Sooner Jump Start

The University of Oklahoma®
The SJS Mission

TO PROMOTE A VIBRANT GLOBAL COMMUNITY
BY CULTIVATING SUCCESSFUL STUDENTS, PROVIDING EDUCATIONAL & CULTURAL OPPORTUNITIES AND CREATING A SENSE OF BELONGING WHILE CELEBRATING DIVERSITY

OU
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SJS strives to provide outstanding services to our students. Services include:

- Assistance with CESL registration
- Transportation to the supermarket and bank
- Assistance setting up US cell phone service
- PI and P2 orientations
- Field trips and special activities
- Courses tailored to international student success
- Personal growth and leadership training
- Guidance and encouragement
- Personal Advisement Meetings
- SJS Mentorship Program
- Program Exit Counseling

SJS Tuition and Fees include:

- Insurance
- Two sessions of CESL
- 12 credit hours of college courses (CIDL)
- Small class sizes
- Housing and food
- Field trips and cultural activities
- Student support services
- Programming fee
Elle Shroyer - Director
Office: (405) 325-1203
Email: elle@ou.edu

Susan Dissette – Program Development Specialist
Office: (405) 325-5467
Email: susan.dissette@ou.edu

Heather Arnett – Program Development Specialist
Office: (405) 325-2174
Email: heather.d.arnett@ou.edu

SJS Emergency Contact Number
(EMERGENCIES ONLY)
(405) 431-9509

SJS GA Contact Number
(405) 325-5467

SJS General Inquiry Email
sjs@ou.edu

SJS Address
Boomer Outreach Building
300 Kellogg Drive
Norman, OK 73072

SJS Website
www.sjs.ou.edu
Sooner Jump Start Program

The following is important information about the Sooner Jump Start program. Read it carefully and ask a staff member if you have any questions.

**PHASE I**
Prior to English classes at OU Center for English as a Second Language (CESL), every student takes a placement test. Students are placed in CESL classes according to placement test results, **regardless of TOEFL or IELTS score**.

Students placed in Foundation Level 1 through Intermediate Level 3 must progress through each level until qualifying for the Advanced Levels. Once in the Advanced Levels, students must complete two Advanced CESL sessions in the same semester with an 80% or better average.

In Phase I, SJS tuition and fees cover two CESL sessions. Students must pay tuition and fees for any additional CESL sessions beyond the first two.

To complete the entire SJS program in two semesters, students should enter with a TOEFL of at least 61 or an IELTS of at least 5.5 and place into the CESL Advanced Levels. Students who do not meet these qualifications can expect to stay longer in Phase I of the program.

**PHASE II**
In Phase II of SJS, students enroll in 12 credits of face-to-face college courses. The students meet in small classes where they have excellent opportunity for individualized assistance, which encourages success in their first semester of an OU degree path. The credits will become part of each student’s permanent OU college transcript.

Phase II courses include the following*:
- Political Science
- English Composition
- American History
- First Step

Before enrolling in SJS Phase II, students must present proof of English language proficiency by meeting one of the following requirements:
1. A TOEFL score of at least 61 or IELTS score of 5.5 and the successful completion of two Advanced level sessions in the same semester with an 80% average. All English language proficiency tests must be completed by September 1, 2017.
2. A TOEFL score of at least 79 or IELTS score of 6.5. If you earn one of these scores, contact Heather Arnett. In her absence, contact another SJS staff member.

*Phase II courses and requirements may change.
Policies and Procedures

**Procedure for Leaving SJS**
If, for any reason, you want or need to leave SJS, follow these steps:
1. First, speak with a Sooner Jump Start staff member as soon as possible to discover your options.
2. Talk with International Student Services (ISS) in Farzaneh (formerly Hester) Hall at OU.
3. You may need to find a new school. If this is the case, please speak with an SJS Graduate Assistant (GA) who can help you make an informed decision.
4. See the next column for the Sooner Jump Start refund policy.

**Grievance Policy**
Students who have a grievance with SJS should follow this procedure:
• FIRST - discuss the issue with an SJS graduate assistant (GA)
• SECOND - Talk with the SJS Director
• THIRD - Talk with the CIDL Director
• FOURTH - Talk with the CIDL sponsor, Dr. Satterthwaite, at OU Outreach. Make an appointment through Cheryl Barton at (405)325-1227.

