



GUIDE

NEW TO OU
2023-24
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EVERYTHING YOU NEED TO KNOW

How to get started at the
University of Oklahoma



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CHOOSE YOUR ADVENTURE

Studying abroad provides an opportunity to discover new cultures, broaden your perspective, and gain a competitive edge in a globalized world. Immerse yourself in unique experiences, forge lifelong relationships, and develop invaluable skills that will shape your future.



CHOOSE THE RIGHT PROGRAM FOR YOU BASED ON:

LOCATION & EXPERIENCE

Is there a country you've always wanted to go to? Do you want to be fully immersed in another culture or simply explore the world with other OU students & professors?

ACADEMIC CREDIT

How will study abroad fit into your path to graduation? Different programs allow you to take language courses, gen-ed courses, major courses, or even internships. No major is too strict for study abroad, but some majors might have to be a little more strategic when planning.

FINANCIAL AID & SCHOLARSHIPS

There are a ton of study abroad scholarships you can apply for both through OU and nationally. Most of our programs take OU Tuition & Fees, so whatever you're paying at OU, you would pay abroad!

LENGTH OF PROGRAM

When do you see yourself going abroad, and for how long? At OU, you can study abroad anywhere from two weeks over break to an entire calendar year.

**BROWSE
OUR
PROGRAMS
& GET
STARTED!**



Website: studyabroad.ou.edu
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COLLEGE OF INTERNATIONAL STUDIES
EDUCATION ABROAD
The UNIVERSITY of OKLAHOMA



MISSION

OU Daily, the independent student voice of the University of Oklahoma since 1916, covers the community and provides a public forum to discuss its issues while providing students on our staff real-world media experiences.

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COLTON SULLEY	Editor-in-chief
TEEGAN SMITH	News managing editor
LOUIS RASER	Sports editor
REGHAN KYLE	Photo editor
NIKKIE AISHA	Copy chief
MARY ANN LIVINGOOD	Copy chief
JIANNA GIOVANNETTI	Design editor
CHASE PRIDE	Advertising manager

CONTACT US

160 Copeland Hall, 860 Van Vleet Oval, Norman, OK 73019
NEWSROOM: 405-325-3666 | dailynews@ou.edu
ADVERTISING: 405-325-2521 | dailyads@ou.edu

OPINIONS & SUBMISSIONS

Letters to the editor or guest columns may be submitted to dailyeditor@ou.edu. They will be edited for accuracy, space and style and run at the discretion of the editor-in-chief. Students must list their major and classification; faculty or staff must list their title. Our Views are the view of the Editorial Board. Opinions are not necessarily those of the Editorial Board.

LEGAL

One free copy is available to members of the community. Extra copies may be purchased. Thefts are subject to legal action.

CORRECTIONS

The Daily is committed to accuracy. If you find an error in our work, submit a correction at oudaily.com/corrections.

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FROM THE EDITOR

We found our place here; know that you will, too

Congratulations on your admission to, visit to, or consideration of OU. We are excited to help you get acquainted with our community.

OU Daily is an independent, student-led news organization dedicated to accurately and inclusively serving our audience at OU and in Norman. Since 1916, we have offered wide-ranging coverage regarding campus news, local politics, sports and culture.

In addition to being entirely student-run, we prioritize your voices and your stories as students. We have over 75 student employees who work on our news, sports, copy, visual, design and culture desks who are dedicated to bringing you accurate information, as well as our ad and marketing team that supports our enterprise by increasing OU Daily's sales and public awareness. We also recently started offering community listening sessions and renewed our commitment to accepting opinion submissions.

We are committed to serving our community as a modern, multi-media news organization that reaches an average of 1.8 million readers annually. Last year, we were honored for having the nation's best college news website and news magazine during the College Media Association's Pinnacle Awards. We were also recognized for having the nation's best podcast by the Oklahoma Society of Professional Journalists and received the state's top honor, the Carter Bradley First Amendment Award, for our reporting.

No matter your level of experience in media, you can help us tell students' stories — as a member of our staff or a source in our coverage. It all starts by walking in, sending an email to dailyeditor@ou.edu or visiting the OU Daily website.

We know college can be a time of great change and transition. That's why we are committed to being your guide. In this publication, you'll find useful information to help make the most out of your start at OU, including essentials like health resources and campus safety tips.

