

TRANSITIONS

2020



UNIVERSITY of
HOUSTON
CENTER FOR STUDENT MEDIA

LETTER FROM THE EDITOR

DEAR READERS,



Welcome to the University of Houston. I am honored to be one of the many people who greet you as you begin your journey through college. I wish nothing but success and happiness for you as you pursue your degree and find your way through these formative years.

College is transforming to say the least. As a non-traditional student myself, I came into the University with one plan of action but have left with a totally new direction for my life, and I wouldn't have it any other way. Over these next four years, take chances. Try something new. Join the club that calls your name and even the ones that don't. Step out of your comfort zone and experience new things, new people and absorb this new life like a sponge.

With these uncertain times, we hope that you can find some sense of normalcy at the start of the Fall 2020 semester. While our world has been truly rocked by the impact of the coronavirus pandemic, as Cougars, we can all band together to push through these difficult times. Rely on the many services the University provides like Counseling and Psychological Services, tutoring and even University Career Services. Allow UH to help you through these next few years so you may come out more prepared for the world beyond this campus.

Transitions was produced with the intent to give you insider knowledge of the University. Many of those on the staff are upperclassmen who have spent the last few years trying to figure out a lot of this on our own. It is our hope that this magazine can help guide you through your first day and all the way to graduation.

We sincerely hope that this magazine offers you some assistance or answers questions you have as you ready for the start of the semester. Beyond that, we want you to know that every path is different. No college journey is perfect, but do not let the small losses diminish the many wins you will have on this adventure. Take each challenge with strides, hold your head high and always work to be better tomorrow than you were today. If you can do that, there is no stopping how high you will rise.

Congratulations on this next big step in your life, and welcome, my fellow Cougar.

Katrina Martinez, Editor in Chief

TRANSITIONS STAFF

Editor in Chief
Katrina Martinez

Assistant Editor
Jhair Romero

Chief Graphic Designer
Jiselle Santos

Staff Writers
Autumn Rendall
Gina Medina
Sofia Gonzales
Donna Keeya

Contributors
Trevor Nolley
Kathryn Lenihan

Cover Photo Credits
Trevor Nolley
Kathryn Lenihan
Lino Sandil
Jiselle Santos
Katrina Martinez

TOWER 5040
ELEVATED STUDENT LIVING

LIVE BRAND NEW
OPENING
AUGUST
2020

SAVE \$200 OR MORE WITH WAIVED SIGNING FEES!*

Instagram icon TOWER5040



VIRTUAL TOURS AVAILABLE!
TOWER5040.COM

LIMITED AVAILABILITY

*MUST COMPLETE LEASE WITHIN 24 HOURS. RESTRICTIONS APPLY. LIMITED TIME SPECIAL.



CALL US TODAY!
(281) 377-1540

TABLE OF CONTENTS

6	Get to know President Khator	Map of campus	8
10	Essential school supplies	Getting an internship	12
13	Tips for the Houston commute	Student Government	14
17	Hot hangouts on campus	Student organizations	18
21	The Quad	Cougar Cupboard	22
23	Time management	UH sports traditions	25
26	Guide to scholarships	Tips for mastering FAFSA	27
28	Insider tips for living on campus	College of Medicine	30
31	Places to study	Healthy relationships	32
33	Choosing your major	Cougar Card discounts	34
36	#DearFreshmen		



STUDENT CENTERS

CONFERENCE & RESERVATION SERVICES

The Student Centers is a multipurpose building where students can relax in-between classes, grab food & participate in various events throughout the year. Our **Conference & Reservations** team is eager to help you or your organization reserve meeting & event spaces. With 3 facilities & 19 event spaces, you'll be sure to find a place where you belong.

CREATIONSTATION

Student Centers' graphic design & print shop, **CreationStation**, offers a wide range of services including design, printing, lamination & passport photos.

GAMES ROOM

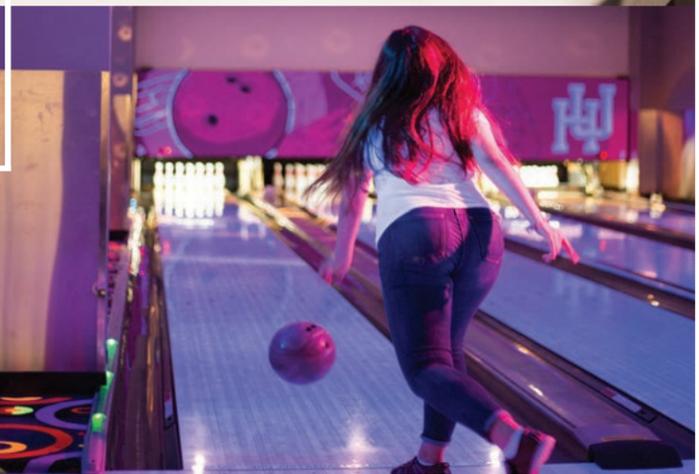
The **Games Room** offers bowling, billiards, table tennis & other amusement games! It's available for individual or group usage for open play & by reservation.

SHASTA'S CONES & MORE

Stop by **Shasta's Cones & More**, a student-run ice cream shop featuring a number of ice cream flavors, candy & beverages.







UNIVERSITY of HOUSTON
STUDENT CENTERS



Follow us @uhstudentcenter to stay up-to-date with the latest news & events happening throughout the year!

Get to know President Renu Khator: From University traditions to gardening and her dog, Ruby



Photos courtesy of University of Houston and President Renu Khator

By Katrina Martinez

University of Houston President Renu Khator leads the 46,000-student university as the first foreign-born president and second female president in UH's history.

Khator took office in January 2008 and has been a red-clad advocate of the University ever since. In her time as president, the University has expanded to almost 600 acres, earned Tier One status from the Carnegie Foundation and will even open a newly-accredited medical school this year.

Before starting on your collegiate journey with Houston, get to know the president who has worked tirelessly to elevate the University to higher academic levels.

What is your favorite thing about being the president of the University of Houston?

Khator: I love interaction with students whether it is at the beginning of the semester, or during a basketball game or at the commencement. Students are at the core of our mission, and they always recharge my battery and remind me why we are in higher education.

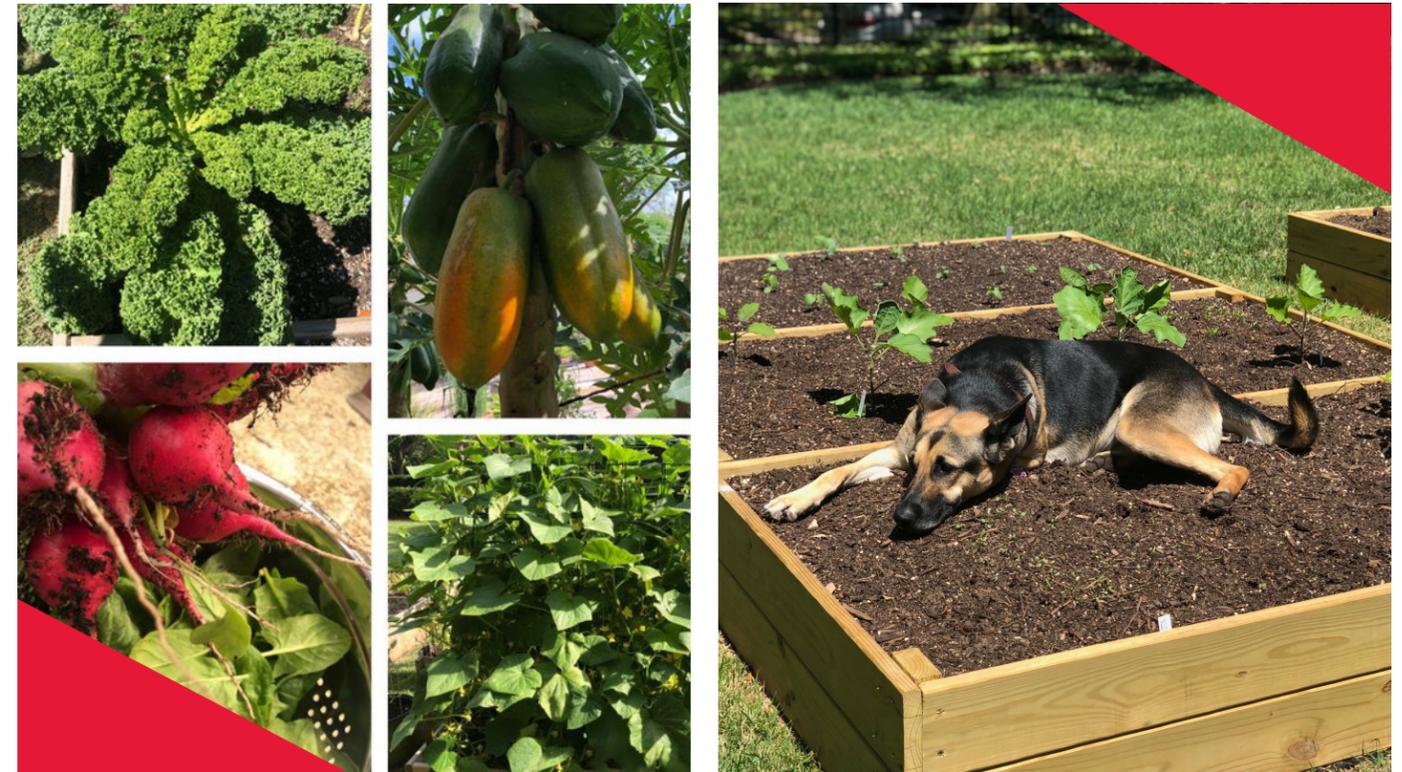
What are your favorite UH traditions? Why?