We ask that you go through each of the above steps to make sure that you get help with your issue as quickly as possible, and that the people directly involved have an opportunity to resolve the situation. If you have a private grievance, you may make an appointment with the SJS director without the above steps.

**Refund Policy**
The entire SJS tuition and fees, excluding application fees, will be refunded if a student is denied a visa. Said student has until the second week of the program to provide to SJS an official rejection letter from the Consulate in order for a refund to be approved.

The entire SJS tuition and fees, excluding application fees and deposit, will be refunded if a student withdraws from the SJS program in writing at least 30 days prior to the SJS start date of August 18th, 2016.

Forty percent (40%) of SJS tuition and fees, excluding application fees and deposit, will be refunded if the student withdraws between 30 days prior to the SJS program start date and the commencement of the student’s second CESL session.

Fifteen percent (15%) of SJS tuition and fees, excluding application fees, will be refunded if the student withdraws during the student’s second CESL session.

After the end of the student’s second CESL session, there will be no refunds.

All Students who go directly to Phase II of the SJS program are entitled to a full refund of tuition and fees, excluding the $1000 deposit as well as application and withdrawal fees, so long as the student withdraws from the University of Oklahoma within the first 10 days of classes in the Fall and Spring semesters, or within the first five (5) days of classes in the Summer Session. After this time period, there will be no refunds given.
OU requires all first-year students to reside in campus residence halls for two semesters (three if entering in Summer). SJS fees cover two semesters of housing and food. Students must pay for any additional semesters beyond the first two.

Questions about Housing and Food? Visit the main OU Housing and Food office at the following address:

Walker Center, 1406 Asp Ave., Rm. 126
Norman, Oklahoma 73019
-or- call them at (405) 325-2511

**Campus Restaurants**

Couch Cafeteria*, Crossroads*, Xcetera, Taco Mayo, Starbucks, Raising Cane’s, Quiznos, Qdoba, O’Henry’s*, Oliver’s*, The Laughing Tomato*, Freshens, Couch Express, Chik-Fil-A

* - Halal options
Receiving Mail at OU

There are three primary mail services in the US: USPS, FedEx, and UPS. Packages mailed via USPS will go to one of the postal centers at OU (located at Cate Tower Quad 4 or in the Oklahoma Memorial Union) where you will need to go pick it up. FedEx and UPS will deliver mail directly to your dorm room, but most items will require your signature. If you (or your roommate) are not there to sign for your package, they will leave a note stating when they will return to deliver your package.

Make sure to use the correct address when filling out any mailing forms. Most information is available on the OU Housing and Food website. Just visit housing.ou.edu!

Adams Center
Tarman Tower
340 West First Street, Room #
Norman, OK 73072-7113

Adams Center
McCasland Tower
346 West First Street, Room #
Norman, OK 73072-7138

Adams Center
Muldrow Tower
342 West First Street, Room #
Norman, OK 73072-713

Adams Center
Johnson Tower
348 West First Street, Room #
Norman, OK 73072-7145

Couch Center
1524 Asp Ave, Room #
Norman, OK 73072

Walker Center
1400 Asp Ave, Room #
Norman, OK 73072-7133
Almost every person in the U.S. has a Facebook, Twitter, or Instagram account. These social media sites will help you connect to American students at OU and learn more about groups across campus. Setting up an account is quick and easy.

To set up a Facebook, Twitter, and Instagram account, simply download the apps from the app store on your phone or go to their websites (facebook.com, twitter.com, instagram.com). Follow the steps and you are set to go! For more information, visit an SJS representative.

Social Media

Don’t forget to add and follow SJS:
Facebook - facebook.com/soonerjumpstart
Twitter - @soonerjumpstart
Instagram - @soonerjumpstart
There are over 450 different student organizations on campus! These groups include academic, sport, social, art, hobby, religious, language, politics, culture, and many others!