We are confident you will find your place at OU and we're happy to help outline various student organizations to get involved with in this guide. We encourage you to get engaged on campus, explore your interests and make the most of your time here.

We look forward to hearing from you soon.

We are excited to have you join the OU family.

Sincerely,
OU Daily



Colton Sulley
Editor-in-chief
colton.m.sulley-1@ou.edu

Couch Restaurants offer a wide array of food options and desserts.

REGHAN KYLE/
OU DAILY



MOVE-IN, MEAL PLAN INFORMATION

What you need to know about living and dining on campus

FROM STAFF REPORTS • DAILYNEWS@OU.EDU

Moving into college residence halls means a sleepover with your best friends every day, but the process of piling all of your belongings into a shared space can be stressful and confusing. OU Housing and Food has partnered with University and Student Services to provide an easy move-in process for all students living in residence halls on campus.

For the fall 2023 move-in period, students are assigned a date and time to arrive at the Lloyd Noble Center to check in based on their room assignment. This information can be found on your housing portal. University and Student Services will help unload your vehicle and move items into your room. Students can only have two cars and one trip through the move-in process at maximum.

Before arriving for move-in, students will need their Sooner Card. This is your official OU identification which gives you access to your building and meal plan. The process to get one can be completed online and the card can be added to your phone through Apple Wallet or Google Pay. If you need a physical card, you can visit one of the Sooner Card offices to have it printed for a \$30 fee.

If you cannot arrive at your assigned move-in date and time, you should contact OU Housing to reschedule.

Residents moving into Headington Hall should look for specific move-in details and instructions in the Housing assignment email communication as they differ from other residence halls.

2023-2024 MEAL PLAN RATES

Regular meal plans: \$2,845/semester, \$5,690/year

- 12 meals/week and 250 points/semester
- 10 meals/week and 400 points/semester
- 8 meals/week and 550 points/semester
- 6 meals/week and 750 points/semester

Enhanced meal plans: \$3,145/semester, \$6,290/year

- 14 meals/week and 400 points/semester
- 10 meals/week and 700 points/semester

How to change your meal plan:

Selected meal plans can be changed during the second and third weeks of each semester through your housing portal.

Move-in essentials

As you get ready to move in, it can be exciting to buy new bedding, decor, appliances and bathroom necessities. Several businesses offer deals and discounts to college students as they gear up for the next chapter of their lives.

Target has a designated College Shop during the summer months spanning into the start of

the fall semester. Target also offers “Deal Days,” with discounts on Twin XL size bedding, bathroom caddies, furniture and more.

The Container Store, like Target, also offers a designated College Shop. If you shop in stores, associates will often help add you to the student discount program, which offers deals and discounts exclusive to college students on storage and desk necessities.

Meal Plans

At OU, all first-year students are required to have a meal plan, an easy way to grab food without needing to use cash or card. When you walk into any on-campus dining hall or restaurant, you can scan your physical or digital Sooner Card.

Meal plans allow students to purchase food at more than 20 available dining options on campus, including the dining halls in the residential colleges, Couch Restaurants, Cross Village and the Oklahoma Memorial Union. Most meal plans are on a weekly cycle so meals reset every Sunday at 12:01 a.m. and do not roll over into the next week. Some restaurants on campus allow students to exchange a meal for the value of \$10 through their meal plan.

Meal plan points can be used throughout the semester and equal to \$1 a point. Meal points can be used at any of the on-campus dining options at any time. Points roll over from the fall to the spring semester, but not from the spring semester into the next fall. Unused points expire the Friday of finals week in the spring semester.

THINGS TO DO NEARBY

Explore arts and culture in Norman and Oklahoma City



PROVIDED/FILE/OU DAILY

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

FROM STAFF REPORTS • DAILYENT@OU.EDU

Fred Jones Jr. Museum of Art

This free-to-visit art museum is at 555 Elm Ave., 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 numerous productions in both the fall and spring for OU's drama department. Past productions include "Marisol," "Spring Awakening" and "The Scarlet Letter." Some seniors get to direct smaller productions on the drama classroom stage. It offers a great opportunity to experience theater production up close and personal. The fine arts department is also home to a renowned dance program that showcases student talent at the annual Oklahoma Festival Ballet and Contemporary Dance Oklahoma. 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 what 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 vinyl records, 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 hardest.