Khator: Well, flashing our special "Go Coogs" hand sign is pretty special. But I'm also a big fan of Cougar Red Fridays. It's always amazing to walk across campus and see so many students wearing our school colors to

demonstrate their spirit and enthusiasm. I had not experienced the great early days of Frontier Fiesta, but nonetheless, I still love the experience it creates for so many students and community members. Let me also point out that looking out of my office window and seeing students taking photos with the bronze cougars in front of the fountain is also one of the most enjoyable sights on campus.

Why do you think Cougar Red Fridays are important?

Khator: It's a great visual reminder that you are proud of your journey and that you are committed to completing it. I think wearing red creates a special bond and makes us a part of the big red family. By now, my entire wardrobe is red, and I love to wear it every day.



What advice do you have for incoming first-years who are starting their college careers here at UH?

Khator: We are fortunate to have you here, but you also have a great opportunity by being in a city that is global, vibrant, inclusive and entrepreneurial. There is more to learning than being in the classroom. Use your time wisely, make friends, explore the city, do an internship, have personal encounters with business leaders, volunteer for a nonprofit. All of these will enrich your experience and give you the edge you will need to beat the competition.

What goals do you want to accomplish over the next academic year?

Khator: Because of the situations presented by COVID-19, we were forced to transition classes and services online. We have learned flexibility and adaptability and have seen student needs from a very different perspective. We hope to learn from it and build a better, more resilient and more student-centered institution in the future.

What is your favorite spot on campus? Why?

Khator: Oh, there's not just one. Moores

Opera House, with its stunning Frank Stella paintings. The shady tranquility of Lynn Eusan Park. The striking design of Fertitta Center. The oversized wooden steps in the Student Center, covered with students who are studying or just hanging out. And, if it doesn't sound too conceited, I like my own office in the Ezekiel Cullen Building, where I can watch people passing by the beautiful Cullen Fountain — and smile at all those cute Food Delivery Robots lined up for their next assignment.

When it is time to relax, what do you like to do over the weekend?

Khator: My Saturdays are generally booked with fundraising and friend-raising events, but I treasure my Sundays. I like to paint, cook, read a relaxing book, but most of all, to take a long walk in the neighborhood with my dog.

What is your favorite place to eat on campus, and what is your favorite thing to order?

Khator: When the campus is fully operational — which I hope it will be again, soon — I love to stop by Fresh Foods so I can say hello to students and also check out the quality and variety of food being served. Once in a while, I like to indulge in ice cream at Shasta's Cones.

Do you have any hidden talents or hobbies that might surprise students?

Khator: I don't know how "hidden" it is since I tweet about it from time to time — but I took up gardening as a form of meditative exercise a few years ago, and I have enjoyed that tremendously. I have now grown okra plants that were nearly 10-feet tall! And if you don't believe that, I have photos to prove it. One thing students may find surprising is that I still write fiction and poetry in my mother tongue, Hindi.

What is one thing many students may not know about you?

Khator: A couple of years ago, there was a stray dog on campus, a German shepherd, that some students were trying to care for, but the Bureau of Animal Regulation and Care (BARC) finally had to take it away. I'd gotten so used to seeing the dog, I decided to adopt it. So I went to the animal shelter, picked her up and took her home. We named her Ruby — like the Cougar Red color — and she has become a treasured family member ever since. My favorite thing to ask her is, "Ruby — would you attend any other university or rather be a dead dog?" And she rolls over and pretends to be dead in one swift motion.

Buildings you need to know on campus



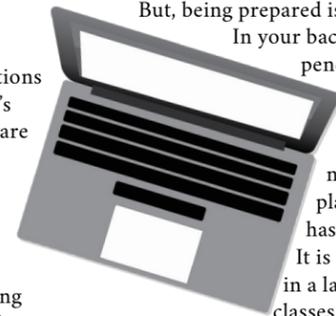
Just the essentials: Supplies you need for college

By Sofia Gonzalez

Perhaps one of the biggest questions on a university-bound student's mind is which school supplies are essential for their first year in college. In grade school, students are asked to bring mountains of supplies on the first day, which are rarely used. As newly minted penny-pinching college



students, knowing what you will actually need and where you can save a few bucks is important. Life at the University of Houston is completely different than what you may be used to. You'll likely need fewer supplies. For instance, professors may only require a textbook.



But, being prepared is a must.

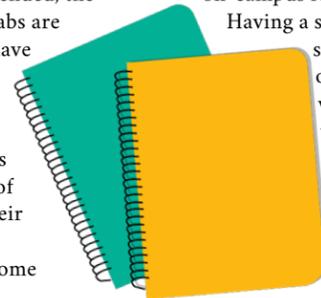
In your backpack, keeping two pencils is recommended along with two black or blue pens, a five-subject spiral notebook and a planner. This is what has best worked for me. It is also smart to invest in a laptop since many classes use online

platforms.

While laptops are recommended, the library and other computer labs are open to students who don't have access to one.

For most students, a five-subject notebook will be all they need. These spirals provide a sufficient number of pages for each subject and their corresponding notes.

Most five-subject spirals come



with folders, great for any extra papers a professor may give out. They also help with staying organized.



When utilized correctly, planners can help map out days or weeks and so you can manage time to the best of your ability.

If you're a commuter, there may be some other supplies you'll want to bring. For instance, you may want to bring your own lunch to avoid breaking the bank by buying on-campus food.

Having a small umbrella is also something students will want to have on them always, especially with Houston's unpredictable weather.

Because UH's campus is susceptible to flooding, you'll want to invest in some rain boots for when you find yourself in ankle-deep water.



GET MOVING. GET INVOLVED. GET VIRTUAL . . .

WITH CAMPUS RECREATION

WE HAVE SOMETHING FOR EVERY COOG

- | | |
|----------------------|------------------------|
| Indoor Track | Volleyball Courts |
| Cardio Machines | Sand Volleyball Courts |
| Free Weight Area | Multi-Purpose Rooms |
| Training Studio | Outdoor Leisure Pool |
| Climbing Wall | Natatorium |
| Basketball Courts | Whirlpools |
| Multi-Activity Court | Sauna |
| Racquetball Courts | Social Lounge |
| Squash Courts | Lockers & Showers |
| Cycling Studio | Day Lockers |
| Badminton Courts | Equipment Check-out |
| | Gear Rental |

PROGRAMS

- | | |
|---------------------------------|--------------------|
| Swim Lessons | Outdoor Adventure |
| Lifeguard Training | Personal Training |
| SCUBA Certification | Sports Clubs |
| Group Fitness | Youth Camps |
| Intramural Sports | Family Programming |
| Open Recreation | Member Services |
| Student Employment & Leadership | |

SUCCESSFUL STUDENTS GET INVOLVED

The college experience is more than just going to class and studying. It's the countless opportunities to Get Involved by meeting new people, connecting with your peers and discovering new interests and organizations.

uh.edu/getinvolved



@UHRecreation
STRENGTHENING THE PRIDE

UNIVERSITY of
HOUSTON
CAMPUS RECREATION

How to land your dream internship

By Autumn Rendall

Getting an internship in college is an important step to getting real-world experience in your career field, and they can provide some clarity on what you want out of your future job. Not to mention your future employers are likely to be pleased that you already have a history performing the skills they're looking for in a candidate.

