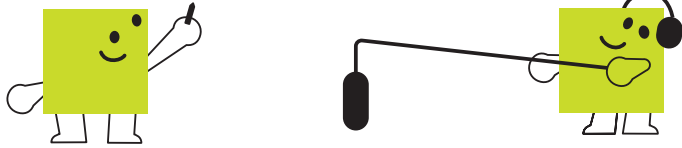
Requirements

A general application is required to complete each scholarship application, which includes two essay questions. Additional general applications are also required for a student's specific college or colleges within the university.

Every application has different requirements, including resumes, essays or letters of recommendation, though many essays cover similar topics. Many scholarship applications requiring recommendation letters require at least two.

A FAFSA form is also required to complete some scholarship applications offered through CASH.

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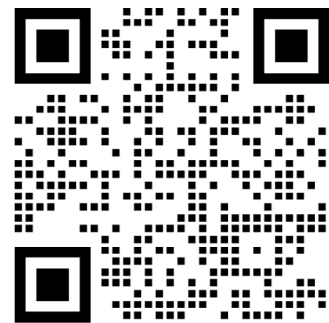
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