Here are a few noteworthy student organizations:

- Campus Activities Council
- Chinese Student Association
- Arab Student Association
- Vietnamese Student Association
- Brazilian Student Association
- Omani Student Association
- Computer Science Associations
- Engineering Student Associations
- Economics Club
- International Advisory Committee
- League of Legends: Boomer League
- Chess Club
- Oklahoma Club Gold Team
- Sooner Tennis Club

This is a list of just a few of the many student organizations on campus. For a complete list, visit rso.ou.edu!
Transportation Options

Crimson Cruisers
A free bike sharing service on campus.
For more information about Crimson Cruisers, visit gotchabike.com/crimsoncruisers.

How it works
1) Reserve - Find and reserve a bike using our mobile app, at app.socialbicycles.com in your browsers or on the bicycle itself.
2) Release - Once you’ve reserved a ride, just enter your 4-digit PIN code on the keypad to unlock the bike. Remember to ride safely and follow safety rules.
3) Ride - Want to stop for coffee? Press the “HOLD” button and lock the bike to a rack. Just re-enter your 4-digit PIN to unlock and continue riding.
4) Return - To end your trip, lock your bike at one of the regular bike racks within the system map.

Need a Ride?
Uber and Lyft are two transportation services offered in Norman and OKC. Simply sign up for an account to call a taxi from anywhere in the metropolitan area. Scan the QR code to download the app now!
SafeRide
Provides safe, free taxi and bus transportation for OU students. The service runs 10 p.m. to 3 a.m. Thursday, Friday, and Saturday (when classes are in session). SafeRide has partnered with OU Innovate: Innovation for the Everyday, to provide students this service at their fingertips. Download the app today!

For more information about SafeRide, visit SafeRide.ou.edu.

How to use the SafeRide Voucher Program
1) “Ride the Loop” - OU students have unlimited rides on the SafeRide bus during operating hours. Using the OU Innovate app, select the SafeRide option in the menu, click the bus option, go to the nearest bus stop. When the bus arrives and before boarding enter the PIN from the marquee located on the side of the bus, and present the confirmation screen to the driver as you board.

2) On-Demand Taxi - Using the OU Innovate app, select the SafeRide option in the menu. Select “I See a Cab” if you have already stopped a cab or “I Need a Cab” if you do not have a cab stopped and need to request one. Follow the procedure for whichever one you picked.

Taxis in Norman
A-1 Taxi
(405)321-3111

BoomerCab
(405)309-9599

Checker Cab
(405)329-3335

Airport Express
(405)681-3311

Bus Information
CART is the bus system that will take you to nearly anywhere in Norman. As an OU student, you can use the CART bus system for FREE! To receive access to free CART bus rides, you must pick up a CART bus sticker at the Sooner Card Office (see page 17) and adhere to the back of your student ID. You will be asked to show your student ID card and sticker when stepping on the bus. The CART system also has a bus that will take you to downtown Oklahoma City for a small fee!

Just visit cart.ou.edu for bus routes and maps!
Need a Doctor?

Getting medical help in the United States is different than most places. As a University of Oklahoma international student, you are required to maintain health insurance. Sooner Jump Start will pay for two semesters of your health insurance. After those two semesters, you are required to pay for your health insurance yourself.

Here is how the health insurance and doctor’s appointments work:

For Non-Emergencies

The best place to visit as a University of Oklahoma student is Goddard Health Center. In order to see a doctor here, you will need to call the following number: (405) 325-4441. If you need assistance making an appointment, see a Sooner Jump Start staff member.

The Goddard Health Center address is 620 Elm Avenue, Norman, OK 73019

Make sure to take your health insurance and student ID with you when you go to your appointment.

If you would like a translator to assist you during your appointment, please request a translator in your native language when you schedule your appointment.

Urgent Medical Care

For urgent medical care that is NOT an emergency and outside Goddard’s hours of operation, you can visit an urgent care clinic in Norman without an appointment. We recommend the following urgent care facility:

Immediate Care of Oklahoma
800 24th Avenue NW
Norman, OK 73069
(405) 321-7100

OR

3400 W Tecumseh Road
Norman, OK 73072
(405) 307-6900

For emergencies, dial 911 or go to the Emergency Room of Norman Regional Hospital followed by calling the SJS emergency phone at (405) 431-9509.

In order for your insurance to cover you, you must call Goddard Health Center at (405) 325-4441 within 48 hours following a visit to an urgent care facility or the emergency room.

