

COOGS HOUSE NEWS



AUGUST 2023



WEEKS OF WELCOME

Whether you are new to campus or a returning Coog, the University of Houston (UH) wants to give you a warm welcome! During Weeks of Welcome, numerous departments host **FREE** events for students to have fun, learn about the university and get lots of freebies! This is the perfect time to make new friends and find your place at UH. Head over to the Weeks of Welcome website to view Signature Events and the full schedule! Download your Event Pass ahead of time to ensure a smooth check-in process for all WOW events.

<https://www.uh.edu/wow/>

**COUGAR
VILLAGE
KICKOFF**

**THURSDAY, AUG. 17
7-9 P.M.
COUGAR VILLAGE I & II
OUTDOOR LIVING ROOM**



**ARCAD
TAKEOVER**

**FRIDAY, AUG. 18 • 6-8 P.M.
STUDENT CENTER SOUTH ARCADE**

PARTY IN THE PARK

**SATURDAY, AUG. 19 • 4-7 P.M. • LYNN EUSAN PARK
RAIN LOCATION: STUDENT CENTER SOUTH • HOUSTON ROOM**



**COUGAR
CONNECTION**



SUNDAY, AUG. 20 • 3:30 P.M. • LOBBY OF RESIDENCE HALL

**MEET THE RESIDENT ASSISTANTS IN THE LOBBY OF YOUR BUILDING
TO WALK TO COUGAR CONNECTION TOGETHER.**

RHA GAME NIGHT

SUNDAY, AUG. 20 • 8 P.M. • LOBBY OF RESIDENCE HALL



Student Housing & Residential Life
Division of Student Affairs

WE WEAR RED ON FRIDAYS!

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Engineering Students Explore Columbia for Summer Learning Abroad Experience



For many University of Houston (UH) students, studying abroad provides a unique opportunity to experience a vast world filled with a variety of different cultures firsthand. As students travel the world, they are immersed in new environments that prepare them for careers in a globalized society.

This past spring, a diverse committee of experts, including several accomplished engineers and scientists, hosted a group of students on a trip to Barranquilla and Cartagena, Colombia to explore the 14 “Grand Challenges” impacting the world.

Barranquilla and Cartagena, Colombia, were selected because these locations offered a tremendous opportunity for UH students to understand these challenges in the context of Colombian culture, STEM advances and workforce development and include topics like making solar energy economical, providing access to clean water and improving urban infrastructure. The program gave students an opportunity to place content- or major-specific topics in a global context. Colombia was also chosen because of the cultural exchange that students would have there, especially with the Afro-Caribbean cultural heritage.



During this trip, students made visits to museums, engineering companies and universities in addition to delivering their Grand Challenge group presentation at a collaborative international conference at Universidad Tecnológica De Bolívar, where they received positive feedback from Colombian students and professors. For this group project, students investigated how we are tackling one of the Grand Challenges in the U.S. and how their assigned challenge is being tackled in Colombia. Then, they proposed new, innovative solutions.

Jerrold A. Henderson, Ph.D., an assistant professor in the William A. Brookshire Department of Chemical and Biomolecular Engineering in the Cullen College of Engineering UH accompanied the students in Colombia. Henderson also serves as the Faculty in Residence for Cougar Village II.

“The experience was helpful in connecting students to their peers. It also challenged them to think about their cultural identities and how they are situated as problem-solvers in the world”, said Henderson, reflecting on the study abroad experience. “The experience helped students leave Colombia with a more assets-based understanding of the culture and technological solutions that people of Colombia have developed.”

Henderson hopes to grow the visibility of the Learning Abroad Program at UH and to recruit as many students as possible to return to future destinations (e.g., Brazil in 2024) and serve as ambassadors.

“I also want to acquire sponsorship to offer travel scholarships for students who wish to attend but cannot afford to pay the total cost,” Henderson said.

Learning Abroad has opportunities for every major in over 100 countries through faculty-led, reciprocal exchanges, third party affiliated providers and service opportunities abroad.

We encourage students to take courses, complete internships or conduct research abroad for credit that will count toward their degree. Learning Abroad also supports students completing co-curricular learning experiences abroad including conferences, symposia, service learning and study tours.

For more info on Learning Abroad here at UH, [email learningabroad@uh.edu](mailto:learningabroad@uh.edu) or call 713-743-9167.



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Meet Your Faculty-in-Residence for 2023-2024

The Faculty-in-Residence (FIR) program at University of Houston gives students the opportunity to interact with professors outside of the classroom. Six faculty from an array of disciplines live on campus and work closely with Student Housing & Residential Life staff members to provide programming opportunities for residents that support student learning, engagement and success. Read on to learn more about our FIRs, and say "hello" the next time you see them around campus.