As you work towards your dream career, here are some tips to help figure out what kind of internships to apply for, how to find them and how to make yourself an excellent candidate for the position.

What kind of internship do I want?

It's helpful to think of your internship as a gateway to starting your career. As you contemplate on what kind of internship to apply for, think about common

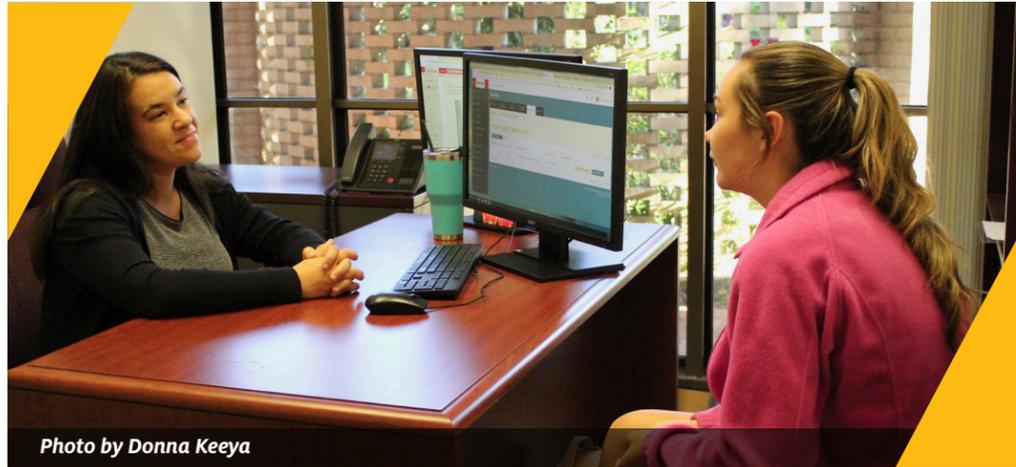


Photo by Donna Keeya

jobs for your major and the kind of work you'd be interested in doing, according to Glassdoor's guide on finding internships in college.

After you've got a general idea about what internship you could see yourself in, Glassdoor says to think about your previous experience, skill set and classes

you've taken that would prepare you for certain positions.

Another helpful way to gain insight on what internships to apply for is by speaking with a career counselor at University Career Services. Their team will help you plan out how to get an internship that's a perfect fit for your career goals.

How do I find an internship?

Students have access to a variety of tools to find their dream internship, and many of them are advantages unique to being a University of Houston student. Cougar Pathway is the University's hub for students, alumni, faculty and staff where employers post jobs and internships. After filling out your information in Cougar Pathway and submitting a resume for review, job openings and internship positions are easily searched, applied to online and where interviews can be scheduled. In addition to the Career Center website, the individual colleges may have an internship page with local or remote opportunities for students in your major.

Another helpful resource is talking and networking with your professors about possible internships that they know about or would recommend for your skill set and interests. Many professors at UH are experts in their career field and have knowledge about local employers looking for college

interns.

Professional websites like LinkedIn, Glassdoor and Internships.com not only have full-time and part-time positions listed but also a plethora of internships as well. If there is a specific company that you're looking to work for, you can even search their page on the website and see some available positions.

What can I do to make sure I land the job?

Just as you would for a normal job, it's important to have a cover letter and resume that highlight why you're the perfect candidate for the position. University Career Services has information on how to write the perfect cover letter, have a relevant resume and figure out what professional outfit to wear for the interview.

They also can help you prepare for interviews with discussions on what to expect and a mock interview. Another helpful tip for interviews: within 24 hours of your interview, Glassdoor says it's important to send a thank-you letter to your hopeful future employer.

If you get offered a position, congratulations! Make sure to keep an eye out for required paperwork to fill out, important start dates and other key information. Otherwise, enjoy the moment and learn everything you can in order to prepare for your future career.

Beginners guide to the Houston commute

By Gina Medina

Living 23 miles away from campus makes it a little difficult to run home and grab something I forgot in the morning, especially when I had to battle Houston's notorious traffic.

As a UH commuter, I have learned through trial and error what you truly need to be toting with you daily when you step on the University of Houston campus.

So here are some of the items I believe to be essential to any commuter:

Weather protection

The weather in Houston is unpredictable. It is always better to plan ahead and keep an umbrella in your car, maybe even keep a rain jacket and an extra pair of shoes in there while you are at it. You may even want to get in the habit of checking the weather before you leave and plan to bring rain boots if it's looking like rain.

Sun protection

If you are blessed enough to take an 8 a.m. class*, chances are that you will catch the sunrise,

which means the sun will be in that sweet spot where the visor doesn't quite cover it and will proceed to completely blind you. Protect your eyes with sunglasses. Also, add a little sunscreen to your hands if you are feeling your skin wither under the blistering sun.

*Don't take 8 a.m. classes if you don't like waking up early.

Comfort for days

Days will come when your classes will get canceled or you will have a break and you will want to take a nap. Pack a pillow and a blanket on your trunk so you can comfortably snooze in the back of your car whenever you need to, just make sure you set an alarm for your next class!

Traveling wardrobe

Maybe you are not feeling the fit anymore; maybe you had a long day and want to be in sweats; maybe you are cold and need a jacket. Have a bag with comfy clothes in the back of your trunk. Your pair of sweatpants or leggings and a hoodie will save you one day. Also, a back up shirt or two for when you inevitably spill sometime on yourself while eating in your car or running to class will ensure

you don't spend the rest of your day smelling like a breakfast taco or Starbucks coffee.

Snack time

Trust me, there will be days when you are so late you forget to have breakfast and having a few granola bars in the car will ensure your stomach doesn't growl in the middle of class. Also, consider that buying snacks in bulk is cheaper than buying them individually from vending machines on campus. So, for all students on a budget, this will save you big bucks in the long run.

Toiletries on the go

Keeping a spare deodorant, maybe some perfume or cologne and a toothbrush and toothpaste will save you from the all nighter in the library you pull during finals. Also, remember those spare clothes? Yup, they will make you feel like a brand new person, just make sure you shower when you get home.

After all of this, if you feel like you are getting ready to live out of your car, perfect! I have done my job! Being a commuter will probably mean you spend a lot of time in your car, so why not make it as comfortable as possible? Lastly, be sure to drive safe.

LGBTQ RESOURCE CENTER

"...empowering LGBTQ students to develop their authentic identity, and become proud, successful, engaged members of the UH community."

Programs

- Discussion Groups
- Social Mixers
- Mentor Program

Transgender Affairs

- Preferred Name on Cougar Card ID
- Preferred Name on Class Roster
- Single Stall Restroom Map



LGBTQ Resource Center

Student Center North,
N201

Monthly Newsletter!

www.uh.edu/LGBTQ

UNIVERSITY of HOUSTON



WEEKS OF WELCOME



August 20 - September 5
uh.edu/wow



Meet the 57th Student Government Association president and vice president



SGA President Jasmine Khademakbari

Photo by Kathryn Lenihan

By Katrina Martinez

In February, Jasmine Khademakbari and her running mate Hiba Rashid, of the Students Unite party, ran for Student Government Association president and vice president. The Students Unite party ran as one of the largest in SGA history, which allowed them to secure most of the available seats in the election.

Khademakbari and Rashid won the executive election with about 60 percent of the vote—earning nearly double that of the second-place candidate.

Despite the coronavirus pandemic, which shutdown the University of Houston and most of the country in mid-March, the 57th administration has hit the ground running. SGA meetings have been held via Zoom because of the need for social distancing.

Khademakbari took a moment to answer some questions about her experience over the last few years and what she hopes to do during her year in office:

What is the job of the president?

Khademakbari: The Student Government Association is first and foremost an advocacy organization. We serve as the representatives of the student body and help bridge the gap between students and university administration. I work alongside my cabinet and university administration to make long lasting improvements to campus and student life. In meetings I have with university representatives, I serve as the student voice.

What do you want to accomplish this year?