The Norman Farm Market

If you're looking to get away from campus

food, try stopping by the Norman Farm Market, located at 210 S. James Garner Ave. It is open Saturday 8 a.m. to 1 p.m., April through October and Tuesday 4 to 7 p.m., April through July. The market is a hub for more than fresh produce, though. It also hosts live music, cooking classes and a chance to explore the wellness initiative of Norman.

Bad Granny's Bazaar

Located in Oklahoma City's Plaza District at 1759 NW 16th St., Bad Granny's Bazaar is quite the trek off campus but well worth the drive for the unique pieces it houses. 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 Bad Granny's Bazaar.

Scissortail Park

Free concerts, food trucks and fresh air, what more could you ask for? Oklahoma City's 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., there is plenty of time to enjoy the playground with climbing walls and steep slides or the burger and ice cream place, SPARK, located at the north end of the park. The park even has pedal boats, canoes and kayaks to enjoy the 3.5-acre lake shaded by a pavilion.

Plaza and Paseo districts

These districts are home to some of the most creative hot spots in Oklahoma. The Paseo 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 looking to decorate your dorm room with locally-made art, Paseo has you covered. The Plaza District also 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.

The Tower Theatre

The Tower Theatre in Oklahoma City, at 425 NW 23rd St., 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 Street District.

Beer City Music Hall

Beer City Music Hall, located at 1141 NW 2nd St. in Oklahoma City, is a vibrant and dynamic music venue that combines the love for live music with a diverse selection of craft beers. Located 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

The Myriad Botanical Gardens, located at 301 W. Reno Ave. in Oklahoma City, is a breathtaking oasis of natural beauty and tranquility nestled in the heart of the city. Spanning across 15 acres, these enchanting gardens offer a captivating 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.

OUR MISSION

The mission of Student Affairs is to enhance students' academic success by developing student skills, cultivating diverse campus life experiences and enriching the university community through programs and services.

WHAT WE DO

- Assist students in realizing their goals – academic, personal, and professional.
- Provide diverse cultural experiences to the University community.
- Offer programs designed to enhance the academic experience.
- Provide leadership development opportunities.
- Create a safe and healthy environment in which students may live, study, socialize and work.

OUR DEPARTMENTS, PROGRAMS, AND SERVICES

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PRESIDENT'S LEADERSHIP CLASS

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STUDENT LEGAL SERVICES

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STUDENT LIFE

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STUDENT MEDIA

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STUDENT ORG SERVICES

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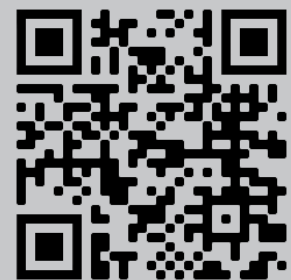
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STAY CONNECTED!



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FB: OU Student Affairs
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Members of Alpha Chi Omega and Sigma Phi Epsilon perform during the Rah! Rally – an annual event around homecoming – in 2019.

FILE/OU DAILY

STUDENT ORGANIZATIONS

Get engaged and connected on campus

FROM STAFF REPORTS • DAILYNEWS@OU.EDU

Acts of Kindness Association: A casual organization of people on campus dedicated to participating in random acts of kindness. You may see sticky notes plastered on bathroom mirrors with words of affirmation, or social events around campus where the organization serves food to welcome students back, celebrate the graduating class or try to lighten everyone's spirits during finals. The organization also hosts food and supply drives for those in need of assistance.

Beekeepers' Association: When you join the Beekeepers Association you'll have the opportunity to be trained in assisting the maintenance of two beehives. Within the organization there are groups who specialize in different areas such as the gardening group which is currently working with Norman High to build a pollinator garden.

Student Government Association: SGA is comprised of elected student leaders who serve as voices for their peers and distribute funds to other student organizations. SGA is divided into four branches including the Undergraduate Student Council, 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 campus-wide 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.

Rug Making Club: A creative outlet for students and one of the largest art clubs on campus, Rug Club is open to anyone interested in the art of rug making. "RUG RUG RUG!"

Union Programming Board: The UPB organizes events in the Oklahoma Memorial Union to help engage students with their peers and enrich student life. Events include haunted houses, laser tag and bingo days.