NOTE: Do not visit the emergency room unless it is truly an emergency. Unlike many countries, emergency rooms in the United States can be very expensive.
Visit the OU Sarkeys Fitness Center next door to the Residence Halls! A semester membership to this state-of-the-art facility, and including access to the OU pools, costs $90, plus taxes.

For more information, visit ou.edu/far!
Don’t worry! You can get another one. Just follow these two steps:

• Contact the Sooner Card office to inform them that your ID is lost. They will lock your card to prevent anyone from using it.
• You will then need to go to the Sooner Card office to get a new one. The cost for a replacement Sooner Card is $20.

Sooner Card Office
Oklahoma Memorial Union
900 Asp Avenue, Room 127
Norman, Oklahoma 73019
(405) 325-3113
soonercard@ou.edu
Things to Do on or Near OU Campus

Fred Jones Jr. Museum of Art
555 Elm Ave., Norman, OK 73019
(405) 325-3272 | ou.edu/fjjma

OU Theatres - OU Fine Arts Box Office
500 W. Boyd St., Norman, OK 73019
(405) 325-4101 | theatre.ou.edu

Campus Activities Council
ou.edu/sga/cac

Sam Noble Museum of Natural History
2401 Chautauqua Ave., Norman, OK 73072
(405) 325-4712 | samnoblemuseum.ou.edu

OU Concerts
500 W. Body St., Norman, OK 73069
ou.edu/finearts/music

Campus Corner
Corner of University Blvd and Boyd Street
oucampuscorner.com
Interested in attending an OU game? We’ve got just about every sport you can think of!

- Football
- Men’s and Women’s Basketball
- Men’s and Women’s Gymnastics
- Baseball
- Softball
- Men’s and Women’s Tennis
- Men’s and Women’s Soccer

For more information on dates, tickets, and more, visit soonersports.com.
Things to Do in Norman

Climb UP Gym
2701 Washington Dr., Norman, OK 73069
(405) 310-4648 | climbupgym.com

Andy Alligator’s Fun Park and Water Park
3300 Market Pl., Norman, OK 73072
(405) 321-7275 | andyalligators.com

Heyday Entertainment
3201 Market Place, Norman, OK 73072
(405) 310-3500 | heydayfun.com

Cracked Norman
541 S. University Blvd., Norman, OK 73069
(405) 701-6029 | crackednorman.com

Oklahoma Paintball & ATV Games
19000 OK-9, Norman, OK 73026
(405) 360-5934 | atvgames4x4.com

Loot & XP: The Game Hub of Norman
2228 W. Main St., Norman, OK 73069
(405) 310-3230 | lootandxp.com
Places to Eat in the Norman Area

American Cuisine
- Ray’s BBQ
- The Garage
- Charleston’s
- The Mont
- Hideaway Pizza

Mediterranean Cuisine
- Greek House
- Sisters Mediterranean Taste*
- Shawarma Vite*
- Cafe Saffron*
  * - Halal Options

Asian Cuisine
- T.E.A. Cafe
- Jiong Jiong Milk Tea
- Panda Garden
- PadThai
- Pho Winner

Latin American Cuisine
- Tarahumara’s Mexican Cafe
- Pepe Delgado’s
- Amazonia
- Juan Del Fuego

Italian Cuisine
- Victoria’s Pasta Shop
- Olive Garden
- Zio’s

Seafood & Sushi
- Benvenuti’s
- I Sushi
- Full Moon Sushi
- O Asian Fusion

Vegan/Vegetarian Cuisine
- The Earth Cafe & Deli
- Coriander Cafe

Coffee Shops
- Starbucks
- Crimson & Whipped Cream
- Second Wind Coffee House
- Grey Owl Coffee
Moore Warren Theatre & IMAX
1000 S. Interstate Rd., Moore, OK 73160
(405) 735-9676

Oklahoma City Zoo
2000 Remington Pl., OKC, OK 73111
(405) 424-3344 | okczoo.org

Bricktown/Downtown OKC
(405) 236-8666
welcometobricktown.com

Myriad Botanical Gardens
301 W. Reno Ave., OKC, OK 73102
oklahomacitybotanicalgardens.com

Outlet Shoppes at Oklahoma City
7624 W. Reno Ave., OKC, OK 73127
theoutletshoppesatoklahomacity.com