Khademakbari: The University of Houston has the privilege of being one of the most diverse universities in the nation and as a result, the relationships you develop will likely be from people who are very different than you. Whether you are a first generation, transfer or international student, UH accepts you and makes you feel like you belong. This year I want to put an emphasis on these students, those who at other schools are often underrepresented. I am working on creating mentorship programs for these students to show them that at UH their success is a priority. While the academic success of students is always the priority, a college campus should be a safe place for everyone. That means my administration will be continuing Cougar Pack, to ensure that commuter students can safely get to their cars after a long night of studying and also collaborating with organizations to hold events that help end the stigma around discussing mental health and sexual assault. As the world around us progresses towards being more conscious about its carbon footprint, our university should too! We will be working

on creating a Green Fund that will allocate funds towards sustainability projects on campus! Over the years its been said that UH is transitioning away from being solely a commuter campus. More and more students are wanting to live on campus but housing prices are progressively getting higher. As new residential areas are built I am focused on advocating for these new residential areas to be affordable, especially as they seek to replace the more affordable places to live on campus.

What experience do you have with student government?

Khademakbari: I ran for College Natural Sciences and Mathematics Senator with a small party last year. I wanted to be involved with the organization that made real changes on campus. I was lucky enough to win my seat in the senate that year and with my big ideas to improve campus life, I was appointed the Chair of the Student Life Senate Committee. There I was able to collaborate with my fellow senators to write legislation to help students like the Transfer Student Helpful Tip Sheet as well as legislation like the Appointment Transparency Act and the Legislative Accountability Act that led to the first ever Senate transition documents to be written. I was given the opportunity to plan the Scare at the Student Center event that attracted over 200 attendees to raise awareness of the SGA on campus. One of the best things about being committee chair is being able to work on improving legislation written by your peers. To see legislation written, improved and eventually passed to become a reality is truly one of the most gratifying experiences.

What are you most proud of from your time in student government?

Khademakbari: I am most proud of the SGA I was able to create over the past year. When you run for student government, the most important thing aside from your platform is your team. Who you recruit to run for Senate is crucial. I

knew that if I wanted to win and see my initiatives become reality, I had to recruit a team of dedicated and passionate student leaders. I spent months preparing my platform and reaching out to students who shared my passion for positive change and who had compassion for students whose problems they may have never faced. I recruited students that I felt represented the student body at UH and who could represent students whose interests have not always been prioritized. When I got in office and new positions became available, I filled those seats with students who share these same values, whether they ran with me or not. I am proud that this SGA is made up of a team of senators who are dedicated to making changes and working together. The success of our administration will not be dependent on me or any individual great senator, it will be a collective effort sustained by the dedication of every member of our organization. I see this cohesiveness in my SGA and that is what I am most proud of and will continue to be most proud of.

What do you plan on doing differently from the previous administration?

Khademakbari: Teamwork is a big priority for me, I have seen how successful a dedicated can become and hope to continue to prioritize this in the SGA by bridging the gap between the Executive branch and the Senate. I want senators to see their initiatives get done and help me with mine. For me that means bringing them to meetings to meet with administration and learn things about the university they would not have known otherwise. It also means encouraging collaboration between members of the executive and the senate. I want every member of the senate to feel like they helped to accomplish something at the end of the administration.

Why did you want to be SGA president?

Khademakbari: Truly I didn't want to be SGA president. When I joined SGA I wanted to be a good

senator. I felt I had a responsibility to the students who elected me to work hard and truly earn their votes. As I did that, I was noticed as a hard worker and dedicated to the organization. I was asked to run as someone's Vice President. As we were planning our campaign, our Presidential candidate had to leave the University and handed the Presidency to me if I wanted it. I decided to run because I felt I could do the job well and had the best interests of students at heart. I knew my strengths as a person could make me a good leader and I took a leap of faith. I never expected that I would be SGA President. I never expected that I would lead the biggest team in SGA history or win by the biggest margin. My focus was always just to be a good senator and now, my focus will be to be a great President.

What advice do you have for first-year students?

Khademakbari: Don't focus on

who you are, focus on who you want to become. In college, you have the opportunity to rewrite your history. Your life will change, the people around you will change and who you are will change. Be open-minded to that change and believe in yourself. Have the courage to get involved, it will not only help you in your future career, it will connect you with others who value the things you value and give you leadership skills that you will use for the rest of your life. Do not be discouraged by setbacks, you will move on from them, learn from them, and be better because of them. Surround yourself with people who in some way or another inspire you. Never let anyone put you in a box, you and only you decide who you are going to be, don't let others underestimate you or tell you who you are, have the courage to decide for yourself.

SGA continued on page 16



FIND YOUR SPACE.

BE AT HOME.



Apply today at uh.edu/liveoncampus

- Log into your AccessUH and select the MyHousing icon
- Complete your application & submit your \$50 app. fee
- Electronically sign your housing agreement

Questions? Contact us at 713-743-6000 or housing@uh.edu

SGA

continued from page 15

Rashid joined the party just weeks before the end of the campaign due to a sudden change their party's plans. Although it was unexpected, Rashid was happy to take on the responsibility and serve her fellow students. She has grown passionate about the organization and hopes to serve the needs of her peers any way she can.

Rashid also took some time to answer questions about her her goals for the coming year:

What is the job of the SGA vice president?

Rashid: The job of vice president includes appointing students to University Committees. I take this especially seriously because it is essential that the student interest is represented. These committees make decisions about campus life that affects the everyday life of students at UH.

The vice president also serves as an ex-officio member on all University Committees.

I also work with the president and chief of staff on the initiatives that we ran on during the campaign as well as initiatives of my own.

The most important job of the vice president is understanding students' needs, even when he/she can't relate. It's very common for a student to come to SGA with a problem that most students don't think about, and in these situations especially, it's essential to empathize and advocate for their needs.

What do you want to accomplish this year?

Rashid: As an education major, I learn a lot about the lives of all students, as well as students with disabilities. People with disabilities are the largest minority group in the United States and making campus a better place for all students is very important to me. Inclusivity and accessibility are my main goals when it comes to improving campus life.

I also want to work on sexual assault awareness on campus, specifically prevention, as well as provide survivors with the support and resources they need.

Low-income students often choose not to live on campus because of how high prices are for on-campus living. Our administration hopes to make housing and dining expenses more affordable so more people have the option to live on campus.

Civic engagement is really important, and I hope to get people involved in American elections as well as SGA elections. Young people are the future, and voting helps us ensure the future is one we will be proud of.

What experience do you have in student government?

Rashid: I had zero previous experience with



SGA Vice President Hiba Rashid

Photo by Kathryn Lenihan

student government before the campaign! The people I've met since I got involved with SGA are inspiring and I can't believe I didn't know about it before. I definitely wish I got involved sooner.

What are you most proud of from your time involved with student government?

Rashid: I'm very proud of everyone's hard work on the campaign. We all worked literally day and night and I'm so glad it paid off. Every day that I get to work with SGA is a privilege and I'm so thankful for that.

How do you and the president plan to work together to accomplish your goals this year?

Rashid: The simple answer is we meet with administrators to discuss how to push our initiatives through. In fact, we already have the International Students Mentorship Program ready and hope to pilot it this fall. The more complicated answer is that we have to find the money to fund initiatives and projects that we believe the student body wants/needs. We collect data through surveys and get as much student input as we can and take it to the relevant people who can help us accomplish that particular goal.

How will this administration be different from previous years?

Rashid: As I was not involved or aware of past administrations' work, I can't personally compare our administration to them. However, we do hope to be much more involved with students and make changes that would make their campus experience as safe and affordable as possible.

Why did you want to be SGA vice president?

Rashid: I wanted to be SGA vice president because students deserve to have a representative who understands what they're going through. Also, Jasmine is an incredible person and is going to do great things. I couldn't pass up the opportunity to work alongside her and be her VP.

What advice do you have for first-year students who are just starting their college journey?

Rashid: I recommend getting involved with SGA, especially the Emerging Leaders program. The chief of staff and deputy chief of staff have a lot of exciting things in the works for the program, and I don't want anyone to miss out. Not only is it a great opportunity, but it's also an automatic campus family. People in SGA are incredibly kind and friendly, and that can be very comforting when you're new on campus.

How to get involved with SGA

Log into your AccessUH account

Click on the Get Involved icon

Search for the Student Government Association

Click "Forms" to see any vacant positions available.

The hottest spots to hang out for you and your crew

By Autumn Rendall

As busy as you'll find yourself in college, you're bound to make some new friends and have some fun times along the way. The city of Houston has so much to offer friends looking to have some fun on the weekend, or as soon as you're all done with your exams, but there's plenty of great spots to hang out on and around campus.



Photo by Kathryn Lenihan

The Nook

Right across from the University Lofts, this art-filled coffee shop provides a fun, welcoming environment for students. Friends can sit around and chat with a round of lattes, play one of the many board games available or sit outside on the back patio and enjoy some vegan snacks.

