

COOGS HOUSE NEWS

MARCH 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



Organization Spotlight: Women and Gender Resource Center

Women's History Month Spotlight

March is #WomenHistoryMonth! This month and throughout the year, we celebrate the stories of women, both past and present, who have helped shape our world.

The University of Houston's (UH) Women and Gender Resource Center (WGRC) strives to support women by promoting gender equity and student success through educating, empowering and supporting the UH community.

Through engaging programs, the WGRC empowers all members of the UH community (with a special focus on cis and trans women, femmes, gender non-conforming and gender non-binary folks, two-spirit, and anyone who identifies with women) by providing opportunities to develop personal, interpersonal, organizational and communal competencies.

For more information on the WGRC, visit <https://www.uh.edu/wgrc/> or support an upcoming event.

EMPOWER Conference

Thursday, March 2

10 a.m. - 4p.m.

SC Ballroom & Multipurpose Room

Pizza Talks

Tuesday, March 7

WGRC

4-5 p.m.

Period Poverty Tabling

Wednesday, March 8

11 a.m. - 1 p.m.

Student Centers South

A.D. Bruce Free Lunch

Wednesday, March 22

11 a.m. - 1p.m.

A.D. Bruce Religion Center, 2nd Floor Atrium

Student Parent Tabling

Thursday, March 23

11 a.m. - 1 p.m.

Student Centers South

Survivor Support Group

Wednesday, March 29

4-5 p.m.

Student Centers South

WGRC Staff Spotlight**Abby Garcia, Gender Equity Education Program Manager**

Abby joined the WGRC team in December 2022 and will graduate with a master's degree in Higher Education Leadership and Policy Studies from the University of Houston this May. Abby's passion and expertise extends beyond UH; she is gearing up to present at the Association of College Unions International and Association of Asian American Studies conferences on transformation of student affairs programming for Asian American students and the increasing need to create authentic and culturally relevant programming for historically underserved groups. The WGRC is so happy to have Abby on the team! In her free time, Abby enjoys playing video games and exploring new restaurants.



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Staff Highlights

Janelle Brown



Leanica Adams



SHRL Staff Volunteer for Rodeo

The Houston Livestock Show (HLSR) and Rodeo is now underway, and we're tipping our hats to SHRL staff who are serving as volunteers for the Texas-sized event, occurring at NRG Park through Sunday, March 19.

"Rodeo," as Houstonians have lovingly coined this annual event, was established in 1931 and aims to promote agriculture by hosting a family-friendly experience that educates and entertains the public, supports Texas youth, showcases Western heritage, and provides year-round educational support within the community through scholarships. Spread out over three weeks, the Rodeo presents numerous opportunities for Houston community members to volunteer.

Leanica Adams, assistant director for customer service and operations, and Janelle Brown, manager for housing services, are just two of the more than 35,000-plus volunteers who commit their time, talent, and energy to the Rodeo - resulting in more than 2.1 million volunteer hours contributed each year.

Ties to the Rodeo go back many years for Adams and Brown, who both say that volunteering not only expanded their local networks but also exposed the event's philanthropic side.

"When I first moved to Houston, I didn't fully understand how impactful the HLSR is to the city. I like a lot of things about Rodeo. Mostly though, how it brings the Houston community together while also bringing in non-locals to support Texas youth and providing educational support within the community," said Adams.

Each year, more than 800 scholarships are awarded to Texas students by the HLSR. As one of the largest scholarship providers in the U.S., the Rodeo has presented more than 20,000 scholarships valued at \$260 million since 1957.

Adams began volunteering with the Rodeo in 2018, and Brown followed in 2020 with an official member designation for the Champion Wine Garden, which boasts a cheerful atmosphere, top-notch entertainment and 75 award-winning wines for purchase with proceeds going toward scholarships.

"The Wine Garden opened in the early 2000s, and I would go there with friends and listen to the bands," said Brown. The volunteers were so happy and enjoying the experience, and I wondered what it would be like to work there. I found out that one of my sorority sisters was a volunteer, and she got me connected."

For those who are looking to volunteer with Rodeo, Adams suggests viewing the Volunteer Committees, which includes a total of 110 committees for consideration.

"There are a number of committees to join and lots of opportunities for everyone! This marks my fifth year volunteering for Rodeo, and each year is more fun than the previous year," said Adams. "It's a terrific opportunity to become more connected in Houston while supporting a great mission."

