



UNIVERSITY OF OKLAHOMA FACT SHEET

Academic Year 2025-2026

Institution – University of Oklahoma	
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Campus Office Location: Farzaneh Hall, Room 144	24-Hour Emergency Telephone: OU Police Department +001 405-325-1911
Profile <p>The University of Oklahoma (OU) is a comprehensive research institution in the heartland of the United States of America. OU offers 21 colleges with more than 170 degree options and over 2,800 full-time faculty members. The OU campus in Norman is home to a diverse group of more than 27,000 local and international students. Our exchange and degree-seeking international students originate from 120 different countries.</p> <p style="text-align: center;">Please view our informational brochures about the Exchange Student Program online!</p>	
Office Contacts	
<p>The Incoming Exchange Student Website is the best source of current information.</p> <p>Quick Link: http://www.ou.edu/cis/iss/exchange</p>	Primary contact: Karla Linares, International Student Advisor Tel: 405-325-3337 E-mail: iss@ou.edu
Other staff assisting exchange students: Ms. Shanna Vincent, Director of Education Abroad Tel: 405-325-1693 Email: ea@ou.edu	David Allen, Director of International Student Services Tel: 405-325-3337 Email: iss@ou.edu
Nomination Process	
<p>Please refer to application section of the Incoming Exchange Student Website for information about nominating students to attend the University of Oklahoma on the Exchange Student Program.</p> <p>Partner institutions must nominate exchange students to the Office of International Student Services by March 15 for fall semester and academic year study, and by September 15 for spring semester and calendar year study.</p> <p>Students must have completed their first year at their home university to attend OU as an exchange student. Students are expected to be in good academic standing at their home institution.</p> <p>Home university coordinators should use the Nomination Form linked on our website and provided via email each term by OU's Exchange Student Coordinator to nominate students. Students are sent a confirmation email immediately following their nomination. An online application link and application instructions will be emailed to the student after the nomination.</p>	

Application Process

Application Requirements

After the nomination period is closed, the Exchange Student Coordinator will send each nominated student an application link along with instructions. The nominated students must be attentive to their emails throughout the application process.

During the application process the student will be responsible for submitting the following information and documentation:

- 1) Biographical page of passport
- 2) Evidence of English proficiency
- 3) Financial support documentation
- 4) University transcripts (must be translated into English) and current course enrollment
- 5) Course preferences will be requested later in the process

The entire application process is managed online. No hard copies of student documents are required.

English Proficiency Requirements

All applicants for whom English is not the primary language of instruction at their home university must present evidence of proficiency in the English language. English proficiency exam results must be submitted at the time of application - **students cannot be admitted to OU without this documentation.**

Please advise students accordingly to avoid processing delays.

Evidence of English proficiency must be demonstrated with a TOEFL (paper based or Internet based iBT), IELTS, PTE (Pearson), or DET (Duolingo) score. **TOEFL ITP scores do not qualify.** Incoming exchange students must meet or exceed the minimum scores listed below to be accepted as an exchange student to the University of Oklahoma. If a student comes from an English-speaking university where all courses are taught in English, this requirement may be waived.

Minimum scores for access to undergraduate courses:

TOEFL (paper based)	500
iBT TOEFL (internet based)	61
IELTS	6.0
PTE (Pearson Academic)	46
DET (Duolingo)	90

The above scores qualify students to enroll in undergraduate level courses (numbered between 1000 to 4999). Exchange students may not enroll in graduate level courses (numbered 5000 and above) unless they have met the Graduate College English proficiency requirements. If enrolled in graduate level courses, exchange students will receive **undergraduate** credits. Students may not earn graduate credit for graduate level courses, and they may not apply these credits to a graduate degree at the University of Oklahoma.

Minimum scores for access to graduate courses:

TOEFL (paper based)	550
iBT TOEFL (internet based)	79
IELTS	6.5
PTE (Pearson Academic)	60
DET (Duolingo)	115

Any exchange student wishing to take coursework in the College of Law must be a law student at his/her home institution and must obtain an iBT TOEFL of 90, IELTS of 7.0, PTE of 66, or DET of 115.

Academics

Courses Options

Most departments and courses taught on the Norman campus are open to exchange students. Exchange students are permitted to enroll in courses outside of their primary field of study if they demonstrate appropriate background knowledge and prerequisite coursework in the subject area. Please see below for restrictions.