Study rooms in the library

If you and your friends want to spend some quality time together but still need to hunker down and study, renting out a study room at the library is a great solution. The rooms are available for four hours at a time, and most have a whiteboard or PC-connected screens.

Pink's Pizza

This fine establishment is also just across the street from the University Lofts and is a perfect gathering place for friends looking to get a bite of some mighty-fine pizza or to catch a game on TV.

Student Center South

It's rare that you'll see Student Center South without a crowd during the school year, as it's home to many restaurants, the campus bookstore and even a bowling alley and game

room. Playing a game of bowling with your friends after a great dinner makes for a fine Friday night.

Cougar Grounds

This campus coffee shop, which is student run, has a special place in the hearts of many in the University community. With a calm, cool atmosphere, Cougar Grounds is a wonderful place to catch up with a friend over a cup of tea or grab an iced coffee to handle a major study session.

Cullen Fountain and Reflection Pool

If it's a perfect day outside and you and your friends are looking to get some fresh air, look no further! The Cullen Family Plaza Fountain is an iconic part of campus. Students can set out a blanket on the grass, and watch the day go by.

Lynn Eusan Park

This on-campus park is in honor of the University's first African American homecoming queen. When the weather feels great outside, students can go for a walk or possibly attend one of the events held there at different times throughout the year.

Baylor College of Medicine

TEEN HEALTH CLINIC

AGES 13-24

FREE PRIMARY AND REPRODUCTIVE CARE

CALL NOW (713) 440 7313

www.bcm.edu/healthcare/care-centers/teen-health-clinic

FREE SERVICES INCLUDED

- Birth Control
- STI Screening and Treatment
- Mental Health Screening

Getting involved with the perfect student organization on campus is important to your college experience



Photos by Trevor Nolley

Interested in joining a student organization? Check out the types we have!

- Religious/Faith**
Young Life and Chi Alpha are some of the popular religious and faith-based organizations on campus
- Academic**
Be part of organizations with students who share the same major as you and share similar career interests such as the American Marketing Association (AMA)
- Cultural**
These organizations celebrate specific cultural groups on campus such as the Association of Latinx/Hispanic Advocates and Allies
- Student Government/Political**
Have an interest in politics and government? Join the Student Government Association (SGA) and political organizations on campus
- Social**
Organizations such as the Student Program Board (SPB) plan events for the campus, like concerts and movie nights for students to enjoy
- Media**
Students can join organizations that produce campus media such as The Cougar, CoogTV and Coog Radio
- Community Service**
Help out your community and volunteer through organizations such as the Metropolitan Volunteer Program (MVP)
- Sororities and Fraternities**
Be part of the Multicultural Greek Council, United Greek Council and the National Pan-Hellenic Council fraternities and sororities
- Recreational/Sports**
Students can join recreational and intramural sports, if they have an interest in sports and fitness

Graphic by Jiselle Santos

By Donna Keeya

With over 500 registered student organizations on campus, there are many different ways for students to meet new people and make a difference at the University. Through the Get Involved portal on the AccessUH website, students can browse different organizations and find what interests them.

Organizations can vary from academic to pre-professional, cultural, special interests and more. Through organizations, students can build the skills and resume experience they need for future careers, create a network of peers who have common interests or just find people to socialize with.

Students of all majors can find an academic organization that will connect them to students with similar career aspirations. The C.T. Bauer College of Business hosts Bauer Rush Week each semester allowing students to explore different business organizations and find the right one for them. Alpha Epsilon Delta is an example of an organization targeted towards STEM majors, serving as a pre-med national honor society on campus.

Cultural organizations like the Association of Latinx/Hispanic Advocates and Allies are environments where students come together and celebrate specific cultural groups. There are organizations dedicated to many different cultures, creating inclusive environments for

all students. The Multicultural Greek Council, United Greek Council and the National Pan-Hellenic Council all host fraternities and sororities dedicated to various cultures and ethnic groups.

Some student organizations, like the Hispanic Business Students Association, overlap academically and culturally, promoting both categories. There are also pre-professional organizations dedicated to embracing cultures while preparing for professional schools, for example the Black Pre-Law Student Association.

The Center for Student Media includes The Cougar newspaper, CoogTV and Coog Radio, three student organizations that get students involved in producing campus media.

Ranging from The Squirrel Society to the Blaffer Art Museum Student Association, there are many student organizations narrowed in on students' special interests. In these groups, students can get together to socialize with their peers outside the classroom.

The Houston Panhellenic Council and the Inter-fraternity Council hosts sororities and fraternities that are not culturally centered for students. To get involved in these organizations, students should visit the UH Center for Fraternity and Sorority Life's website for registration information.

The Activities Funding Board, Homecoming Board, Council for Cultural Activities, Metropolitan Volunteer Program, Frontier



Fiesta and Student Program Board are the six university sponsored organizations. These major organizations receive funding from student fees to host programs and provide opportunities for all of the UH student body. The Student Government Association is a University sponsored organization of students who advocate and pass legislation in the interest of other students.

STUDENT LIFESTYLE Redefined

GATEWAY ON CULLEN

GATEWAYONCULLEN.COM 281.547.1284

CAMPUS SHUTTLE 713.893.3784

1,2,4 & 5 Bedrooms

Top Rated Fitness Center

LIVE LUXURY *in Houston!*

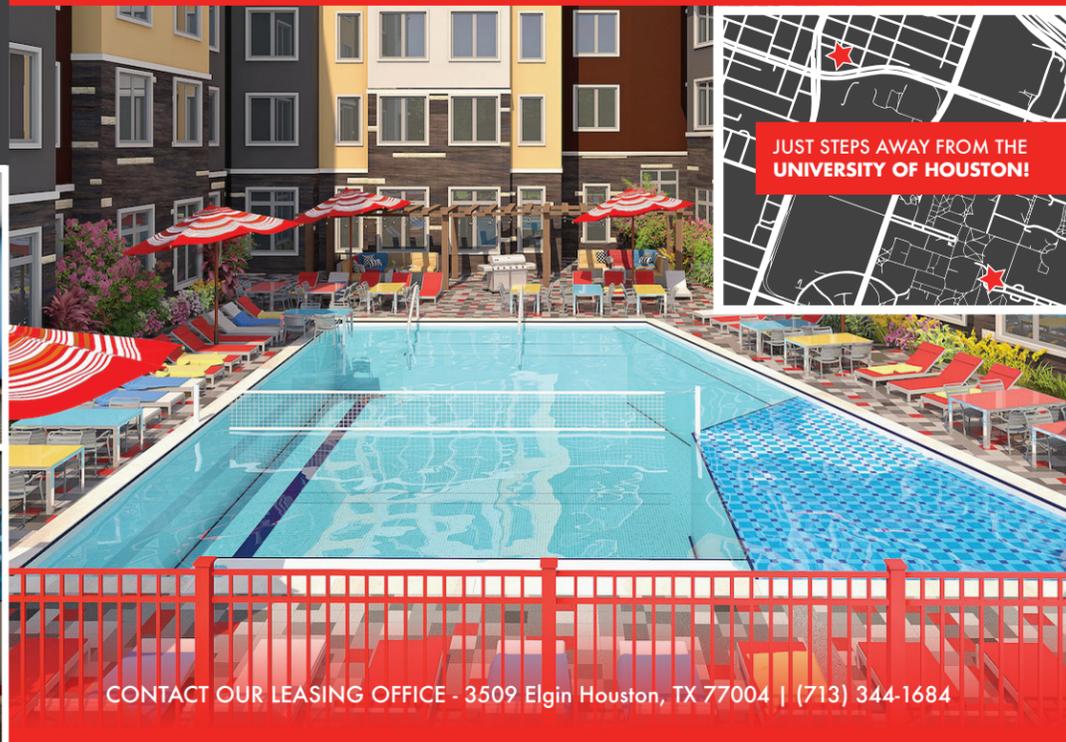
SIGN FOR \$0 DOWN WITH WAIVED FEES!



PREMIER STUDENT LIVING

- NEW GENERATION CLUBHOUSE • RESORT-STYLE POOL • GAME LOUNGE • POOLSIDE SWIM UP CABANA WITH GRILLS • DELUXE THEATER • STATE OF THE ART FITNESS CENTER • STUDY ROOMS • FULLY FURNISHED UNITS • PRIVATE BEDROOMS & BATHROOMS • STAINLESS STEEL APPLIANCES

THE LOFTS
THE ICON
PREMIER STUDENT LIVING



JUST STEPS AWAY FROM THE UNIVERSITY OF HOUSTON!

