

# Continuing Education Scholarship Application: Submission #120

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Data (YAML)

The **Table** page displays a submission's general information and data using tabular layout. [- Watch video](#)

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Submission information

Applicant's Name

Shelby Dawn Jabour

Applicant's Address

207 N Main St  
207 N Main St  
Mancos , Colorado. 81328

Your Email Address

[shelbyjabour@gmail.com](mailto:shelbyjabour@gmail.com)

Telephone Number

[9707990519](tel:9707990519)

Empire Electric Account Number

12355

Name on Empire Electric Account

Jabour

Relationship to Empire Electric Account Member

Daughter

Year You Recieved an Empire Electric Scholarship

2023

Year You Graduated High School

2023

Name and address of the institution you are attending

Oklahoma Baptist University  
500 W University St  
Shawnee, Oklahoma. 74804  
01508858

Field of Study

Exercise Science

Other Children in Your Family

-

Other Financial Aid

I am currently receiving \$12,000 academic (OBU institutional scholarship) and \$5,000 volleyball scholarship. I have applied to be an RA which will count as work study for \$7.15 an hour, 10 hours/week and a 15% discount on housing if I am accepted. I have \$12,000 to go towards tuition as well from family.

Upload Most Recent Academic Transcript - Can not be a screen shot -

[OBU TRANSCRIPT 2025.pdf](#) (240.38 KB)

Upload Letter of Reference from College Professor or Academic Advisor

[Shelby Jabour Recommendation Letter.pdf](#) (18.92 KB)

List Your School and Community Honors and Activities

I am new to OBU, but in my first semester I was involved in some campus clubs like Delight, Canterbury, and various other campus events! I have applied to be an RA for one of our apartment buildings come the fall (our appointed RA transferred) so that may also be an opportunity for me to serve the OBU community. I was also a player on the volleyball team, and coached a local youth volleyball club 13u team for their season! Academically, I made the Deans List last semester and was awarded for my academic achievements. As a member of the volleyball team, I was involved in various volunteer endeavors such as hosting and running volleyball tournaments for youth players and participating in "Bison Buddies," a weekly visit to a local elementary school to interact and role model for kids in the Shawnee community.

Essay

My name is Shelby Jabour, and I am soon to be a junior at Oklahoma Baptist University. In January of 2025 I transferred to OBU from Graceland University, which I attended for 3 semesters from 2023-2024. My decision to transfer was primarily to compete at a higher athletic level on the volleyball team as well as pursue a degree at an academically more rigorous school. I am currently being granted roughly \$17,000 through OBU institutional and athletic scholarships and also receiving help from family for room and board. This leaves me with about \$9,250 to come up with for the 2025-2026 school year. In order to avoid loans as best as possible, I plan to graduate a semester early come the 2026-2027 school year. After graduating, I intend to use my degree in exercise science to pursue a career as a myofascial specialist. I want to focus on cupping, acupuncture and myofascial release therapies, helping clients to improve physical performance and daily functioning. With my degree and intended career path, I will be able to affect a broad pool of clients from athletes to recovering trauma patients and anything in between. To help myself succeed, I am doing my best to stay out of debt paying for college, intending to start building my career right after graduation. I would also like to lessen financial stress on my family as much as possible as well as my younger sister, soon to be a senior in high school, also has aspirations to attend college. Knowing the financial strain of having just one child in college, I am looking to do anything I can to cut into university bills alternative ways like Empire Continuing Education scholarship. I am also in a particular situation as I have a food allergy which has exempted me from eating in the cafeteria to avoid cross contamination. This now puts the financial strain on me to provide my own food for each meal of the day. While this is a better alternative to eating potentially contaminated food, it does add some more financial burden to me to have to pay for my meals on a regular basis. Thank you so much for your consideration for this generous scholarship.

Submission Date

2025-06-11

Applicant's Signature





500 W. University St.  
Shawnee, OK 74804  
(800) 654-3285

Record of: Shelby Jabour  
207 N Main St  
Mancos, Colorado 81328

OFFICE OF THE REGISTRAR  
TRANSCRIPT OF ACADEMIC RECORD

Student ID: 01508858

Level: Undergraduate

Major: Human Performance Emphasis

Issued To: SHELBY JABOUR  
SHELBY.JABOUR25@OKBU.EDU  
REFNUM:

Course Level: Undergraduate  
Student Type: Continuing

Current Program  
Bachelor of Science  
Program : BS in Exercise Science  
College : Division Exer Sci Sports Recr  
Campus : Main  
Major : Human Performance Emphasis

SUBJ	NO.	C	COURSE TITLE	CRED	GRD	R
				PTS		

TRANSFER CREDIT ACCEPTED BY THE INSTITUTION:

Spring 2022 Pueblo Community College

BIOL 2354	BIO106 Basic Anatomy and Phsyi	4.000	A
ELEC 2	EMS115 Emergency Medical Respo	3.000	A
Ehrs:	7.000 QPts:	28.000	
GPA-Hrs:	7.000 GPA:	4.000	

Fall 2022 Pueblo Community College

ENGL 1153	ENG1021 English Composition I	3.000	A
MATH 1163	College Algebra	4.000	A
NURS 1153	Medical Terminology	2.000	A
POLI 1223	American National Government	3.000	A
Ehrs:	12.000 QPts:	48.000	
GPA-Hrs:	12.000 GPA:	4.000	

Spring 2023 Pueblo Community College

ENGL 1163	ENG1022 English Composition II	3.000	A
Ehrs:	3.000 QPts:	12.000	
GPA-Hrs:	3.000 GPA:	4.000	

Fall 2023 Graceland University

SUBJ	NO.	C	COURSE TITLE	CRED	GRD	R
				PTS		

Transfer Information continued:

ELEC 1	HONR 1010 Honors 101	3.000	A
ELEC 2	LEAD 1100 Self-Leadership	2.000	A
ELEC 3	PHED0940 Intercollegiate Volleyb	1.000	A
EXSC 1011	PHED1500 Intro to Kinesiology	3.000	A
EXSC 1733	HLTH 2560 Nutrition	3.000	B
PHED 1001	UNVI1200 Health & Wholeness	3.000	B
Ehrs:	15.000 QPts:	54.000	
GPA-Hrs:	15.000 GPA:	3.600	

Spring 2024 Graceland University

ART 1103	ARTS 1230 Drawing	3.000	A
ELEC 4	HONR 2010 Honors 201	3.000	A
ELEC 5	LEAD 1200 Self-Leadership II	2.000	A
ELEC 6	PHED 1600 Corrective Exercise	3.000	A
ELEC 7	UNIV1100 Digital Fluency & Citize	3.000	A
PSYC 1223	PSYC 1300 Intro to Psychology	3.000	A
Ehrs:	17.000 QPts:	68.000	
GPA-Hrs:	17.000 GPA:	4.000	

Fall 2024 Graceland University

BIOL 2354	BIOL3420 Human Anatomy w/ Lab	4.000	A
CHEM 1105	CHEM1410 General Chemistry I w/lab	4.000	B
ELEC 10	LEAD2100 Group Leadership I	2.000	A
ELEC 11	PHED2260 Intro to Performance	3.000	B
ELEC 9	HONR3800 Junior Honors Seminar	3.000	A
Ehrs:	16.000 QPts:	57.000	
GPA-Hrs:	16.000 GPA:	3.562	

Spring 2025 Graceland University

BIOL 2364	BIOL3440 Human Physiology w/lab	4.000	IP
ELEC 12	HMSC3200 Foundatns Evid Based Prac	3.000	IP
ELEC 13	LEAD2200 Group Leadership II	2.000	IP
ELEC 14	UNIV 2100 Social Responsibility	3.000	IP
EXSC 3403	HLTH 3560 Sports Nutrition	3.000	IP

Marcia McQuerry  
Marcia McQuerry  
Director of Academic Records/Registrar



500 W. University St.  
Shawnee, OK 74804  
(800) 654-3285

Record of: Shelby Jabour  
207 N Main St  
Mancos, Colorado 81328

OFFICE OF THE REGISTRAR  
TRANSCRIPT OF ACADEMIC RECORD

Student ID: 01508858

Level:

Major:

Printed from a Certified Digital Credential. Original has no Watermark.

SUBJ	NO.	C	COURSE TITLE	CRED	GRD	R
				PTS		
Transfer Information continued:						
	Ehrs:	0.000	QPts:	0.000		
	GPA-Hrs:	0.000	GPA:	0.000		
INSTITUTION CREDIT:						
Spring 2025						
Division Exer Sci Sports Recr						
Human Performance Emphasis						
BIBL	1013	M	Intro to Christian Scripture	3.000	B	9.000
EXSC	2723	M	Care/Preventn Athletic Injury	3.000	A	12.000
EXSC	3233	M	Sport & Exercise Psychology	3.000	A	12.000
EXSC	3804	M	Exercise Physiology	4.000	B	12.000
EXSC	L3804	M	Exercise Physiology Lab	0.000	B	.000
FNAR	2063	M	Arts And Western Culture	3.000	A	12.000
	Ehrs:	16.000	QPts:	57.000		
	GPA-Hrs:	16.000	GPA:	3.562		
Dean's Honor Roll						
Fall 2025						
IN PROGRESS WORK						
COMS	1093	M	Intro to Speech Communication	3.000	IN PROGRESS	
EXSC	1534	M	Functional Human Anatomy	4.000	IN PROGRESS	
EXSC	2353	M	Legal Issues ExSci, SAR, Sport	3.000	IN PROGRESS	
EXSC	3553	M	Current Health Issues	3.000	IN PROGRESS	
EXSC	L1534	M	Functional Human Anatomy Lab	0.000	IN PROGRESS	
SPAN	1313	M	Beg Spanish Lang & Culture I	3.000	IN PROGRESS	
	In Progress Credits		16.000			
***** CONTINUED ON NEXT COLUMN *****						