OU Gaming Club: Both students and alumni are free to play video games with one another at the OU Gaming Club. Casual and competitive play that spans across universities allows gamers 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 also fosters community by organizing cultural events such as the Spring Powwow and the Indigenous Royalty Pageant.

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

Black Student Association: The BSA promotes interaction and communication between Black students in an effort to provide students with a sense of home and community on campus. The BSA hosts events such as

the Stompsdown 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: The 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.

Society of Women Engineers: SWE provides support for women in the engineering field by granting them professional, academic and social growth opportunities. Join them for general body meetings, movie nights and alumni presentations. Make sure you don't miss their Women's Day Coalition event where the organization celebrates International Women's Day.



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Join us for our first monthly
RELS student lunch:
Sept. 1, 12:30 p.m.
Robertson 118



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and more!

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and on Instagram:
[@ou_sga](https://www.instagram.com/ou_sga)



ENGAGE. ENCOURAGE. EMPOWER. ENGINEER.

Join us on the Engineering Quad for two events
to kick-off the fall semester and welcome you
to the Gallogly College of Engineering

MONDAY, AUGUST 14

New Engineers Welcome

2–5 PM

Stay tuned to our Instagram for updates
and a schedule of all the fun activities.

FRIDAY, AUGUST 25

Shell Fall Fest

Noon–3 PM

Join Shell and over 40 Engineering student
organizations and competition teams for our
annual welcome back event! You will have the
chance to connect with representatives from
Shell about jobs and internships, but also figure
out how to get involved with one of our many
student organizations.



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

REGHAN KYLE/OU DAILY



HEALTH, SAFETY RESOURCES

Manage your well-being as a college student

FROM STAFF REPORTS • DAILYNEWS@OU.EDU

Your mental and physical health are susceptible to decline under the stress of college. Being in a new town, away from the doctors you may be used to, can make it even more difficult to find help. Fortunately, OU has Goddard Health Center.

Goddard, located near Catlett Music Center, offers almost every service the average student may need.

Pharmacy services: Goddard has a pharmacy where you can send all your prescriptions for pickup. You won't need to risk losing your perfect parking spot to make your way to Walgreens or CVS.

Labs and testing: An on-site lab also allows Goddard to provide a variety of testing including various blood tests. They even have X-rays for those unfortunate South Oval bicycle collisions you may find yourself in.

Physical services: You can make an appointment for a health checkup or walk in for urgent care — a service that comes in handy when the yearly flu begins to make its rounds through the dorms.

For gender-nonconforming students, Goddard can provide hormone therapy for those who were already receiving it before

coming to campus. They also provide referrals for people wishing to transition during their time at OU.

Goddard also offers contraceptives, gynecological services and appointments related to sexual and reproductive health.

Nutrition and allergy services: For help with your nutrition, Goddard has its own dietician. The health center also offers regimented allergy injections for those with severe allergies that they have considered trying to get rid of.

Mental health services: In addition to the many physical and medical services Goddard provides, OU also has the University Counseling Center within the health center. There, students can get help for any mental health issues they may be experiencing. Whether through counseling or psychiatric services, they are available to help you with what you need.

While it can be easy to let college overshadow your health, it's important to be sure you are taking care of your body and mind as much as your grades, if not more. Your classes can wait, your health can't.

City of Norman: The city offers an alert system that can be subscribed to by texting

NORMANEVENTS to 226787.

OU Safe Ride: OU SafeRide is a university program that provides students with access to a free and safe ride in Norman from 10 p.m. to 3 a.m. on Thursday, Friday and Saturday. You can download OU SafeRide on the App Store or Google Play. Log in with your universal 4x4 and password and make sure you allow the app to access your location and send notifications. Once you enter your phone number, you are all set to use OU SafeRide!

Storm shelters: OU has many buildings that can serve as storm shelters in the case of tornadic weather on or near campus. The Bizzell Memorial Library serves as a severe weather refuge area on both lower levels in designated areas. Both Dunham and Headington College have basements that operate as safe spaces in the case of severe weather and both Couch and Walker Towers possess storm shelters on site. All four buildings in Cross Village have a storm shelter on the first floor. Additionally, Dale Hall on the South Oval has a basement often used by upperclassmen students who live near campus in the case of severe weather.