CONTACT OUR LEASING OFFICE - 3509 Elgin Houston, TX 77004 | (713) 344-1684

The Quad: UH's newest residence hall debuts Fall 2020

By Sofia Gonzalez

A new school year brings in new opportunities for students, some of which include a new space for students to call their home.

This fall, the University of Houston is opening The Quad, a new student housing option that includes 1,189 additional beds, seven townhomes and five unique courtyards.

These new student living quarters are named after the residential area, the Quadrangle, which opened at UH in 1950.

They were the oldest student living buildings UH had and were demolished in 2015 as a part of the UH Master Plan.

The Quad will be the newest living on campus, boasting a sleek, modern look.

It will offer many amenities for students, such as a 24-hour help desk, a computer lab, study rooms, fitness room, a main lounge with multipurpose rooms and a laundry facility.

The Quad also features multiple courtyards named after the former residence halls that once stood there.

There will be two portions of The Quad available: a residence hall and townhomes.

The townhomes are reserved for the Living Learning Communities, while the residence halls are available to all eligible students.

Unlike other student living areas on campus, where most have a first-come, first-served rule for leasing, The Quad has a randomized selection process due to the expected popularity of it.

If a student is interested in living here, they must submit an interest form, using their myHousing portal on AccessUH and will be contacted if chosen.

For a student to live at The Quad, they must be a sophomore or higher, or age 20 by September 2020, or a returning student, participating in Priority Room Selection.

The residence halls include



Photo courtesy of the University of Houston

suite-style living.

They include four private bedrooms and one bathroom, full size beds, one closet, desk, a desk chair, and dresser per bedroom. Rooms also include a modern kitchenette with a sink, microwave, refrigerator and a small living area with a sectional.

The townhomes include all the same amenities, except they provide a large community kitchen and a large community living area.

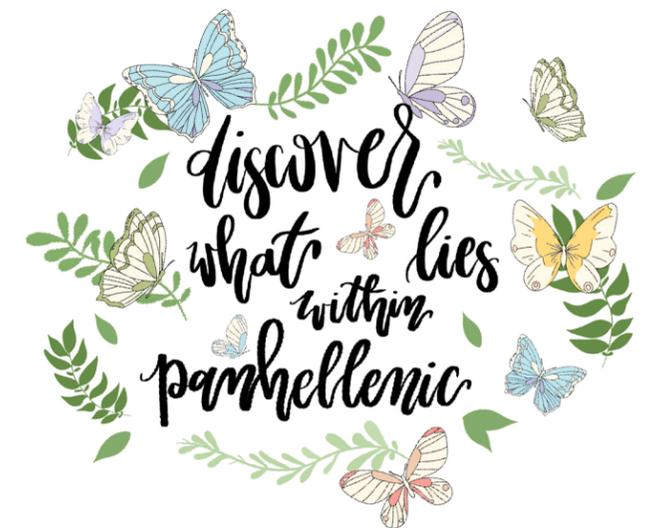
The kitchen includes two refrigerators, stoves/ovens, microwaves and sinks.

Those living in the residence halls are required to purchase meal plans, and those within the Living Learning Communities have an option of whether or not they want a meal plan.

A four-bedroom, one-bathroom suite in the residence hall will cost \$4,250 per term per person for the 2020-21 academic year.

For Summer 2020, the rate is \$2656 per person. For a townhome, the cost is \$3,800 per term per person for the 2020-21 academic year and \$2,375 per person for Summer 2020.

PRIMARY SORORITY RECRUITMENT FALL 2020



ΑΧΩ • ΧΩ • ΔΓ • ΔΖ • ΦΜ • ΣΚ • ΖΤΑ

APPLICATIONS OPEN MAY 1ST AND CLOSE SEPTEMBER 9TH

UH.MYCAMPUSDIRECTOR2.COM/LANDING/

@UHPANHellenic

WWW.UHPANHellenic.COM

Cougar Cupboard aims to help students in need

By Sofia Gonzalez

Busy schedules and tight budgets are synonymous with college students—both of which can lead to food insecurity, or the inability for students to have the resources needed to fuel their academic success.

To combat this, the University of Houston has partnered with the Houston Food Bank's Food for Change program to create Cougar Cupboard, a food pantry aimed to help all undergrad and graduate students.

"Food insecurity is associated with reduced academic performance and lower rates of degree completion. At UH, we believe sharp minds are powered by healthy bodies," said Richard Walker, UH vice president for student affairs and enrollment services in a written statement. "We are committed to supporting not only the academic needs of our students, but even their most basic needs, including proper nutrition for those who are struggling."

Although no direct surveys have been taken from UH to have an accurate number of students suffering from food insecurity, other universities have conducted them and proven the severity of it.

In the fall of 2018, nearly 86,000 students from 123 colleges and universities participated in the #RealCollege survey created by the Hope Center for College, Community, and Justice, which looks at basic needs security among college students. They estimate 41% of four-year university students who responded to their survey are food insecure.

The Houston Food Bank partners with economic programs, which are aimed at shortening the line at hunger relief charities by helping clients and families achieve financial stability. If an individual is participating in a job training, financial literacy, or education program at one of Houston Food Bank's economic partners, they are eligible for a food scholarship.

"The food is utilized to help the students by alleviating some of the

stress around where food is going to come from and to decrease the amount of money that would've gone towards purchasing food," said Katherine Tong, Houston Food Bank's economics partnership manager. "Now, that money can go towards paying tuition or paying for books and materials and all the expenses that come with pursuing a degree or pursuing education."

Cougar Cupboard gives students the opportunity to take home 30 pounds of free food every week. In addition to a diverse food selection, they also provide students with household items, such as light bulbs, diapers, and paper towels.

"This food pantry helps me take away my focus from finance and how I'm going to feed myself while studying," said Leith McGuire, senior at UH. "It gives me the opportunity to access more nutritious foods. In the past, some weeks it may have only been ramen noodles, but with this pantry I have access to all the nutritious foods that the city of Houston does."

In order to utilize the cupboard, a student must first attend an orientation. They are held from 2-3 p.m. on Tuesdays, or from 11 a.m. to noon on Wednesdays.

"During orientation we go over a quick PowerPoint, explaining what the pantry is and what the poundage limit is and other things like that," said Cougar Cupboard's Student Assistant Jessica Haney. "The students then fill out a few forms and we give them a card with their number on it, and they have to present it in order to use it."

The Cougar Cupboard is helping more than 250 students.

"It's really great to see it coming together, with successful distributions and seeing students utilizing the Cougar Cupboard," said Tong. "We're also going to be introducing other services such as nutrition education. It's really exciting for us to be able to support the UH community."



Photo by Kathryn Lenihan

UNIVERSITY of HOUSTON
STUDENT HEALTH CENTER

**YOUR CAMPUS RESOURCE FOR CONVENIENT,
HIGH QUALITY HEALTHCARE**

Your Health. Your Choice. Your Future.

General Medicine

Women's Health

Orthopedics

Psychiatry

Laboratory

Immunizations

Campus Pharmacy

Limited Telemedicine

No Insurance Requirement

Healthy Coog Patient Portal

713-743-5151
uh.edu/healthcenter

Time management: a job all on its own

By Sofia Gonzalez

Deadlines, projects, student organization and hanging out with friends—so many responsibilities, yet so little time.

Students may have jobs, be involved in extracurricular activities or may just want to stay fit—all while having to maintain their GPA. However, this may be difficult to accomplish as a freshman while learning to juggle a whole new schedule and adjust to the newfound freedom that college brings.

The freedom you are met with in college spawns laziness for some, while others simply do not understand how to take on all their responsibilities at once.

Time management is the process of planning and organizing one's day or week. By perfecting time management, you will understand how much time you spend in class, doing homework, at work and when you're available for a much needed hang out with friends. To do this, a planner is crucial.

College students can easily navigate their daily schedules with the help of a planner.

When used correctly, a student can map out their day to day routines, helping them stick to a certain timeframe for each subject or activity that needs to get done. Many students, including myself, have found this helpful when needing to manage time.

So, you bought a planner, but how exactly do you utilize time management? Here are some tips:

First things first, create a plan with goals. For instance, maybe your goal is to get an A on your biology test. Your plan to accomplish that could be scheduling three study sessions per week until the test date. Having a goal in mind and creating a plan to get there will help you stick to it. It is also important to get into the habit of setting time limits, so you do not overwork yourself in one area.