SCOTT GILBERTSON, PH.D.
ASSOCIATE CHAIR - CHEMISTRY, COLLEGE OF NATURAL SCIENCES & MATHEMATICS
SRGILBE2@CENTRAL.UH.EDU
FIR AT MOODY TOWERS

In addition to teaching sophomore organic chemistry, Gilbertson runs a research group of approximately eight students, working at the interface of chemistry and biology. You may see him with his wife, Michelle, walking their two English Mastiffs (Phoebe and Rumor) around the campus.



JERROD HENDERSON, PH.D.
ASSISTANT PROFESSOR, COLLEGE OF ENGINEERING
JAHENDE6@CENTRAL.UH.EDU
FIR AT COUGAR VILLAGE II

Known by his students as "Dr. J," Henderson is part of the first-year engineering experience team at Cullen College of Engineering. As a McNair Scholar during his undergraduate studies, Henderson was afforded the opportunity to intern at the NASA Langley Research Center. His research interests are in engineering identity formation and persistence among underrepresented students, especially African-American males.



MELODY LI, PH.D.
ASSOCIATE PROFESSOR, COLLEGE OF LIBERAL ARTS & SOCIAL SCIENCES
MLI40@CENTRAL.UH.EDU
FIR AT COUGAR VILLAGE I

A member of the FIR program since 2021, Li wants to improve students' cultural awareness in and out of the classroom. Li also loves dancing (particularly Chinese and Latin dance), movies, cooking and photography. She has received invites to give a series of talks, dance workshops and performances of Chinese dance in liberal arts colleges over the country.



LYLE MCKINNEY, PH.D.
ASSOCIATE PROFESSOR, COLLEGE OF EDUCATION
LMCKINNEY@CENTRAL.UH.EDU
FIR AT UNIVERSITY LOFTS

McKinney's research focuses on college student success, which is why he chooses to live on campus! When he is not working, McKinney enjoys being outdoors, biking, playing sports, reading good books and exploring Houston's cultural and arts scenes, in addition to spending time with his family and friends. He is open to student feedback on programming suggestions, so let him know what you would like to see!



TODD ROMERO, PH.D.
ASSOCIATE PROFESSOR, COLLEGE OF LIBERAL ARTS & SOCIAL SCIENCES
TROMERO@CENTRAL.UH.EDU
FIR AT THE QUAD

Romero researches and teaches early American, food and public history. He and his family, who live with him on campus, have several hobbies. Romero is an avid cook and baker, while his wife, Sarah, is a quilter who enjoys a wide range of crafts. Their two boys love camping, games, music, art and exploring Houston. They cannot wait to meet and share their interests with residents at The Quad.



KAVITA SINGH, PH.D.
ASSOCIATE PROFESSOR, COLLEGE OF LIBERAL ARTS & SOCIAL SCIENCES
KASINGH@CENTRAL.UH.EDU
FIR AT COUGAR PLACE

Singh loves to travel, and has lived in France, spent considerable time in Latin America, and regularly visits the Caribbean and Europe. Cougar Place residents can look forward to events and programming through the year including Sunday night dinner, and Tuesday coffee hour, among others. Singh is fluent in Spanish, French and has begun learning Haitian Creole, so come practice your language skills with her!

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

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RHA Corner



Congratulations to Alyssa Green, 2023-2024 Residence Hall Association (RHA) President, the recipient of the National Communications Coordinator of the Year Award! This honor is bestowed upon a deserving student by the National Association of College and University Residence Halls during their annual conference. This year's conference took place at Ball State University in Indiana. The National Communications Coordinator of the Year award is selected by the national committee after the award has been chosen on the regional level. The award is given based on the contributions of the national communications coordinator to their institution and region.

Green is a senior liberal studies major, with a minor in Phronesis, Anthropology and World Cultures and Literatures - with an emphasis in Eastern Asian Studies. Green is also a member of the Honors College's "3+3" accelerated law program.

Green first joined RHA her freshman year as the national communications coordinator intern before advancing to the national communications coordinator position her sophomore year. Green's experience with RHA has greatly impacted her academic career at the University of Houston.

"RHA has facilitated a lot of my growth as a leader on campus," Green said. "From being involved in campus committees to running programs for the students who live on campus, RHA has given me skills and experiences that I will carry with me for the rest of my life. I think that RHA has really taught me how to make my leadership my own and how to successfully advocate for students!"

Stay tuned for more upcoming RHA updates this academic year!

