

COOGS HOUSE NEWS

APRIL 2023



Campus Resources

Campus Dining
832-842-9053

Counseling and Psychological
Services (CAPS)
713-743-5454

Cougar Cupboard
uhcupbrd@central.uh.edu

FIXIT
713-743-4948

Learning Advancements
UNdergraduate Cougars of Houston
(LAUNCH)
713-743-5411

Parking & Transportation
832-842-1097

Student Health Center
713-743-5151

Student Housing & Residential Life
713-743-6000

University of Houston
Police Department
713-743-3333

Campus Resource Spotlight – CAPS



Counseling and Psychological Services (CAPS) staff are here to help University of Houston students along their journey to living life to the fullest.

While some amount of stress, sadness, and anxiety is a normal part of life, many students may find themselves in a place where they need a little bit of professional help to regain their balance, feel more at peace, and feel more in control of their lives.

College Student Grief Awareness Day is Thursday, April 20. CAPS and other campus partners want to increase awareness about grief within the UH community to support and honor students, staff, and faculty who are grieving a death.

Want to join UH Student Grief Support Group? Meetings are on Tuesdays. Please register!
<https://uh.edu/caps/support-groups/grief-support/>

UH Expands Support Services for Students

The Academic Student Assistance Program service is now available to all University of Houston students. Through May 1, students will have free, 24/7 access to unlimited assessment, counseling and individual crisis intervention, and support for stress, depression, family and relationship concerns, and substance abuse.

For more information on the Academic Student Assistance program,
[visit https://uh.edu/healthcenter/](https://uh.edu/healthcenter/)



Student Housing & Residential Life
Division of Student Affairs

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18 Effective Stress Relief Strategies

How to Relieve Stress Now and in the Future

Courtesy of VeryWell Mind – Elizabeth Scott Ph.D.

From minor challenges to major crises, stress is part of life. And while you can't always control your circumstances, you can control how you respond to them. When stress becomes overwhelming or chronic, it can affect your well-being. That's why it's essential to have effective stress relievers that can calm your mind and body.

Some effective stress management techniques include:

- Guided imagery
- Meditation
- Progressive muscle relaxation
- Deep breathing
- Going for a walk
- Hugs
- Aromatherapy
- Creativity
- Healthy diet
- Stress relief supplements
- Leisure activities
- Positive self-talk
- Yoga
- Gratitude
- Exercise
- Evaluating priorities
- Social support
- Eliminating stressors



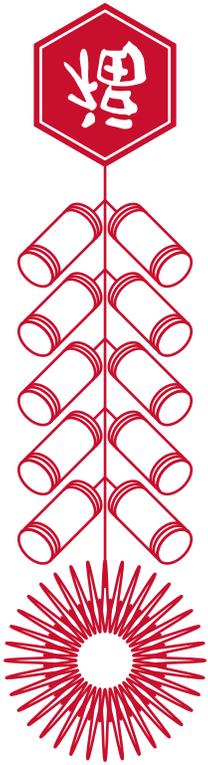
If you need counseling services, the university offers free, one-on-one mental health consultations with a Counseling and Psychological Services (CAPS) clinician Monday – Friday through the online Let's Talk program. For more information about this service, visit <https://www.uh.edu/caps/outreach/lets-talk/>



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RHA Hosts Lunar New Year Event



The Residence Halls Association (RHA) hosted its second annual Lunar New Year Celebration event on Thursday, Feb. 9, from 5-8 p.m. Residents and students gathered to celebrate the Lunar New Year by enjoying festive music, dance, and a culturally-inspired menu!

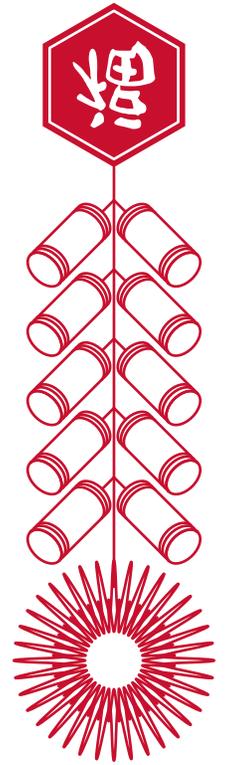
RHA and Hall Council volunteers decorated the Student Center South Plaza and provided free RHA Lunar New Year T-shirts and catering and boba from Houston's Kravin Fruit Bar, alongside themed-snacks, prizes and games. Students were also given red envelopes filled with chocolate money and infographics about the Lunar New Year. Reality TV star and UH alumni, Washington Ho from HBO Max's "House of Ho," made a guest appearance to help celebrate. Several RHA officer's reflected on the event's success and look forward to engaging residents through more interactive programs and activities.