Subjects **AVAILABLE** to exchange students include the following:

- College of Architecture
- College of Arts and Sciences
- College of Atmospheric and Geographic Sciences
- College of Business
- College of Earth and Energy
- College of Education
- College of Engineering
- College of Fine Arts
- College of International Studies
- College of Journalism and Mass Communication
- College of Law

Subjects **NOT AVAILABLE** to exchange students include the following:

- Coursework offered at the OU Health Sciences Center in Oklahoma City or the OU Tulsa campus
 - Ex: Medicine, Nursing, Dentistry, Pharmacy, Telecommunications
- College of Continuing Education
 - Ex: Administrative Leadership, Liberal Studies, Criminal Justice
- College of Business at the graduate level (numbered 5000 and above)
 - Ex: Accounting, Business Administration, Finance, Management, Marketing & Supply Chain Management, and Management Information Systems
- Department of Economics at the graduate level*

Restrictions exist for undergraduate enrollment in some departments. For example, all courses in the following colleges require advisor approval before enrolling: Architecture, Business, Earth and Energy, Education, Engineering, and Journalism. Architecture and Fine Arts require portfolios prior to enrollment. All Department of English courses, other than English for Exchange Students, require a graduate-level English proficiency score (see section on “English Proficiency Requirements”).

***Undergraduate** coursework in the Department of Economics requires exchange students to take a math placement exam online prior to any course enrollment. Due to departmental policies, several undergraduate Economics courses are not available. No graduate Economics courses are available.

Full details available on the [Incoming Student Website](#).

Course Selection

The Class Navigator website, classnav.ou.edu, is the simplest and most flexible tool to find course offerings each semester. Linked [here](#) is an instructional guide to assist students with proper search parameters.

When searching for potential coursework at the University of Oklahoma, students should review the prerequisite enrollment requirements and restrictions for each desired course. Students will not be approved for advanced courses if they are missing prior coursework required for successful participation at OU.

Course Enrollment Process

The department of International Student Services will work closely with academic departments to assign exchange students academic advisors to enroll students in their course selections. Students cannot self-enroll in courses. It is not recommended that students contact other campus officials directly, as this can delay the enrollment process.

Every effort is made to assist students, but OU **cannot guarantee** enrollment in coursework before arrival on campus. Exchange students must be flexible in their course preferences as course offerings can change, and enrollment in coursework at all levels is subject to policy requirements within each academic department.

All exchange students are required to enroll in a full-time course load for non-degree students, regardless of their academic level at their home university. Full-time course load is defined as 12 US credit hours (average of 4 courses). OU courses vary in weight from 1 to 5 credits, but the majority of courses are worth 3 credits. Students may not enroll in more than 15 OU credits. 12-15 credit hours is the standard workload for domestic students on campus.

Academic Expectations

Exchange students must regularly attend classes and make a good faith effort to progress academically in their program to meet the requirement of maintaining satisfactory advancement towards program completion. At the middle of each semester students will complete a Mid-Term Progress Survey. Any student not attending classes and making a good faith effort to succeed in classes may not be eligible to stay at OU after the end of the semester.

Grading Scale

Percentage grades will not be posted on transcripts. Grades are shown only in the form of a letter grade with no plus or minus.

- The passing grades used are A, B, C, D, and under certain conditions, S and P.
- The non-passing grades are F, U, and NP.
- Each hour of A, B, C, D, and F carry a grade point value as follows: A=4, B=3, C=2, D=1, and F=0.
- Grades of S and P, as well as grades of I, X, U, N, NP, AW, and W, carry no grade point value and will not be letter graded with an A-F.
- A grade of W is assigned when a student withdraws from a course after the deadline. This is a neutral grade and does not factor into the grade point average.

Transcripts

The Family Educational Rights and Privacy Act (“FERPA”) affords students certain rights with respect to their education records. These rights can be found here:

<https://www.ou.edu/registrar/academic-records/ferpa/release-of-information>

In most instances FERPA requires a student to provide his/her consent prior to OU releasing information contained within a student’s education record. However, FERPA allows the disclosure of information contained within an exchange student’s education record, without consent of the student, to an exchange student’s home institution. OU uses a third-party company called Parchment. Students can order their official transcripts from [here](#) and receive an electronic version of their transcript.

Students can obtain an unofficial copy of their grades approximately one week after the end of the semester through one.ou.edu. Students may request additional copies of the official transcript directly through [Parchment](#) after the term ends.

Student Life

Arrival and Departure

Arrival Date: Monday or Tuesday one week before classes begin

Departure Date: Saturday after the last day of final exams

Students will move into campus housing, if available, upon arrival at OU. Information regarding move-in dates will be sent to the student's OU email address once room assignments are available. At the end of the semester, students may check out of housing and leave campus as soon as they complete their final exams. Please view OU's [Academic Calendar](#) for program dates each term.

An airport pickup service may be available through the Office of Global Engagement for students arriving the week prior to the start of classes. This service, known as Airport Transport, is part of the New International Student Orientation experience described below. If Airport Transport is not available, students are expected to take a shuttle, taxi, or Uber/Lyft ride to Norman upon arrival. Shuttles are available 24 hours a day, 7 days a week. Airport Transport is not available at the end of the term.

