HAVE YOU COMPLETED FAFSA??

In order to qualify for financial aid, you MUST complete the FAFSA each year. The earlier you complete the FAFSA, the better!

Federal grant deadline is March 15th, but other grant deadlines may be earlier.

For more info visit: http://www.uh.edu/financial/undergraduate/how-apply/
SPLAT-O-rama

Dart throwing, balloon popping fun!

Mar. 8, 7pm
Below Moody Towers

Food available
90's Night

Monday, March 21st

6:00 - 7:30 PM

In the Moody Commons

Sing your favorite 90's songs and enjoy 90's themed snacks!
Philosophy at the University of Houston

Delivering live TV and DVR to your laptops, desktops, tablets, smartphones and TV sets anywhere on the UH campus network.

For more Info, please visit:
http://www.uh.edu/infotech/help/resident-support/philo/index.php
Description

The CDI Ambassadors are a team of student leaders who promote the University’s commitment to diversity and the creation of a global learning community. They help bring individuals and groups of students together to engage with and learn from one another. Ambassadors have multiple opportunities to develop foundational leadership skills and refine personal and professional strengths.

Role of the Ambassadors

1. Serve as a representative for the Center for Diversity and Inclusion
2. Assist in the planning and execution of the Center’s programs and services
3. Participate in Leadership Development opportunities
4. Create a sense of belonging and connectedness on campus
CENTER FOR DIVERSITY AND INCLUSION

Making Diversity an Experience

ENGAGE

CDI engages campus constituents by providing intercultural dialogues, university program partnerships, and highlighting organizations and services that promote diversity and inclusion.

EMPOWER

CDI empowers students to celebrate and appreciate their cultural heritage and others by offering transformative diverse campus programming and by providing leadership experiences that maximize their potential. The Center is an avenue for developing students’ sense of belonging.

EDUCATE

CDI educates the University of Houston campus by offering meaningful educational programs, lecture series, and workshops that advance diversity education and cultural competence. The Center also serves as a change agent in fostering an inclusive environment.

2014 Student Distribution by Ethnicity

The University of Houston is the second most ethnically diverse major research university in the United States. Students come to UH from more than 137 nations & from across the world.
CENTER FOR DIVERSITY AND INCLUSION
AMBASSADOR PROGRAM

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Frontier Fiesta
March 2016
24-26
Student-Led Student-Run
Est. 1939
28 Days 22 Hours 43 Minutes 8 Seconds

Volunteer Sign-Up

Frontier Fiesta
March for Marrow 5K
Saturday, March 26 • 9:30am

Family Fun Day
Saturday, March 26 • 12:00 - 5:00pm
Inflatables • Rides • Balloon Animals • Petting Zoo • Face-Painting • Carnival Booths • The Spirit of Houston Show

COOK-OFF and BAKE FIESTA

The Cook-Off is the largest source of community participation at Frontier Fiesta. Over forty teams from alumni associations and outside organizations come to compete in the six categories of pinto beans, beef brisket, chicken, chili, fajitas, and pork ribs. Trophies are awarded to the first, second, and third place of each category, and in addition to a trophy, for the brisket category, a $1,000 cash prize is awarded for first place, $600 cash prize for second place, and $400 cash prize is awarded for third place. Trophies and cash prizes are awarded at a ceremony held on Saturday night.
COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

CAPS promotes the well-being of the diverse campus community by providing high quality mental health services and clinical training to foster student success through self-discovery, learning, and interpersonal engagement.

Crisis Information
Crisis Intervention of Houston (713) 468-5463
Gay and Lesbian Switchboard of Houston (713) 529-3211
Houston Police Department Crisis Intervention 911
Mental Health Mental Retardation Authority (MHMRA) (713) 970-7000
Mobile Crisis Outreach Team (713) 970-7520
National Center for Victims of Crime Stalking Resource Center (800) 394-2255
National Strategy for Suicide Prevention (800) 273-8255
National Suicide Hotline (TTY Capable) (800) 799-4889
University of Houston Department of Public Safety (713) 743-3333

CAPS
Location: 226 Student Service Center 1
Contact: 713-743-5454
GET INVOLVED!