SIGN-UP FOR OU ALERTS

RAVE alerts: Visit ecs.ou.edu to review and update your emergency contact information. To receive text messages, OU's primary mode of emergency communications, your cell number must be in the mobile phone field. OU Alerts will come from 672-83 or 226-787. Add both to your contacts and name them OU Alert so an emergency text won't appear as a random number or spam/junk.

WHAT TO DO IF THERE IS AN ACTIVE SHOOTER

The following are guidelines. Continuously assess survival options. Trust "gut" feelings.

Run: If possible to flee safely, do so.

- Have an escape plan; move quickly.
- Don't wait for others to validate your choice.
- Leave belongings behind.
- Move away from sound of threat.
- Heed police directions on exit.
- Keep hands visible to officers.
- Call 911 as soon as safe to do so.

Hide: If flight is impossible, hide.

- Move to a secure area.
- Turn off lights, silence devices.
- Lock, barricade doors.
- Get away from door, line of sight.
- Plan how to attack if door breached.
- Don't huddle, spread out
- Look for makeshift weapons.
- Call 911 only if shooter can't hear.
- Shelter until reached by authorities.
- Do exactly as told by police.

Fight: Police can't recommend just one procedure. Assume shooter can wound/kill everyone if not stopped.

- Throw items at shooter upon attack.
- If in a group, attack from all sides
- Pin the shooter and any weapons until officers take control.
- Do exactly as told by police.

Information to give 911

- Clarify you are on OU's campus.
- Location of assailant(s).
- Number of assailants.
- Physical description of assailant(s).
- Number, type of weapons in use
- Number of potential victims.

SEVERE WEATHER

@OUemergencyprep: This Twitter account, run by the Department of Campus Safety, gives campus-specific weather information.

Sources: OU Department of Campus Safety, OU IT

HOW TO GET AROUND OU

Parking and transport information

BY PEGGY DODD • PDODD@OU.EDU

Parking at OU is not exactly known as a pleasant activity on campus. While OU does offer several places to park, things can get complicated, and sometimes expensive. However, students have a variety of options for getting to and from campus with some level of ease.

Parking pass: OU offers students, staff and faculty the option of purchasing a parking pass. Students can buy either a housing or commuter pass, each type with its own reserved locations around campus. Housing lots are mostly located around the dorms, with commuter lots scattered throughout different parking facilities on campus. Each pass costs \$288.

The Asp Avenue Parking Facility is the garage that everyone usually wants a spot in. It is commonly referred to by students as "the stadium" as it is located in Gaylord Family-Oklahoma Memorial Stadium. Due to its popularity, you have to show up at just the

right time, otherwise, you may find yourself doing laps around the garage or surrendering to another lot.

CART: OU offers a shuttle service for students living in surrounding apartments or for those who choose to park for free at the Lloyd Noble Center. The shuttle runs on a tight schedule, so it is necessary to become familiar with its times. The shuttle will drop you off in front of the stadium, right next to the South Oval.

Smaller wheels: Some opt to use bikes, skateboards and scooters to get from place to place. While this is a cheaper and more efficient option, beware of the bike lane on the South Oval. Accidents happen all the time, so be sure to leave the bike lane open for riders while walking. It would also be wise for riders to invest in some safety gear and regularly check the weather as pouring rain and harsh weather can make for a rough commute.



REGHAN KYLE/OU DAILY
Parking Services monitors OU's various lots and tickets those parked without proper permits.

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UPCOMING EVENTS

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Thomas Rhett - August 17 WITH COLE SWINDELL
& NATE SMITH

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& TORNILLO

PBR - September 8-10

Jelly Roll - September 19 WITH ASHLEY MCBRYDE
& STRUGGLE JENNINGS

Koe Wetzel - September 30 WITH WADE BOWEN
& TANNER USREY

Suicideboy\$ - October 1 WITH GHOSTMANE, CITY MORGUE,
SEMATARY & RAMIREZ

Odesza - October 12 WITH BOB MOSES, TOKIMONSTA
& QRTR & OLAN

Jason Aldean - October 13 WITH MITCHELL TENPENNY,
COREY KENT & DEE JAY SILVER

Nitro Circus - October 20



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Historic Campus Corner, on the university's northern edge along Boyd Street, is the nearest dining and entertainment district to campus with restaurants, bars, boutiques, hair salons and more.

REGHAN KYLE/OU DAILY



ESSENTIAL SPOTS TO EAT, STUDY

Explore Norman favorites close to campus

BY PEGGY DODD • PDODD@OU.EDU

Here are some local favorites for those who are new to campus.