"The event was well done with lots of beautiful decorations which allowed a large crowd of students to come to learn about another culture while also meeting a celebrity! The experience allowed me to learn further about other cultural holidays while also accompanying them with delicious food," said Omar Castanon, RHA national communication coordinator in-training.

"The second annual RHA Lunar New Year was one of our most exciting events of the year. Collaborating with UH faculty, student organizations, local restaurants, and the HBO House of Ho family, I feel like we were able to put on a great event to serve our residents," said Donna Keeya, president of the RHA chapter.

The Gamma Beta - Zeta Chapter concluded the celebration with a lion dance performance.

Be on the lookout for upcoming RHA event announcements!



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Upcoming Housing Rate Forums

Student Housing & Residential Life will host two, in-person Housing Rate forums on **Thursday, April 13 at noon and 5 p.m. in Cougar Village II, S113 – Conference Room.** These forums are hosted annually and aim to provide general department updates and information on anticipated rates for the upcoming academic year. Anticipated rate information is available now on the SHRL website for review. <https://www.uh.edu/housing/>

Current and prospective on-campus residents are invited to attend to hear firsthand from SHRL professional staff about projected housing rates for the 2023-2024 academic year. Attendees will also have a chance to ask questions about student housing and provide feedback in response to information shared during these sessions.

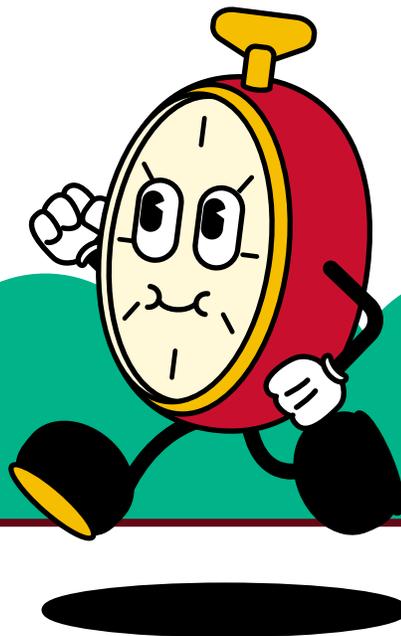
Questions regarding the scheduled forums or fee updates should be directed to housing@uh.edu

Important Housing Deadlines

If you submitted a Housing Agreement for the 2023-2024 academic year, please be advised of the following cancellation deadlines and associated penalty fees.

Cancellation Dates	Fees
Prior to May 1	\$0
May 1 - July 15	\$300
July 16 - Aug. 16	\$600
Aug. 17	Full Value of Housing Agreement

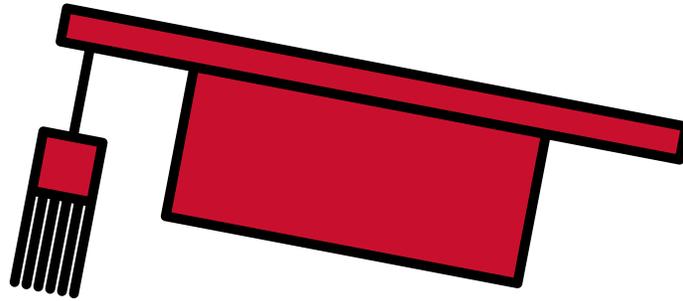
For more information, please call **713-743-6000** or email housing@uh.edu



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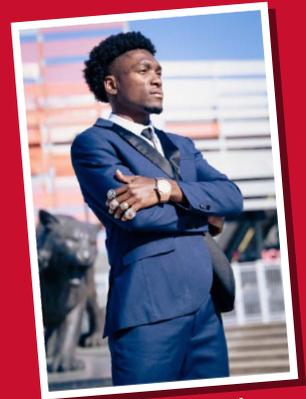
Spring 2023 Resident Grad Photos



Olivia
Tran



Emily
Strathouse



Jordan
Booker



Falak
Farhan



Connie
Martinez



Eyerus
Legesse



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Who's Coming into Your House?

A significant part of being a member of UH's residential community is being social, but are you being socially safe? The semester's end is getting closer, and many new friends have been made. Unfamiliar faces in your residence hall can present issues. Watch out for fellow residents by guarding against "tailgating" in your residence hall.