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7 PIECES OF ADVICE FOR COLLEGE TRANSFERS: A SURVIVAL GUIDE

Source: <https://www.olivet.edu/7-pieces-advice-college-transfers-survival-guide>

It's day one on campus. Everything is new and intimidating. Students are shuffling to class with the occasional long board blowing past, the building names don't make sense, and the dining hall is serving pork that looks eerily similar to chicken. You are a transfer student, but it kind of feels like freshman year all over again.

Transferring colleges can be one of the scariest, yet most rewarding moments in life. But how do you get from the feeling of sheer intimidation to experiencing some of your best memories? Below are seven pieces of advice from current transfer students who made the most of their experience.

#1 Take Initiative

It's so easy to go to class then immediately head home. Try your hardest to avoid this! Get out, go to events, and look for new and fun opportunities. Simply go alone or ask the people you live with to join you. If you wait for others to come to you, you could be waiting a while. "This is college, so enjoy it and take advantage of all the opportunities ... take initiative," said Jessica Kennedy, a senior transfer student.

#2 Get Out of Your Comfort Zone

For transfer students, this may be going to college in a different state, leaving home for the first time, or even taking a new class. Everyone has heard the famous quote that says, "Life begins at the end of your comfort zone." Would this be a popular quote if it wasn't true? This is a piece of advice that everyone hears, but it is much easier said than done. However, these four years provide an opportunity for growth every single day, so take that step, or leap and go for it.

#3 Utilize Your Advisors

Transferring is a process, but that is what your advisors are here for. It is their job to make you feel comfortable and excited to be where you are. Come prepared with questions about the campus, student life, academics and more. This is an incredible way to get a feel for what the campus is going to be like. "My advisor was a God send," said Katie Ross, a junior transfer student "I wouldn't even be at this school if it wasn't for her fighting for me." This is what picking a school is all about, being in a place where you feel wanted.

#4 Be Patient

"It took me a year to realize there is so much more to a college career than going to class. Give it time and you'll begin to feel more comfortable," Kennedy said. There are very few things in life that happen overnight. Be patient, put yourself out there and it will eventually start to feel right. Transition periods in life are always a challenge, but one day you'll ask yourself what you were ever worried about in the first place.

#5 Don't Let the Sticker Price Scare You

Often times the sticker price for a university is exceptionally scary and it tends to bring some unwanted anxiety. Make sure you talk to a financial advisor! There are so many different financial aid and scholarship opportunities available that some students forget to consider. Every office at your transfer college should want to help students as much as possible and the financial aid office should be no exception. Stick with it and examine all possibilities before you write it off as a no.

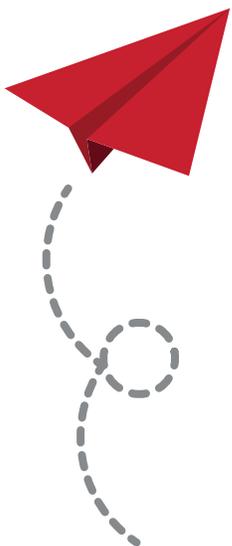
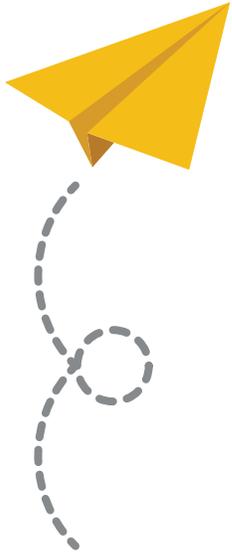
#6 Make Sure Your Credits Transfer

This is arguably one of the biggest concerns when it comes to transferring schools – as it should be! Use tip #3 and utilize your advisors to know exactly what courses are transferring in and what that looks like in regards to your major. That being said, don't settle. Find a school that is willing to work with you and be clear with you on your credits.

#7 You're Not the Only One

Sometimes the transfer experience can feel lonely because it feels like you're the only one going through such a huge change. You're entering into a school where you may not know anyone and you have convinced yourself everyone already knows each other and has all their friends. Please be reassured, you are not alone. There are so many students transferring colleges all over the nation for a variety of different reasons. It can feel stressful and new, but embrace the change and be excited for all the opportunities ahead. Trust this step.

One day you'll look back at your time at the place you transferred to and you will be so glad you took that step. So hold on, because this will be a ride you will never forget.



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Seek Academic Success with LAUNCH This Semester

Each semester brings new friends, new classes and new challenges. Whether you are facing academic hurdles, or reaching for new academic goals, the LAUNCH program at the Undergraduate Student Success Center is here for you!

LAUNCH helps undergraduate students find academic success with resources like free, in-person tutoring sessions for over 80 different courses. Tutoring sessions are available as drop-ins or one on ones throughout the semester at Cougar Village I, N109.

Additional resources provided through LAUNCH include academic coaching, success workshops, Texas Success Initiative assistance, graduate student support and print materials on topics like time management and test anxiety.

