

PARENT & FAMILY CONNECTIONS NEWSLETTER

FEBRUARY 2021

IMPORTANT CHANGE OF COVID-19 PROTOCOLS FOR ON-CAMPUS RESIDENTS

OCU Residential Community,

During the months of February, March, and April, the University is conducting monthly COVID-19 surveillance testing with all students living in on-campus housing.

Every student in on-campus housing is required to participate in COVID-19 surveillance testing through the Campus Clinic once a month. Residential students will be divided into four groups to conduct this testing, with each group testing during one week of the month. The residential student testing groups are as follows:

Group 1
Residential students with last names A – D
Testing the first week of February, March, & April

Group 2
Residential students with last names E – L
Testing the second week of February, March, & April

Group 3
Residential students with last names M – R
Testing the third week of February, March, & April

Group 4
Residential students with last names S – Z
Testing the fourth week of February, March, & April

Students will receive a reminder email from the Dean of Students the week prior to their required monthly COVID-19 surveillance testing. If a student fails to complete their required monthly COVID-19 surveillance testing without prior notice, they will be assessed a \$100 fine and will be required to test immediately with the Campus Clinic.

All monthly COVID-19 surveillance testing will be administered at the Campus Clinic. As this is surveillance testing, unless a student's test result returns positive for COVID-19, students will not be asked to self-isolate following their monthly COVID-19 surveillance testing. If a student's test result returns positive for COVID-19, the student will be contacted by a member of the University's Emergency Operations Center. OCU will cover the cost of any surveillance testing that is not covered by health insurance.

All residential students will schedule an appointment with the Campus Clinic to conduct their monthly COVID-19 surveillance testing. To make an appointment, students will complete the following steps:

- Go to <https://secure.okcu.edu/covid19test>.
- Click the "Get Started" button and login using BlueLink username and password.
- If logging in for the first time, fill in the required personal information.
- The "My Tests" dashboard will provide information including scheduled tests, testing requirements, and test results.
- To schedule a test, click the "Schedule a Test" button. This will provide a calendar with all available testing appointments.
- Click on any appointment to schedule for that time slot. Making appointments early is encouraged.
- Once an appointment has been scheduled, the appointment will show up under the "Scheduled Tests" section of the "My Tests" dashboard.

o If there is a need to cancel a reservation, click the trashcan icon next to any scheduled appointment to cancel the appointment.

o To add a scheduled appointment to an Outlook calendar, click the calendar icon next to any scheduled appointment to add it to an Outlook calendar.

All monthly COVID-19 surveillance testing will be conducted in the new wing of the Campus Clinic. Please enter from the west by the Interfaith Prayer Room and follow the sidewalk, using the second door on the right. Do not enter through the main entrance of the campus clinic. Signage will be posted on the outside of the door. Students will need to bring their drivers licenses, student IDs, and insurance cards to each appointment. Masks are required.

If you have any questions regarding the residential student monthly COVID-19 surveillance testing program, please email the University's Emergency Operations Center.



OCU's Mass Communications department has launched STAR BEAT, a student-hosted podcast providing stellar student to student insights about the Oklahoma City University community. Episodes are published twice per month with additional casts for special topics and campus guests. You may find STAR BEAT at www.okcu.edu/starbeat, Spotify, Anchor, Pocket Casts and more!

A MESSAGE FROM THE
OFFICE OF DIVERSITY,
EQUITY, AND INCLUSION




We are excited about this semester and the new initiatives coming from the Office of Diversity, Equity, and Inclusion (ODEI) in name, we intentionally incorporated equity in our office's name! Our commitment to equity will be demonstrated in the work we do for and with our community members. Also, we want to share a few highlights.

- We're launching our twice-semester newsletter, "Luminosity," where we will highlight what's happening in and across our community.
- Our team is complete with Abbykate Waugh and Kara Morrow, supporting and driving our expansive ODEI goals and initiatives.
- Learning is integral to our office's values, and therefore, we are hosting workshops for the entire campus community on topics of bias, microaggressions, and language, for example. We are so excited for the interest and our opportunity to ignite change on our campus.
- Language is power and we acknowledge there are a number of opportunities for us to learn how to better use our language to create inclusive spaces where a sense of belonging is our focus. Therefore, we're also launching our inclusive language campaign this month.

There's so much to come and we're elated you are along on this journey with your students!

Dr. Talia Carroll
Vice President of the Office of Diversity, Equity, and Inclusion

@OKCUDiversity on Facebook, Instagram, and Twitter



tips for success

FROM A COLLEGE STUDENT

Here's Kendall, a Sophomore in Mass Communications -

As weird as it sounds, I've found that the best way to focus while I'm studying is ... with a tomato! A tomato timer, that is. I'm talking specifically about the Pomodoro Method, which was devised by a man named Francesco Cirillo. He named it for the tomato-shaped timer in his kitchen when he studied (pomodoro means tomato in Italian)! How it works is really simple and really effective, in my own experience; you sit down with something in mind to get done (like an essay, a reading, some homework) and you set the timer for twenty-five minutes. You work for those twenty-five minutes, and once the timer goes off, you take a five-minute break. Repeat that four times (so it'd be two hours' worth of work/study, counting the breaks in the time), and then you take a longer break which can be fifteen or thirty minutes. If you struggle with focusing for long periods of time like me, it's perfect, but it also works for people who forget to take breaks and end up burning out their motivation. The breaks are short enough to keep the workflow going, but long enough to let you really breathe and rest for a second. I can't recommend it enough!

Short note on Student Conduct and Covid-19 Protocols

Lately, we have noticed students in University Housing are being a bit more relaxed with the OCU's Covid-19 Alert Levels. These Alert Levels have a major impact on student guest policies and operations within University Housing.

For instance, guest privileges could be limited to only OCU Students, only one OCU Student Resident, or no guests at all. It is the responsibility of all campus community members to review these communications. Students found disregarding current Covid-19 protocols might receive a call from the Conduct Office. Please note, rarely do these result in serious consequences, as one conversation suffices to rectify the issue.

Due to the ever evolving nature of the Pandemic, the University depends on all members of the community to do their part to keep our campus, especially our students, safe. We are all in this together!

For more information on alert levels and Covid-19 resources please visit the link below.

- Lilly Bermudez, Associate Dean of Students

COVID-19 RESOURCES

Parent Spotlight

GIVING THE STARS THEIR SPARKLE



MELODY HIEBERT

Mother of Makayla, Junior, Human Performance Major and member of STUNT

As Makayla Hiebert made the jump from Tuttle High School to OCU, her mother, Melody, wasn't sure how much involvement she could have with her daughter's new STUNT team. Tuttle is a close-knit, small town where the school and its activities are front and center for all to share, but this was the next level, and she still wanted to help.

After a conversation with coaches Alicia Bailey and Marky Judkins, she immediately felt welcomed into the OCU community right along with Makayla. In the two years since, Melody has been a tremendous asset to the program, in the stands and available for a call at any time. She's also contributed financially, recognizing that while OCU's athletics success is among the nation's best, it remains a small university in need of such support to reach lofty goals.

Outside of the varsity sport of STUNT, Melody hopes other families recognize the opportunities that exist for growth beyond the classroom. "I would encourage people to help their student get involved with activities on campus. There's such variety of clubs and organizations that enhance the college experience, and I also hope parents are aware that even modest donations to your child's activity or department has a big impact."

