Finals are here everyone! Yes, we are all very sad but we're so close to end! Just remember, once finals are done, that means summer is here! Check out the next page, we have some study tips and don't forget about the resources we have on campus! Are ever hungry in the middle of studying for finals? UH Dinning came in to save the day! They brought us the Finals Crazy Daze! Check out their page at uhdining or the image above for the great dining deals!
SPRING 2017
CHECK-OUT GUIDE

ALL RESIDENTS MUST CHECK OUT AT THE FRONT DESK IN THEIR AREA BY NOON, MAY 11.

If you are graduating and need to extend your stay, you must apply for an extension before May 1. An approved extension will allow you to extend your stay until noon, Monday, May 15, 2017.

To apply for an extension
You may submit your request on your myHousing portal. This request must be pre-approved by your Residential Desk Supervisor. Please note there will be no charge for residents who are graduating. All others will be charged one flat rate based on the daily rate of their current room.

Summer 2017
The application for summer Housing is now available! Log onto accessuh.uh.edu to apply. Housing will be in Moody Towers North.

Mail Forwarding
Please provide your forwarding address to UH Postal Services. Please visit www.uh.edu/postal/forwarding for more information.

Before you leave, be sure you have completed the following:
• All furniture provided for your room should be present in your room.
• Remove trash and leave the room clean.
• When you leave, be sure to lock windows and doors.
Any damage charges will be posted to students’ accounts by May 26, 2017. Please monitor your PeopleSoft account accordingly.

IMPORTANT DATES:
Halls Close, Noon, May 11
Last Day of Class, May 1
Quiet Hours, May 1-May 10
Finals, May 2-May 10
Graduations/Convocations, May 12-14
FINALS Survival 101 according to TIME magazine

1. **Verify the details** - make sure that you check the date/time/place of your final for each class.

2. **Get some SLEEP** - Pulling an all-nighter is one of the worst things you can do. Fatigued brains do not retain information; sleep enables you to study and retain information.

3. **Stay Active** - exercise boosts blood flow to the brain. If you don't have time for a full work-out, go for a walk, do two sets of push-ups, squats, or crunches in your room.

4. **Eat Well** - eat foods that will digest slowly: whole grains, vegetables, and lean proteins. Grab some turkey and whole grain bread.

5. **Experiment with different methods of studying** - research has shown that human brains are not designed to focus narrowly for long stretches of time. So, study on one subject for an hour or two, and then switch it up!

6. **Silence your social media accounts** - you don't have to shut off all of your social media for a week, but turn them off while you are studying. Reward yourself by checking for 15 minutes before going to sleep. We all know how much time we can waste on this.
WHAT'S BEEN HAPPENING?

ANOTHER MONTH MEANS MORE EXCITING PROGRAMS! A SPECIAL THANK YOU TO OUR RAS, SRAS, AND HALL COUNCIL FOR PLANNING AND PUTTING ON GREAT PROGRAMS ALL YEAR!

Happy Earth Month from all of us here at Cougar Village II
ON BEHALF OF YOUR STAFF AT COUGAR VILLAGE II, WE WISH YOU SAFE, HAPPY, AND WONDERFUL SUMMER!

THANK YOU FOR AN AWESOME YEAR!
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