Each month we will spotlight 2 UH student organizations to help encourage students to become more involved on campus. Being involved in an organization helps to create a sense of community with a group of individuals that have common interests. Check out this month's wonderful orgs below!!!

Anime No Kai (Mu Epsilon Kappa) (ANK MEK)
Anime No Kai is made up of those with interests in Japanese culture and hopes to develop a further appreciation of other cultures. Media is one of the main focuses of this organization, as well as looking at other aspects of the Japanese culture!

We meet on Wednesdays (6:00 - 10:15 pm) at Oberholtzer Hall, and Fridays (12:00 - 5:00 pm) at the Baptist Student Ministries building.

National Residence Hall Honorary (NRHH)
National Residence Hall Honorary (NRHH) strives to recognize the top 1% of student leaders living in university housing at the University of Houston and Nation wide. NRHH encourages the development and continued commitment to leadership.
GOT EXTRA TIME BETWEEN YOUR CLASSES? APPLY NOW TO FIND THE BEST JOB ON CAMPUS!

Part-time Positions | Internships | Full-time Positions

Apply online at: aramark.com/careers
SPRING BREAK SAFETY

10 Tips in order to have a safe and fun Spring Break this year!

1. It’s important to pay attention to your surroundings so that you know where you are, how to get back to your hotel, your campsite, the main road, how to find your friends, or where to meet up when lost. Check to find out whether there are more dangerous areas you should avoid.

2. Stay wide awake and alert when driving. Sleepy drivers can be as dangerous as drunk drivers. Get enough sleep so that you feel refreshed.

3. Drinking + sun can equal a bad sunburn and an even worse hangover. Sun can maximize the effects of alcohol so keep this in mind when you party poolside or at the beach.

4. During check-in, the hotel staff should not say your name or room number aloud—if they do, you have the right to ask for another room. Also, do not leave your credit card on the counter as you fill out paperwork; you never know who is watching or listening.

5. Make sure someone at home knows your travel plans. Leave information on where you will be, how you can be reached, and make plans to check in on a daily basis.

6. If you choose to engage in sexual activities, make sure there is mutual consent, and use condoms or other barrier methods for protection from HIV and other STIs.

7. Being away from home or running on a different schedule can throw off your sleep pattern. You’ll want to fit in all the fun you can, but don’t forget to make time for some decent sleep, too.

8. For students who are 21 and older, and choose to drink, know your personal limits.
   - Use a designated driver or cab when drinking.

9. If you find yourself with someone you feel uncomfortable with, for any reason—that’s a really good reason to stick close to your friends or find another place to hangout.

10. Watch for signs of predatory drugs. When a drink is spiked with a drug like Ambien or Rohypnol (‘roofies’), most people will show symptoms like extreme wooziness, confusion, slurring speech and difficulty standing, even if they haven’t had much to drink.
MEET THE STAFF

NORTH TOWER

Shaniqia Johnson (RLC)  Quinton Rohrbough  Rocio Lopez
Makayla Gatson (SRA)   Cristhian Bueno   Quinsha Elliot
Jonathan Avila         Laiyan Loi       Pooja Ojha
Lakaya Williams         Kiana Jensen     Ethan Smith
Chandrima Dutta         Hamza Muhammad  Henson Do
                             Aditya Raj    

SOUTH TOWER

1&2 Terence “TJ” Polk
3 Abigail “Abby” Mondlock
4 Pavlo Rabkin
5 Meshal Mahmood
6 Emily Johnson
7 Trist Tran
8 Stephen Carroll
9 Efe Ajayi
10 Jonathan Chang
11 Andrew Baldmann
12 Heli Patel
13 Reagan Fredricksen
14 David Kochinski
15 Beau McGlasson
16 Gabriela “Gabby” Ledigou
17 Paul Godenitz

RLC Brian Hall
SRA Nicole Gomez