Per J visa regulations, students are allowed to enter the United States up to 30 days prior to the Start Date on their Form DS-2019, and they are allowed to remain in the United States up to 30 days following the End Date of the program. The Start Date (first day of classes) and the End Date (last day of final exams) correspond with the exact term dates on the Academic Calendar and cannot be adjusted.

New International Student Orientation (NISO)

The New International Student Orientation (NISO available in CANVAS) experience includes four components:

- 1) A pre-departure [Mandatory Internet Orientation](#), covering topics on immigration, health and safety, as well as academic and social integrity.
- 2) [Airport Transport](#) where students are greeted by OU students and staff at the airport and shuttled to campus.
- 3) [ISS Arrival](#) where students submit arrival documents to the International Student Services office via an online form to complete immigration-related tasks.
- 4) [NISO Connection](#), a required in-person orientation on campus where students are introduced to various aspects of OU and meet other international students.

Extracurricular Opportunities

[Student Life](#) at the University of Oklahoma is full of opportunities for exchange students, including:

- [Fitness and Recreation](#)
- [International Advisory Committee](#)
- [Student Government Association](#)
- [Campus Activities Council](#)
- [Union Programming Board](#)
- [OU Cousins](#)
- [Friends to International Students](#)

Housing

Incoming exchange students are encouraged to live in campus-owned housing. OU Housing and Residence Life offers apartment style living in Traditions Square for exchange students. Find out more about Traditions Square on the OU Housing and Food Services website. OU cannot guarantee on-campus housing for all exchange students, but most exchange students obtain housing on campus if there is availability.

Process to apply for Traditions Square:

Incoming exchange students provide their housing preference to the Office of International Student Services through the [Initial DS-2019 Form](#). Students who indicate a preference for Traditions Square will have their information shared with OU Housing and Residence Life. Those who have met the deadline to provide their housing preference will be given access to complete the Traditions Square housing application and contract. Housing assignments are made on a first-come, first-served basis, determined by contract completion date. Priority will be given to students who are attending OU for the full academic year.

Housing Charges:

Housing charges are billed per semester. Exchange students are offered 4 bedroom 2 bathroom apartments in Traditions Square. The 2024-2025 rate is \$3,370 per semester. There is a proposed 3% increase for housing rates for 2025-2026, pending OU Regents approval. Exchange students staying for the spring semester will have their spring housing charge applied to their bursar account in early January.

Upon check-out, OU Housing and Residence Life will assess cleaning and damages and will apply additional charges if necessary.

Review the most up-to-date rates on the OU Housing and Food Services rates page.

Off-Campus Housing:

Off-campus housing is available, but not facilitated through the Office of International Student Services. Off-campus housing options are generally only feasible for exchange students planning to study at the University of Oklahoma for a full academic year.

Expected Expenses

Food:

- Semesterly [Meal plans](#) are available for purchase depending on personal choice.
- Regular grocery expenses may average \$400-600 per month depending on student needs, but it is helpful to note that access to grocery stores may require bus travel.

Books:

- Depending on major subject, books can cost anywhere from \$250-800 per semester.

Health Insurance:

- Health insurance premiums will be \$1019 for the fall semester, and \$824 for the spring. (2024/2025 rates) Academic year rates update in June.

Personal Expenses:

- Depending on personal choice, costs can range from \$400-800+ per month

Additional Fees:

- Sooner Card ID
- Exchange Student Program Fee (each semester)
- International Student Maintenance Fee (each semester)
- New International Student Orientation Fee
- Transcript request (Official transcripts)

***All costs and fees are subject to change without advance notice.**

Important Policies

Immigration and Visa

International Student Services assists all incoming exchange students with issues related to their student visas.

- After a student is accepted to the Exchange Student Program, the student must provide financial support documents that meet minimum amounts (details available on the [Incoming Student Website](#)).
- Once this financial documentation has been verified, International Student Services will issue an initial Form DS-2019 for the student. This document is mailed to the student's home institution e-mail address with visa application instructions.
- The student must use this **original document** to apply for a J-1 Exchange Visitor visa (non-degree student category) at a US Consulate abroad.
- Information on applying for a visa can be found [here](#).
- Information on the SEVIS I-901 fee can be found [here](#). You must pay the [SEVIS](#) fee before your consular interview.

Employment and Internships

On-campus employment: Generally, exchange students are **not** permitted to obtain on-campus jobs while they are studying at OU. Exceptions may be considered for students presented with on-campus research opportunities or other work directly related to their studies if these experiences are not otherwise accessible at their home universities. Exchange students are not permitted to work in general student positions such as the library or food services.

Academic Training: Internships will be considered for Academic Training, a benefit of the J-1 visa, and will require special authorization by the OU International Student Services office. Examples of permissible Academic Training employment include research opportunities led by an OU faculty member or an internship to fulfill a degree requirement at the exchange student's home university. ISS does not assist exchange students in seeking internships.