Lastly, limit time wasted. In college, there is no one telling you to do your homework and allowing you permission to hang out with whomever—whenever—but students must remember to put their studies first and limit time spent with friends. Also, limit time on social media or Netflix. Instead, let an hour of screen time be an incentive to finish



Graphic by Jiselle Santos

schoolwork or study session.

Implementing time management skills may be tricky, and it can be difficult to commit to a schedule without someone breathing down your neck. Once you begin to utilize skills, you will see your productivity improve, you will be in command of your time and will be more likely to succeed in your pursuits of a degree.



Introducing COOG\$ave!

UH Student Centers has partnered with PerksConnect to create a program that offers UH students, faculty & staff a wide range of discounts and promotions from local and national businesses. Membership is FREE and does not expire!

HOW TO SIGN UP



Go to UH.EDU/STUDENTCENTERS/COOGSAVE

Click on **START SAVING**, where you will be redirected to PerksConnect's site.

Click on **ACTIVATE YOUR ACCOUNT NOW** above the login bar.

Fill out the form and press submit!



Open the perksconnect app.

Click **REGISTER**.

Enter the group code for your corresponding category:
COOGSAVESTU (student) | **COOGSAVEFS** (faculty/staff) | **COOGSAVEALU** (alumni)

Fill out the form and press submit!

◆◆◆ Brought to you by the Student Centers | [f](https://www.facebook.com/uhstudentcenter) [i](https://www.instagram.com/uhstudentcenter) [t](https://www.tiktok.com/@uhstudentcenter) [@uhstudentcenter](https://www.twitter.com/uhstudentcenter) | uh.edu/studentcenters/coogsave

22

23



Photo by Trevor Nolley

Your introduction to the world of UH's sports traditions

By Jhair Romero

With nearly 100 years under its belt, the University of Houston is chock full of traditions and customs that have dominated the way of campus life and school spirit.

It's no different when it comes to UH athletics.

Here are just a few traditions you should know before your first year supporting the Cougars:

Womp Womp

Imagine it: You're having the time of your life at your first UH football game at TDECU Stadium.

Then, the Spirit of Houston's bass starts booming throughout the stadium, and it can only mean one thing — Womp Womp is about to come on.

Easily the most popular hype song at UH, Womp Womp is a staple at most athletic events.

It's easy to participate.

Start off by spelling out "C-O-U-G-A-R-S" to the rhythm of the horns as you wave your Cougar Paw from one side to the other.

Follow up with a "Who we talking 'bout? We're talking 'bout the Cougars!" and you have it down.

Who's He?

There is no better way to greet the visiting team than refusing to acknowledge it exists.

For this pre-game basketball tradition, pick up a copy of the Game Day Edition of The Cougar, UH's student newspaper, in the student section at Fertitta Center before the game.

Visiting lineups are always announced first, so when you hear the unfamiliar names, open up your copy of the paper and start to read.

Every time a visiting player's name is announced, yell, "Who's he?" Then, just to rub it in, follow it up with, "He's a scrub!"

When it's time for the Cougar's lineup to be announced, fold the newspaper in half, rip it up, and throw it in the air like confetti to celebrate.

Shasta

The cougar became UH's mascot,



Photo by Katrina Martinez

albeit unofficially, when The Cougar newspaper began as the first extracurricular organization on campus in 1928.

But it finally got a name in 1947 when, in collaboration with the Alpha Phi Omega fraternity, The Cougar held a naming contest for the mascot.

Then-student Joe Randol, out of over 200 submissions, won the contest with the famous lines that have etched him into UH lore.

"Shasta (She has to)," his submission read. "Shasta have a cage, Shasta have a keeper, Shasta have a winning ball club, Shasta have the best."

Now, you'll see Shasta and Sasha, his counterpart, roaming the sidelines and student sections at most sporting events on campus.

Believe it or not, there was once a time when a live cougar lived in "Shasta's Den," a caged enclosure at the southwest corner of Lynn Eusan Park.

But the current live mascot, Shasta VI, lives at the Houston Zoo, and when your time at UH comes to close, he will spend the night before your ring ceremony blessing your class ring inside his enclosure.

UNIVERSITY of HOUSTON
CENTER for DIVERSITY & INCLUSION



MAKING DIVERSITY
AN EXPERIENCE

Student Center South - Suite B12 - 4100 University Dr - Houston, TX 77204

Paying for college, one scholarship at a time



Photo by Trevor Nolley



Graphic by Jiselle Santos

By Gina Medina

As you embark on your college career, which is probably one of the most expensive journeys you will take on in your life, I want to tell you that there are plenty of resources available through the University of Houston to make it more affordable. UH offers many scholarships and has them broken down into nine different categories. So, let us dive into to these categories:

State-funded scholarships

These are scholarships funded by the state of Texas, as the title so eloquently states. This type of scholarship usually requires applicants to be Texas residents, have a certain GPA or be in a specific degree program. However, there are a few exceptions where applicants can be from

other countries or be enrolled in any academic program.

University-funded merit scholarships

These scholarships are awarded exclusively to incoming freshmen. Most of these scholarships are given based off GPA, test scores or class rank. Most of these scholarships don't require an additional application, meaning you are automatically considered if you meet the qualifications, deadlines and academic merit requirements.

University-endowed and privately funded scholarships

These two types of scholarships are similar, but they have their own categories. These scholarships are created when generous individuals or organizations give the University of Houston money to be given to be awarded to students who meet the requirements. Since these scholarships are funded by different people, the requisites vary for each scholarship.

Undergraduate research scholarships

These scholarships are designed to encourage students to participate in undergraduate research. They require students to be involved in a research project with a member of UH faculty and also to be at least a sophomore.

Learning abroad scholarships

These scholarships are offered for any student who is planning on taking courses in a

different country. The office of Learning Abroad is there to help you plan your trip and make it as affordable as possible. Pay them a visit if you are thinking of studying abroad!

College-specific scholarships

Most of the colleges in UH offer specific scholarships to their students. Since each college is different, they all have different requirements and eligibility specifications. To apply, visit the website of the college you are part of.

Scholarships for transfers

These scholarships are exclusively for transfer students who meet specific requirements at the time of transferring to UH.

International student Scholarships

These scholarships are offered to...come on, I'll give you three guesses. You guessed it, international students! This means you do not have to be a U.S. or Texas resident to apply!

Outside scholarships

If you are granted any scholarship outside of UH, make sure to follow the proper protocol to ensure you receive it.

While many of these scholarships are offered through or in partnership with the University, there are so many more scholarships available to students. Usually these can be found with a quick search on the internet or through websites like scholarships.com. For more information on these scholarships, visit the UH scholarships website.

Understanding FAFSA: Tackling it like a pro

By Gina Medina

Maybe you are a first-generation college student, maybe you have never heard of FAFSA before or maybe you are just a little confused on how financial aid works. No matter what boat you are in, I think we can all agree that a bit of help can't hurt.

First, I think it is important to explain what FAFSA is. Free Application for Federal Student Aid, or FAFSA, is a fancy title for the application that determines if you qualify for financial aid from the government. Around 59% of UH students receive some kind of need-based grant, according to USA today, which means that most of your peers are in the same boat as you, so if you have any questions, odds are a friend can help you. However, I highly recommend that you visit the Office of Scholarships and Financial Aid for any inquiries you may have.

Through my own personal experience, I have compiled some advice for students who must tackle the FAFSA application process:

Know your deadlines

FAFSA applications open every year October 1 and close January 15 for state grants and June 30 for federal grants the following year. The easiest way to file on time is to do it on October 1. When you file early, you won't have to worry about missing deadlines and more importantly, the earlier you file, the more money you are likely to receive. Write it on your phone calendar and set a reminder for every year until you graduate, it will save you so much time and money.

Check AccessUH

Your student portal in Access UH will have a to-do list of items you need to complete. If you are selected for a verification process, like I am every year, you will have a list of items you need to upload in addition to your filed FAFSA application. These documents



Graphic by Jiselle Santos

will go directly to the University and the to-do list will most likely have a link to the form you need to fill out. The verification process sounds scary and a bit overwhelming, but as long as you submit all of the forms they ask for, you will be fine.

Ask questions

The Office of Scholarships and Financial Aid is there to help you. If you have any questions over grants or scholarships you can either send them an email or visit them in person at the Welcome Center. Be patient and friendly, they have a lot of students, and even parents, with questions. They are overwhelmed too, so please be nice. Also, check their website first, you may be able to save yourself a trip to their office by looking online and searching for your questions.