\*\*\*\*\* TRANSCRIPT TOTALS \*\*\*\*\*

INSTITUTION	Ehrs:	16.000	QPts:	57.000
	GPA-Hrs:	16.000	GPA:	3.562
TRANSFER	Ehrs:	70.000	QPts:	267.000
	GPA-Hrs:	70.000	GPA:	3.814
OVERALL	Ehrs:	86.000	QPts:	324.000
	GPA-Hrs:	86.000	GPA:	3.767

\*\*\*\*\* END OF TRANSCRIPT \*\*\*\*\*

Marcia McQuerry  
Director of Academic Records/Registrar

# OKLAHOMA BAPTIST UNIVERSITY

Shawnee, Oklahoma 74804

Office of the Registrar

(405) 585-5100

Email: [marcia.mcquerry@okbu.edu](mailto:marcia.mcquerry@okbu.edu)

In compliance with the Family Educational Rights and Privacy Act of 1974, this transcript is being released to you at the request of the student on the condition that you will not permit any other party to have access to the information without the written consent of the student. If, for any reason, you are unable to comply with this condition, please return the transcript to the Office of the Registrar, Oklahoma Baptist University, immediately.

Oklahoma Baptist University is accredited by Higher Learning Commission North Central Association of Colleges and Secondary Schools, Association of Collegiate Business Schools and Programs, Commission on Collegiate Nursing Education, National Association of Schools of Music, Oklahoma Office of Educational Quality and Accountability, National Council for Accreditation of Educational Preparation and Oklahoma State Department of Education.

**Calendar System:** 1915-1925 Quarter; Fall 1926-Summer 1969 Traditional Semester; Fall 1970 Spring 1979 4-1-4; Since Summer 1979, Early Semester.

**Unit of Credit:** 1915-1925 Quarter Hour; Fall 1926-Summer 1969 Semester Hour; Fall 1970-Spring 1979 Course (1.00 = 4 Semester Hours, Each Physical Training course equal to 1 Semester Hour); Since Summer 1979, Semester Hour.

**Grading System:** (Since Fall 1955, 4.00 system; Prior to Fall 1955, 3.00 system.)

A	=	4 honor points per sem. hr.
B	=	3 honor points per sem. hr.
C	=	2 honor points per sem. hr.
D	=	1 honor point per sem. hr.
F	=	failure
FX	=	failure for excessive absences
I	=	incomplete (Grades of I/A, I/B, I/C, I/D, I/F, I/U or I/S OR grades of IA, IB, IC, ID, IF, IU, or IS
	=	(prior to Fall 2000) indicate that the incomplete has been changed to the permanent grade indicated by the second digit, A, B, C, etc.)
IP	=	in progress
E	=	conditional incomplete; can be no higher than D
WF	=	withdrew failing (discontinued in 1972)
W	=	neutral withdrawal
NP	=	no grade report received from instructor
/	=	audit, no credit
S	=	satisfactory on Pass/Fail option
U	=	unsatisfactory on Pass/Fail option
NCD	=	special program; please disregard code and parentheses
AU-S	=	Audit, Satisfactory
AU-U	=	Audit, Unsatisfactory

OBU records all courses attempted, whether passed or failed. The grade point average is calculated by dividing all semester hours attempted for an A, B, C, D, F grade into the honor points earned. Since Fall 1981, I grades are not computed in the g.p.a.; prior to that time an I or E grade was calculated as F until the work was completed. An I grade not completed by the end of the seventh week of the next Fall or Spring term is changed to F on the Transcript.

Courses taken on the Pass/Fail option (S or U) are not calculated in the g.p.a. Repeated courses are marked. Prior to Fall 1985, only the last grade earned, whether higher or lower, was used in the g.p.a. calculation. From Fall 1985 through Fall 1988, all grades were computed in the g.p.a. From January Term 1989 to Summer 2004, an initial grade of D or F was deleted from g.p.a. calculation if the course was repeated at OBU. Subsequent repeats or repeats of C grade or above, all grades were included in the g.p.a. calculation. Beginning Fall 2004, only the last grade earned is calculated in the g.p.a. if the course is taken at OBU.

**Course Identification System:** Course numbers beginning with 1 are freshman level, with 2 are sophomore level, with 3 are junior level, with 4 are senior level and with 5 and 6 are graduate level. Courses beginning with 0 may be taken by students of all classifications.