Boathouse District
725 S. Lincoln Blvd., OKC, OK 73129
(405) 552-4040 | boathousedistrict.org
Oklahoma City Thunder Basketball
Chesapeake Energy Arena
2905 NW 36th St., OKC, OK 73112
(405) 942-2292 | polepositionraceway.com

Oklahoma City Dodgers Baseball
Chickasaw Bricktown Ballpark
11501 N I35 Service Rd., OKC, OK 73131
(405) 478-2140 | frontiercity.com

Pops on Route 66
660 W. Highway 66, Arcadia, OK 73007
(405) 928-7677 | pops66.com

Penn Square Mall
1901 Northwest Expwy., OKC, OK 73118
(405) 841-2696

Frontier City Theme Park
11501 N I35 Service Rd., OKC, OK 73131
(405) 478-2140 | frontiercity.com
**West Norman**

1. Moore Warren Theatre & IMAX
2. Andy Alligator’s Fun Park
3. Heyday Entertainment
4. Climb UP Gym
5. Zio’s
6. Regal Spotlight Stadium 14
7. Juan Del Fuego
8. Olive Garden
9. Charleston’s
10. Loot & XP: The Game Hub of Norman

**Not Pictured**
Oklahoma Motorsports Complex

**East Norman**

1. Tarahumara’s Mexican Cafe
2. Grey Owl Coffee
3. The Garage
4. Full Moon Sushi
5. Benvenuti’s
6. O Asian Fusion
7. Panda Garden
8. The Earth Cafe & Deli
9. Cracked Norman
10. Crimson & Whipped Cream
11. Victoria’s Pasta Shop
12. Coriander Cafe
13. Pepe Delgados
14. iSushi
15. Cafe Saffron*
16. Greek House
17. Second Wind Coffee Shop
18. Amazonia
19. Hideaway Pizza
20. Fred Jones Jr. Museum of Art
21. OU Fine Arts Theatre
22. T.E.A. Cafe
23. Starbucks
24. Pad Thai
25. Pho Winner
26. The Mont
27. Starbucks
28. Ray’s BBQ
29. Jiong Jiong Milk Tea
30. Shwarma Vite*
31. Sam Noble Museum of Natural History
32. Sister’s Mediterranean Taste*

**Not Pictured**
Oklahoma Paintball and ATV Games

* Halal options
1 - POPS on Route 66
2 - Frontier City
3 - Penn Square Mall
4 - OKC Zoo
5 - Pole Position Raceway
6 - Outlet Shoppes at OKC
7 - Myriad Botanical Gardens
8 - Dodgers Baseball Field
9 - Bricktown/Downtown OKC
10 - Thunder Basketball Arena
11 - Boathouse District
**Tipping**

In the US, when someone does a service for you, they will expect a small amount of money (usually 10-20% of the total cost) that shows you appreciate their service. People commonly tip for restaurants, bars, taxis, salons, tour guides, spas, and hotels. If you’re not sure if it’s appropriate to tip, just ask!

**Personal Space**

A good rule in the US is to stay an arm’s length away from others. Standing too close to people is often seen as threatening or uncomfortable. Do not stand behind a teacher or staff member’s desk or computer. Sometimes, standing close is acceptable if there are no other options (ex: crowded buses or subways).

**Hygiene**

Most Americans bathe and wash their hair daily. Deodorant or antiperspirant is applied to the underarms every day to avoid strong body odors. Americans also brush their teeth 2-3 times per day, as well as floss and use mouthwash. In the US, people do not wear the same clothes multiple days, but instead wear fresh, clean clothing each day.
Smoking and Drinking
You must be 18 to buy cigarettes and 21 to drink alcohol. You must bring a valid form of ID when purchasing these items. At the University of Oklahoma, smoking on campus is not allowed and you will receive a fine (money you must pay) from the university if you are caught. If you are a smoker, ask an SJS staff member for safe places to smoke. The University of Oklahoma is a DRY CAMPUS. This means that alcohol is not allowed on campus at all.

Other Tips
- Be on time! Americans consider it very rude to show up late when you have agreed to meet at a certain time.
- Say “excuse me” if you accidentally bump into someone.
- Equality is one of the cornerstones of US culture. Making comments or gestures that imply some people are better than others is unacceptable. Do not make derogatory comments to or about people.