**Off-campus work performed without OU ISS authorization could result in the loss of the exchange student's immigration status.*

Health Insurance

The University of Oklahoma has a fully-equipped, on-campus health facility: [Goddard Health Services](#). OU maintains a self-funded student health plan (SHP) for students enrolled in Norman-based programs. **International students are automatically enrolled in the SHP; the cost for insurance will be billed to the student's bursar account at the beginning of each semester.** All international students are required to maintain coverage that meets the minimum requirements of their visa and complies with requirements of the Affordable Care Act (ACA). The OU SHP meets all these requirements.

Healthcare coverage for students must meet the ACA requirements for Minimum Essential Coverage (MEC). Such coverage must provide:

1. MEC as required by the ACA with no annual or lifetime limits,
2. No exclusions for pre-existing conditions,
3. Preventive care and women's health care as required by the ACA covered at 100%,
4. An annual deductible not greater than \$500, and
5. Coinsurance that does not exceed 25% of allowable charges under the plan.
6. Coverage for repatriation of remains and medical evacuation to a student's home country. The benefit for repatriation may not be less than \$25,000 and the benefit for medical evacuation may not be less than \$50,000.

Short-term Limited Duration Plans (sometimes referred to as "travel plans"), or other similar health plans created for the purpose of providing coverage to international students or non-immigrant visa holders, do not meet the requirements for student health coverage. Coverage purchased outside the United States will not meet the coverage requirements.

When a Waiver for Coverage Under the SHP May be Granted

Students who already have healthcare coverage may be able to waive this requirement by filling out the online waiver application after arrival. To waive the coverage means to decline the OU SHP and to remove the insurance charge from the student's bursar bill. With the waiver application, the student will need to submit their full insurance policy, including:

1. A list of the exclusions,
2. The policy must be written in English (not a translation of the actual policy or plan document),
3. Premiums must be payable in US dollars, and
4. Claims must be paid in the US in US dollars.

OU's eligibility and waiver administrator, Academic HealthPlans (AHP), will evaluate the plan to determine if it meets the waiver requirements. **If the waiver is denied, the student must keep and purchase the SHP. Please be prepared to do so, as the waiver criteria are very difficult to meet and cannot be satisfied by healthcare coverage purchased outside the United States.**

Students may be granted a waiver from enrolling in the OU SHP for any semester that the student:

1. Is enrolled in the OU employee group health plan or other employer sponsored ACA compliant group health plan,
2. Provides evidence that the student is enrolled in ACA compliant individual coverage which meets OU's waiver requirements and is purchased through the Exchange (HealthCare.gov) or another insurance carrier that is based in the United States,
3. Provides evidence that the student is enrolled in coverage that is backed by the full faith and credit of the government of the student's home country and is provided through an ACA compliant plan or policy **written in English,**
4. Is sponsored by the US government or other entity that has guaranteed payment of all the student's medical expenses, and repatriation and evacuation expenses, **in English,**
5. Is enrolled exclusively in OU distance learning classes.

Students who have been granted a waiver from coverage under the OU SHP and who lose coverage at any time during the semester for which the waiver has been granted must immediately report any loss of healthcare coverage to Academic HealthPlans, ou.myahpcare.com. Failure to maintain coverage as required under this policy is a violation of [OU's Student Code of Conduct](#) and is grounds for disciplinary action.

[Review the full Student Health Plan Coverage Requirements Policy.](#)

Please [review the dates](#) of the OU SHP carefully to know what days you will be covered by the health insurance in the US. The OU SHP does **NOT** cover dental or eye care; please take care of these health-related events before arrival.

OU Immunization Requirements:

Oklahoma state law requires that all students enrolled in an Oklahoma postsecondary institution provide documentation of vaccinations against [Hepatitis B](#) (three doses) and [measles, mumps and rubella](#) (MMR - two doses). See the linked [Certification of Compliance](#) for details regarding this Oklahoma law.

OU policy requires students who hold US visas to provide evidence of having been tested for Tuberculosis (TB) within six months prior to attending classes for the first time. To Comply with the Policy (choose one):

- Provide a medical record from a physician, clinic, or hospital indicating a negative test for TB in the 6 months prior to enrollment *OR*
- Provide documentation of a negative chest x-ray in the 6 months prior to enrollment *OR*
- Provide a medical record indicating successful treatment of TB *OR*
- Receive a TB test at OU Health Services (OU will offer free TB testing at our on-campus clinic)

Immunizations required by the federal government to enter the USA:

Compliance instructions will be distributed to students if they are accepted into the program.

All non-immigrant, non-citizen air travelers are required to be fully vaccinated for COVID-19 before boarding an airplane to the US. You must provide [proof of vaccination status](#). For information about which COVID-19 vaccines are accepted, please visit the [Center for Disease Control \(CDC\) website](#).