## Departmental Abbreviations

ACCT	-	Accounting
ACRS	-	Academic Resources
ADSV	-	Administrative Services
AMIN	-	CCCM Applied Ministries Pre Fall 14
ANTH	-	Anthropology
APCM	-	Communication Studies
APMU	-	Applied Music
APOL	-	Apologetics
ART	-	Art
BIBL	-	Biblical Studies
BIOL	-	Biology
BISS	-	Business Info Systems & Strategies
BLAW	-	Business Law
BSAD	-	Business Administration
BTEC	-	Business Technology
BTHS	-	Biblical and Theological Studies
CCCM	-	Christian and Cross-Cultural Ministry
CHEM	-	Chemistry
CHMU	-	Church Music
CIS	-	Computer Information Science
CLMU	-	Class Music
CMAR	-	Communication Arts
COMS	-	Communication Studies
COUN	-	Counseling
CPMU	-	Class/Private Music
CRJU	-	Criminal Justice
CSCI	-	Computer Science
CSIS	-	Computer Science & Info Systems
DMAR	-	Digital Media Arts
ECED	-	Early Childhood Education
ECON	-	Economics
EDUC	-	Education
ELED	-	Elementary Education
EMPD	-	Electronic Media Production
ENGL	-	English
EXSC	-	Exercise Science
FIN	-	Finance
FMLY	-	Family Service

FNAR	-	Fine Arts
FREN	-	French
GNED	-	General Education
GNSC	-	General Science
GRMN	-	German
HHP	-	Health and Human Performance
HIST	-	History
HON	-	Honors
HPER	-	Health, Physical Ed & Rec.
HTHE	-	History and Theology
IBUS	-	International Business
INMU	-	Instrumental Music
INTC	-	Intercultural Studies
JMAS	-	Journalism Mass Communications
JOUR	-	Journalism
KINE	-	Kinesiology
KYMU	-	Keyboard Music
LEAD	-	Leadership Studies
LEIS	-	Leisure Studies
MATH	-	Mathematics
MFT	-	Marriage and Family Therapy
MGMT	-	Management
MKTG	-	Marketing
MUCL	-	Music Class
MUED	-	Music Education
MUOR	-	Music Organization
MUPR	-	Music Performance
MUSC	-	Music
MUTC	-	Music Theory & Composition
NSIM	-	News and Information
NURS	-	Nursing
ORAL	-	Orality Studies
PHED	-	Physical Education
PHIL	-	Philosophy
PHYS	-	Physics
POLI	-	Political Science
PRMU	-	Private Music (lessons)
PSYC	-	Psychology
REL	-	Religion
SAR	-	Sports and Recreation
SASW	-	Sociology, Anthropology, & Social Work
SOCI	-	Sociology
SPAN	-	Spanish
SPCH	-	Speech
SPED	-	Special Education
STAT	-	Statistics
STCM	-	Strategic Communication
THEA	-	Theatre
TLCM	-	Telecommunications
US	-	Unified Studies
VCMU	-	Vocal Music

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Marcia McQuerry

Director of Academic Records/Registrar

Dr. Jeff Hogan, PT, DPT

Assistant Professor of Exercise Science, Sports, and Recreation

Oklahoma Baptist University

500 W. University Dr.

Shawnee, OK 74804

June 9, 2025

To Whom It May Concern,

It is with great pleasure that I write this letter of recommendation for Shelby Jabour, a standout student-athlete at Oklahoma Baptist University. I have had the privilege of teaching Shelby in our Emphasis in Human Performance Coursework, and I can confidently say that she exemplifies the highest standards of academic excellence, personal integrity, and athletic dedication.

Shelby currently holds an impressive GPA of 3.767 after completing 86 credit hours, a testament to her intellectual capability and unwavering commitment to her studies. In my classes, she consistently demonstrated a deep engagement with the material, produced high-quality work, and approached every assignment with thoughtful effort and enthusiasm. Her ability to balance the rigorous demands of collegiate academics with the responsibilities of being a dedicated volleyball athlete is nothing short of remarkable.

What sets Shelby apart is not only her academic and athletic achievements but also her character. She is a respectful, motivated, and collaborative student who contributes meaningfully to class discussions and supports her peers. Her work ethic, time management skills, and positive attitude make her a role model both in the classroom and on the court.

I am confident that Shelby will bring the same level of excellence, discipline, and passion to any endeavor she pursues. She has my highest recommendation.

Dr. Jeff Hogan, PT, DPT

Assistant Professor of Exercise Science, Sports, and Recreation

Oklahoma Baptist University

500 W. University Dr.

Shawnee, OK 74804

[Jeffrey.hogan@okbu.edu](mailto:Jeffrey.hogan@okbu.edu)