Restaurants:

Victoria's Pasta Shop: 215 E. Main St. 6-minute drive from the South Oval. The menu features classic Italian-style favorites: varieties of pasta, lasagna and build-your-own pizza. Dine in or carry out from 11 a.m. to 9 p.m. Sunday through Wednesday and 11 a.m. to 9:30 p.m. Thursday through Saturday.

Thai Delight: 761 S. Jenkins Ave. 4-minute drive from the South Oval. This Campus Corner spot offers various Asian dishes, including curry and stir fry. Stop by from 11 a.m. to 3 p.m. and 4:30 to 9:30 p.m. Tuesday through Sunday. Carryout and delivery are also available.

Midway Deli: 601 W. Eufaula St. 4-minute drive from the South Oval. This Norman favorite is hidden in a neighborhood near campus. Order one of its famous sandwiches or a cup of Bill's Chili any day of the week from 9 a.m. to 5 p.m.

Tarahumara's Mexican Cafe and Cantina: 702 N. Porter Ave. 8-minute drive from the

South Oval. This restaurant's extensive menu features deals and specials, including tacos, quesadillas and tamales. Open for dine-in or carryout from 11 a.m. to 9 p.m. Monday through Thursday, 11 a.m. to 10 p.m. on Friday and Saturday, and 11 a.m. to 8:30 p.m. on Sunday.

The Diner: 213 E. Main St. 6-minute drive from the South Oval. A perfect brunch spot serving Tex-Mex, breakfast options and burgers. Open 6:30 a.m. to 2 p.m. Monday through Friday and 7 a.m. to 2 p.m. on the weekend for dine-in, carryout or delivery.

The Mont: 1300 Classen Blvd. 4-minute drive from the South Oval. An OU staple, this restaurant's menu features appetizers, sandwiches and burgers. Enjoy a meal inside or on the patio from 11 a.m. to 2 a.m. all week. Carryout is also available.

Study Spots:

Gray Owl Coffee: 223 E. Gray St. 7-minute drive from the South Oval. This worker-owned shop offers specialty coffee and pastry items baked in-house, along with seasonal items. Open from 7 a.m. to 6 p.m. seven

days a week.

Second Wind Coffeehouse: 564 Buchanan Ave. 4-minute drive from the South Oval. This nonprofit coffee shop aims to create an inclusive space for all students at OU. It is open from 9 a.m. to 10 p.m. on Sunday, Monday, Wednesday and Thursday, from 9 a.m. to 6:30 p.m. on Tuesday and Friday, and closed on Saturdays.

Yellow Dog Coffee: 222 S. Porter Ave. 6-minute drive from the South Oval. Serving responsibly sourced and locally roasted coffee, Yellow Dog offers a variety of drinks and take-home coffee beans. Stop by from 6 a.m. to 6 p.m. Tuesday through Friday and 8 a.m. to 6 p.m. on the weekends.

Not Your Average Joe: 1001 Elm Ave. 2-minute drive from the South Oval. This coffee shop looks to include students and adults with intellectual, developmental, and physical disabilities in their operation, serving up breakfast, lunch and several drink options. Open 8 a.m. to 5 p.m. Tuesday through Saturday.



BOB NGUYEN/OU DAILY

Fans hold their hands aloft with their index fingers extended – part of OU's "There's only one" concept – during kickoffs at football games.

ATTENDING OU ATHLETICS EVENTS

What you need to know to join the student section

FROM STAFF REPORTS • DAILYSPORTS@OU.EDU

One of the most exciting activities to participate in as a college student is cheering on your school's athletic teams.

OU students are admitted free with an official student ID to all home sporting events except football. So, students can watch reigning national champions such as the Sooners' women's gymnastics and softball teams with no charge.

Football season tickets are on sale to new students from Aug. 21-24 at soonersports.com. If demand for season tickets exceeds supply, a lottery to determine which new students will be eligible to purchase season tickets will be held on Aug. 25. An email will be sent that day with the status of each student's season ticket request.

Depending on availability, OU-Texas tickets

for new students go on sale at 10 a.m. on Sept. 6. To sign up for tickets, visit soonersports.com and click on the tickets section of the website.