Things to Remember:

- Each building has specific card access.
- Every resident should swipe their card for entry - no matter if the door is already open.
- Guests should be met and accompanied by the person they are visiting.
- Do not pass off your Cougar Card to others.
- Kindly tell others waiting to enter behind you that they must swipe their card for tracking purposes.



Student Housing & Residential Life staff want your UH space to be your home away from home, so let's all do our part to help all Cougars feel safe and secure on campus.

Whose House? Your House!



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Resident Safety Tips

Safety and security are crucial on an urban campus.

Please take the following steps to ensure your safety!

Keep Residence Hall Doors Locked

- Even if you are gone for a short while, lock your door.
- Be careful of someone without a Cougar Card access to your residence hall.
- Always carry your Cougar Card.
- Do not prop open residence hall exit doors.

If your door lock is not working, contact FixIt immediately. If the issue is not resolved within 24 hours, contact Front Desk staff.

Secure Your Valuables & Money

- Valuables and money should be stored securely and safely. If possible, leave at home.
- Record the serial numbers of your valuables.

Stay Alert, Use Good Judgement, Trust Your Instincts & Be Prepared with Safety Tools

- Report a Crime.
- View UH Security Alerts.
- Be aware of blue-light Emergency call box locations.
- Utilize Security Escorts.
- Walk with a buddy.
- Call Cougar Ride through the UH Go app.

Engage with University of Houston Police Department (UHPD) Staff

- Meet your hall security officers.
- Participate in UHPD's Crime Prevention Programs.

Be Aware of Your Surroundings!

All suspicious persons or activities should be reported.

- UHPD Non-Emergency Number: (713) 743-3333
- For emergencies, dial 911.

Thank you for keeping UH residential communities safe!



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4 Ways to Fix It

Student Housing & Residential Life strives to provide convenient, comfortable and secure residence halls. If you come across any maintenance issues in your room, suite or residential building, please report it in one of four ways through the university's maintenance system, FIXIT. Remember, maintenance issues must be reported before an attempt to resolve is made by UH Facilities.

Residents should submit a FIXIT request to ensure maintenance issues are resolved in a timely manner. Staff in UH Facilities are working hard to respond to requests in the order they are received in addition to building emergencies. If you have reported an issue and have not experienced a resolution, please visit the front desk of your residence hall for assistance.

Let's work together to make UH living communities the best they can be!

**4 Ways to
FIXIT**

UNIVERSITY of
HOUSTON
FACILITIES/CONSTRUCTION MANAGEMENT

1  Log online to AccessUH and find the **FIXIT icon**

2  Send a text message to **fixit@uh.edu**

3  Send an email message to **fixit@uh.edu**

4  Call **713-743-4948** or **3-4948 (FIXIT)** on campus



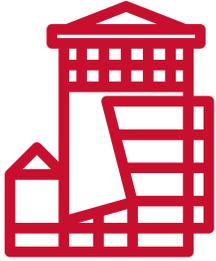
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Facilities Updates



Access Door Automation

Student Housing & Residential Life is in the process of finalizing a project to automate several doors across campus residence halls. The following buildings now have automated doors to allow greater access for residents requiring ADA accommodations:

Bayou Oaks - Main entrance and central pedestrian gate

Cougar Place - First floor laundry and study lounge

Cougar Village 1 - Entrance to TAP/classrooms facing Moody Towers

Cougar Village 2 - East courtyard entrance by front desk

University Lofts - Central hallway entrance by front desk and North hallway entrance by fitness room

University Lofts Address Changed for Mail Deliveries & Ride-sharing Services

A project request was submitted to correct signage and address information for University Lofts found on the SHRL website. This project is expected to be completed within the next month. This update will benefit students by making it easier for delivery or ride-sharing services to find the correct location.

Wi-Fi Upgrade for Bayou Oaks

New wireless access points were installed during Spring Break to support more consistent connectivity. Access points were also installed on the exterior of the building, so users can now connect to the UH network outdoors. These updates were completed at the end of March.

Residence Hall Directory

Bayou Oaks - 713-743-6594

Cougar Place - 713-743-6994

Cougar Village I - 832-842-6020

Cougar Village II - 713-743-6432

Moody Towers North - 713-743-6057

Moody Towers South - 713-743-6056

The Quad - 713-743-6044

University Lofts - 832-842-5638



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