To learn more about LAUNCH, including the weekly tutoring schedule, visit <https://www.uh.edu/ussc/launch/>

Why Does Emergency Preparedness Matter?

Emergency preparedness is a critical aspect of campus safety. It involves preparing for and responding to emergencies that can occur on campus. Student Housing & Residential Life created a short, informative video about the importance of emergency preparedness and the steps residents can take to create an effective emergency response plan.

View the video using this link: https://youtu.be/BT_kzSrOpKo

What Is In the Loop? We're So Glad You Asked!

"In the Loop" is a student-hosted series promoting weekly academic, social, and cultural events happening on the University of Houston campus.

You can tune into weekly episodes of In the Loop on the UH Student Housing & Residential Life YouTube Channel.



Who's Coming into Your House?

A significant part of our campus residential community is being social, but are you being socially safe? As the semester begins, you will meet your neighbors, see new faces and make new friends, but keeping your residence hall safe is key. Uninvited guests 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 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!



Sleep Hygiene Tips for The Start of The Semester

by Julian Losey, assistant director for SHRL

Welcome to Student Housing & Residential Life (SHRL) at the University of Houston! As you are moving in, getting settled into the room where you will live, study, make friends and SLEEP, keep these tips in mind to maximize your wellbeing from the very beginning of the school year! Sleep is foundational to health and wellbeing and good sleep hygiene can have a massive positive impact on your physical and mental health.

What is sleep hygiene? Sleep hygiene is a practice of managing our behaviors and environment to help us improve sleep quality. Here are some tips to practice good sleep hygiene:

1. Develop your sleep schedule early in the semester!

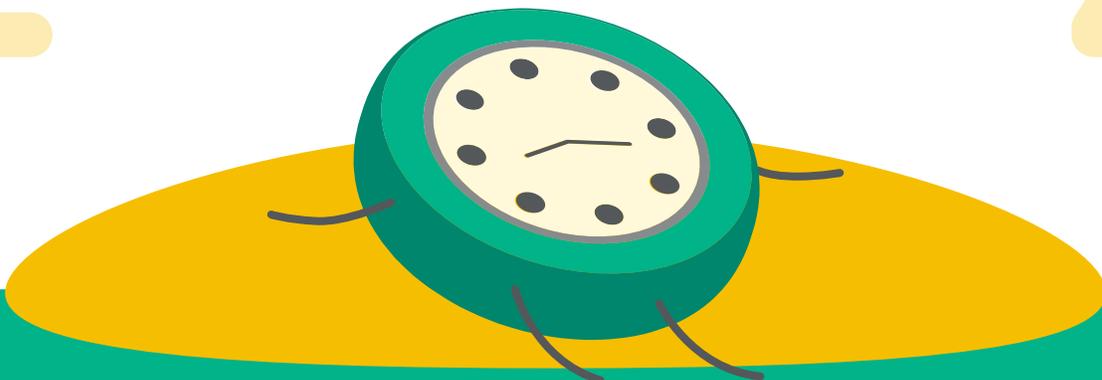
Between starting new classes, building a social life, balancing work and extra curriculars, there is a lot to manage. Set a commitment to your sleep early in the year, and congrats! You have established a fantastic habit. Talk to your roommates and suitemates about each other's schedules and how you can adopt practices to support each other's sleep needs. Everyone's needs and schedules will likely be different, and there are still ways to support each other. For example, using things like white-noise machines, light-blocking eye masks and agreeing to only use headphones when the other is sleeping can help promote good sleep for everyone in your community.

2. Establish a bedtime routine.

This can signal to your body that it is time to wind down and relax. Experts recommend avoiding 'blue light' as you are heading to sleep, so consider turning off blue light on your devices or turning off your devices altogether about 30 minutes before bed. A bedtime routine does not have to be elaborate or extravagant. It can be as simple as brushing your teeth, washing your face and doing breathing exercises for a few minutes. Whatever your routine is, it should be relaxing and calm.

3. Be active and spend time outdoors.

Lastly, spending time in fresh air and moving our bodies helps us produce dopamine and serotonin—the chemicals that we most associate with happiness. Both chemicals can have great influence in your sleep-wake cycle, and serotonin is one of two chemicals that is credited with impacting our quality of sleep. Here again, finding ways to be active and get fresh air can be simple. Doing stretches, taking a few minutes to meditate outside or having a little dance party for two or three of your favorite songs can be a great start.



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4 Ways to FIXIT

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 Houston'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**

 Facilities/Construction Management
Division of Administration
& Finance

- 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



Student Housing & Residential Life
Division of Student Affairs

WE WEAR RED ON FRIDAYS!