Student football season tickets for the 2023 season are \$210 per student. Students who purchase season tickets will be eligible to receive mobile delivery tickets, which can be downloaded starting at 10 a.m. the Monday of each home game week until Wednesday at 5 p.m.

The Sooners will play six home games in 2023, beginning with their season opener against Arkansas State at 11 a.m. on Sept. 2 in Norman. OU's first home conference game is against Iowa State on Sept. 30.

Oklahoma will host UCF for the first matchup between the schools on Oct. 21. The Sooners will also host national runner-up TCU

at 11 a.m. on Black Friday, Nov. 24, something to look forward to for students who remain on campus during the Thanksgiving holiday.

OU also offers many student section experiences across its various sports, including the OU Boom Squad, which is most prevalent at basketball home games inside the Lloyd Noble Center, also referred to as the LNC.

In the spring, students can also check out Love's Field, OU's new 3,000-seat softball stadium, which will replace Marita Hynes Field, the Sooners' home since 1998.

Students can also watch men's and women's gymnastics meets, which are usually held at McCasland Field House or the LNC. OU baseball games are held at L. Dale Mitchell Park where students can watch from the stands or enjoy the surrounding outfield berms.



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the RED CUP Q&A

separating alcohol fact from fiction

SOONER STAT

In 2021, 6 out of 10 first-year OU students reported that they chose not to drink alcohol

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 for 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 was 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

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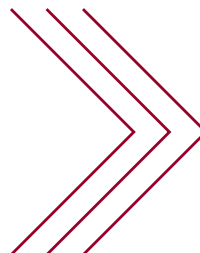
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THINGS WE WISH WE KNEW

Advice from those who've come before

BY STAFF • DAILYNEWS@OU.EDU



Teegan Smith

I encourage new students to take advantage of the asynchronous online courses that the university offers, especially those who are working an off-campus job. Taking

asynchronous classes made it much easier for me to balance my academic life with the necessity of a part-time job. For students who plan to work for the university, OU will work around your course schedule, but the same cannot always be said for off-campus employers.



Mary Ann Livingood

It's important to get involved in things even if you're not sure that you'll like them. Everyone says college is for trying new things but the reality of that is, you're going to do things that scare you

and commit to things that you aren't sure you'll love. It's OK to try something that you later learn isn't for you, but then you've done something new, learned something about yourself and made some memories. Alternatively, you love it and it becomes a huge part of your life, like the Daily became for me.



Colton Sulley

College is an exciting time in your life and you're probably feeling a mix of emotions, including excitement and fear. This is normal, most college students feel this way. Some tips I wish I

knew earlier are to be organized, take care of yourself and go to class. The first two are important, it's easy to get behind in classes if you're unorganized and to let your health come second or third to parties and school. It might seem like a no-brainer but it's important to remember to go to class. College is a really busy time and you're probably going to skip class a couple times, it's a given, but try your best to attend as much as possible.



Ismael Lele

don't have to adhere to the status quo just to fit in. Do what makes you comfortable and never compromise your character or values just to make someone else happy. It's important to be transparent with who you are as a person, because the better you know yourself the easier it is to navigate your time at university.

College is a place where you can cultivate new ideas and meet new people who can help expand your worldview. Walk around campus as your own individual with your own principles; you



Peggy Dodd

This is the time to figure it out and likely reconfigure again. It's OK to not be entirely sure what you want to do in the future, and it's also OK to change your mind. I encourage you

to keep that mindset as you make your OU journey. Other random bits of advice: study. Even if you didn't study in high school, you're going to do it now. Choose your inner-circle wisely, but don't be afraid to step out into social settings. Lastly, join something. Anything really. It will lead you to your people, just like the OU Daily led me to my best friends (and roommates).



Nikkie Aisha

Get acquainted with OU's resources and make good use of them, from the Centralized Academic Scholarship Hub (CASH), the Career Center and OU Libraries to the

Food Pantry and Facilities Management. You'd be surprised by what opportunities you can find just by asking and trying. Keep up with your degree progress by engaging your adviser and creating your own plan. Taking your education plan into your own hands can really help you stay on top of things in the long run. Be intentional about finding a community and getting involved, but don't be discouraged if it doesn't come as quick or easy as expected; sometimes it just takes time. Venture beyond your usual routes and routine. It's easy for things to get repetitive and before you know it you may find that you haven't explored as much as you could have.

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