Brown seconds Adams opinion.

"The volunteers are so nice, and many have become great friends and honorary family members. If you like networking and meeting new people, this is the volunteer opportunity for you!"

To learn more about how you can volunteer with this year's HLSR, visit <https://www.rodeohouston.com/Get-Involved/Volunteer>



Welcome to the team!

Zach Jones Butler, Residential Life Coordinator – Moody Towers

Zach is a native of Harlem, NY. He obtained a bachelor's degree in professional studies with a focus in sport management. Zach arrived at UH by way of Buffalo, NY, where he obtained a master's degree in higher education and worked in student success. Zach stays connected to the sports world by working part time at professional sports venues. Zach is a former student-athlete and enjoys playing basketball.

Student Housing & Residential Life staff not only work to develop programming that engages residents around the full college experience, but they are also pursuing ways in which to engage with the larger Houston community.



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Resident Appreciation Event – Cougar Place

Cougar Place (CP) staff hosted their first Resident Appreciation event of the 2022-2023 academic year on Tuesday, Feb. 21, from 1-3 p.m. Residents were invited to grab a bite to eat during the Taco Tuesday-themed event while engaging with their fellow neighbors.

Residential Advisors and Community Mentors were on hand to serve up tacos, Mexican rice, tortilla chips, salsa, and queso to residents passing through the CP Lobby. Over 100 students participated and were gifted goodie bags as a small token of appreciation. Resident Appreciation events are sponsored by Student Housing & Residential Life with the goal to create student-centric programming that fosters relationship building within residential communities.

Be on the lookout for upcoming Resident Appreciation event announcements for Bayou Oaks, Cougar Village II, Moody Towers, The Quad and University Lofts in March and April.



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Community Mentor Q & A with Omar Haibe



COMMUNITY MENTORS (CM) play a vital role in supporting residents by aiding with scholarships, financial aid, goal setting, academics and more! Learn more about Omar and his role as a CM in Cougar Place.

What does being a CM mean to you?

For me, being a CM is about helping residents face their most ambitious goals. It's about cultivating a healthy living environment and promoting inclusive mentorship for students from all walks of life. The CM position is about giving back to my community and being in the service of others.

What do you hope to accomplish as a CM this year?

As CM of Cougar Place, I hope to organize a wide array of events geared towards facilitating interactions by and among residents, leading academic success initiatives, and preparing students to apply for summer research opportunities and internships. In my last semester here at UH, I hope to leave a legacy behind that inspires future generations of students to become leaders within their communities.

What do you like most about being a CM?

My favorite part about being a CM is working alongside some of the most hardworking student leaders on campus. Getting the opportunity to collaborate with student staff from other residential halls has allowed us to better integrate residents into campus life and enrich the quality of students' college experience.

For me, being a Community Mentor is about helping residents face their most ambitious goals.

Contact the Community Mentor in your residence hall to schedule an appointment:

Bayou Oaks

Kristina Velazquez, kvelazquez@uh.edu

Cougar Place

Omar Haibe, okhaibe@uh.edu

Cougar Village I

Megan, Lean, melean@uh.edu

Asa, Lewis, aalewis6@uh.edu

Cougar Village II

Justin, Collier, jocollie@uh.edu

Timothy, Adewunmi, atadewun@uh.edu

Moody Towers

Travis, Taylor, tetaylo3@uh.edu

The Quad

Davcons, Cortes, dacorte5@uh.edu

Jamie, Rose, jnrose2@uh.edu



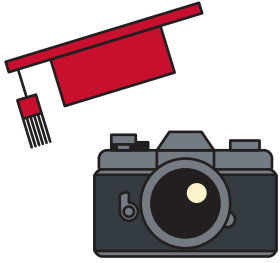
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Need Grad Photos? We've Got You Covered!



You don't want to miss this great opportunity for a FREE grad photoshoot! Compliments of Student Housing & Residential Life, photo shoots are open to all UH residents and are granted on a first come, first-served basis. To secure your spot, complete the online registration form by **Friday, March 10.**
<https://tinyurl.com/5xjtbu4r>

16 Spring Break Activities for College Students

Courtesy of Wandernity

There is no need to be bored during your spring break! Here are some fun Spring Break activities that you can enjoy with friends. From exploring new cities to spending time outdoors, there is something for everyone.

1. Explore a new city.
2. Hit the beach.
3. Check out local attractions.
4. Have a party.
5. Get some rest and relaxation.
6. Travel somewhere new.
7. Volunteer your time.
8. Take a class (i.e., cooking, dancing, etc.)
9. Go on a hike.
10. Declutter your home or dorm room.
11. Go on a road trip.
12. Catch up on assignments
13. Revisit your hobbies.
14. Make some extra cash.
15. Visit your friends and family.
16. Start learning a foreign language.

Wherever the week takes you, please be safe! If you are planning to spend the break on campus, be mindful of changes to dining hall schedules and building/facility-access hours for M.D. Anderson Library, the Student Centers, and the Campus Recreational Center.



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What is Coogs on the Street?

Coogs on the Street is a student-hosted series that aims to highlight interactions with University of Houston (UH) students in a fun and creative way. The series also promotes relevant campus resources and events to spread awareness on topics of interest to students, faculty, and staff.

You can tune into Coogs on the Street by way of **Student Housing & Residential Life's YouTube channel**. Be sure to look out for our Coogs on the Street team, who will be checking in with students around campus and giving away **FREE T-shirts!**



COOGS ON THE STREET



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UH Spring Sports Calendar

BASEBALL

March 7, 6:30 p.m.	vs Prairie View A&M
March 10-12, 6:30 p.m.	vs Oklahoma
March 14, 6:30 p.m.	vs Texas A&M
March 22, 6:30 p.m.	vs Southern University
March 24, 6:30 p.m.	vs UT Arlington
March 25, 6:30 p.m.	vs Northwestern
March 26, 6:30 p.m.	vs UT Arlington
March 31, 6:30 p.m.	vs East Carolina
For more details, visit https://uhcougars.com/sports/baseball/schedule/2023	



TRACK & FIELD

March 16 • Kirk Baptiste Spring Break Invitational

March 17-18 • at Texas Southern Relays

March 23-25 • at Victor Lopez Invitational

For more details, visit
<https://uhcougars.com/sports/track-and-field/schedule/2023>



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Wellness Corner

Courtesy of Ginger

The Wellness Wheel is a holistic tool to help you see which areas in your life are going well and which might need more attention. Identifying these areas can help you strengthen your sense of identity. The Wellness Wheel is divided into eight domains: Social, emotional, spiritual, intellectual, physical, environmental, financial, and occupational. Experts believe that in order to have optimal health and well-being, you should tend to all eight domains.

This activity will help you identify:

- What areas of your life are going well
- What your primary wellness needs are
- Areas of your life that you can work on with your coach

Looking at each area of wellness on the wheel, reflect on the following questions. You may want to jot down your responses on a piece of paper and discuss them with your coach:

Assign each area a number from 1 to 10 based on how well this area is going in your life, with 1 being the least successful and 10 being the most successful.

What is going well in each area? Why did you assign the number you did?

What would you like to improve in this area?

Choose 1 or 2 areas to focus on with your coach (or on your own). You don't have to choose the areas that are least successful. Choose the ones you want to improve the most or the ones that will help strengthen your sense of identity.



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CAPS Let's Talk

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. Any member of the UH community can access Let's Talk by entering the Zoom waiting room during the hours listed on the program page. For more information about this service, visit <https://www.uh.edu/caps/outreach/lets-talk/>.

What is a Living Learning Community?

A University of Houston (UH) Living Learning Community (LLC) is a group of students living together based on a common interest. LLCs support high levels of interaction between students who participate in and contribute to an immersive, year-long experience. Only upperclassmen are permitted to reside in an LLC.

Why join an LLC?

- To develop a sense of belonging within your LLC and the larger UH Community
- Experience academic achievement
- Be exposed to learning opportunities that support your becoming a responsible member of the broader community
- Demonstrate awareness and utilization of university resources
- Immerse yourself in and explore new opportunities

To apply for an LLC, you must have submitted your 2023-2024 Housing Agreement.

Acceptance Timeline

Feb. 20 - Application Opens

March 6 - Application Deadline

March 31 - Acceptance Notifications

March 6 - Priority Application Deadline

March 31 - Acceptance Notifications

May 1 - Housing Agreement Cancellation Deadline

To learn more about what UH LLCs have to offer, visit uh.edu/housing/learning-communities/.

For questions regarding UH LLCs, email Caitlin Decker, program coordinator for residential engagement, at cadecker@central.uh.edu.

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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