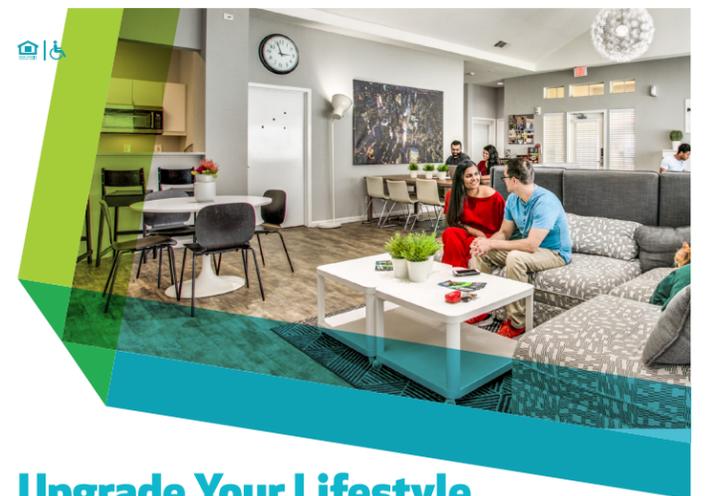
Make it easy for yourself

Create an account for the FAFSA website and it will save some of your basic information. This will make it easier and faster to file next year. Use the Data Retrieval Tool, DRT, on the website. If you are considered a dependent of your parents on their tax forms, FAFSA will ask for your parent's or guardian's IRS information. Their DRT will pull information directly from the IRS website and automatically upload it to your FAFSA application. Also,

Follow the money

Nobody will care more about your FAFSA money than you, or maybe your parents, but trust me, there are around 20 million students that apply for FAFSA every year and nobody will ask you if you have filed for it already. Stay on top of your application, check your AccessUH to-do list and make sure everything is running smoothly from beginning to end. Know the names of the grants given to you and make sure you get them every year, and if you don't receive a certain grant one year, go to the Office of Scholarships and Financial Aid and ask them why you didn't. Sometimes funds run out or you "outgrow" a grant, meaning that that specific grant is only for first year students or something similar, but it is always good to double check and ask them for advice on how to receive more money next year.

if you have any siblings in college filling out a FAFSA application, you can transfer shared information from your application to theirs or vice versa. You can do this after one of you completes their application, an option to file for a sibling should appear.



Upgrade Your Lifestyle at Cambridge Oaks



- BBQ & Picnic Areas | New Dog Park | Swimming Pool
- Upgraded Wifi Throughout the Property
- Renovated Clubhouse & Apartments | Individual Lease Liability
- Furnished & Unfurnished Options

cambridge oaks
student village

cambridgeoaksUH.com
713.574.8045

4444 Cullen Blvd. Houston, TX 77004

What to know for your first year living on campus



Graphic by Jiselle Santos

By Jiselle Santos

Moving to the University of Houston campus is a new experience for many as they enter their college years. For some, it may be the first time they've lived alone but for many, it can be their first time being away from home.

Here are a few tips for those entering the adventure of their first year of college while living on campus:

Keep your Cougar Card on you

Your Cougar Card is a vital resource when trying to get around campus.

You'll need it to enter your residence hall, for printing at the libraries or other buildings on campus, to swipe into the dining halls and for Cougar Cash when purchasing things at the retail locations around campus.

Communicate with your roommate

It may be your first time living with a roommate or living with someone else that is not your family.

Get to know your roommate, talk about establishing your boundaries and your expectations for each other before you meet with your residential adviser for roommate agreements.

Know your resources

The University has a variety of resources that you may not know about. So here are a few resources that I found useful while living on campus:

We have the Student Health Center, which provides health services, and Counseling and Psychological Services, also known as CAPS, which provide mental health services.

The LGBTQ Resource Center and Women and Gender Resource Center provide services ranging from sexual misconduct support services to workshops and supplies such as personal hygiene products, condoms, lubricant and first aid supplies.

Cougar Ride, a late-night shuttle ride service that can be

used from 9 p.m. to 3 a.m. to get safely around campus.

The service transports you to on-campus shuttle stops that include M.D. Anderson Library and the residence halls. It becomes very useful when you study late at night on campus and want to get back to your residence hall.

Zipcar has become useful for many who don't have a car on campus. It is a car-sharing service, with which users can rent a car for a few hours or even a whole day.

As long as you have a valid driver's license and are 18 or older, you'll be able to drive around once you register and receive your Zipcar card.

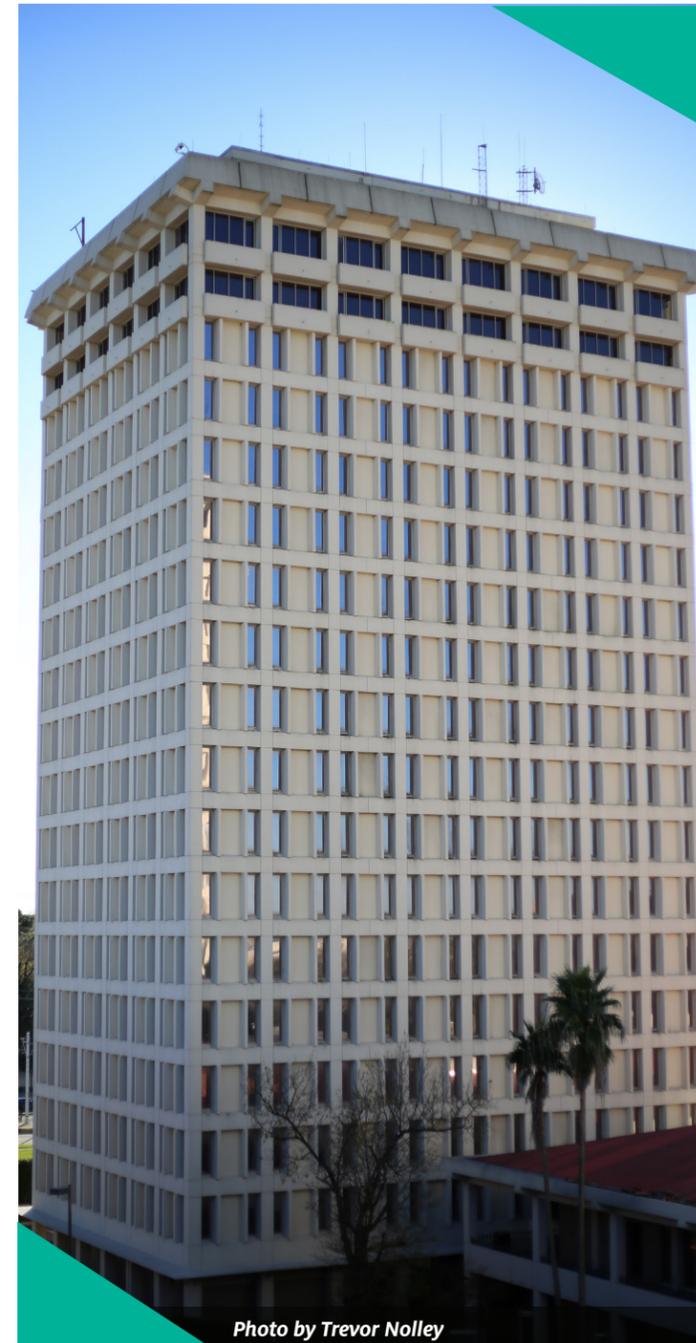


Photo by Trevor Nolley

Explore campus

Try to get to know the campus a bit more. You may find your new study spot or find your favorite place to eat on campus and hangout with friends.

Personally, I would love to mention coffee shops on and near campus for those who love coffee. The Nook and Cougar Grounds offer amazing coffee and tea drinks and are great places to study with friends.

Join an organization

Joining student organizations

on campus are definitely some ways to enjoy your time with many of the events and activities that organizations tend to host.

You can know more about joining a student organization during Weeks of Welcome and Cat's Back when classes start in the fall.

With some of the tips provided, you can enjoy your time while living on campus and start your adventure safely as you transition to a new part of your life.

CHECKLIST FOR YOUR SUCCESS

TOP 5 TIPS FOR GETTING OFF TO A GREAT START

- ✓ Get to know your academic advisors.
- ✓ Attend our first-year experience workshops.
- ✓ Get active in a student professional organization.
- ✓ Register for internships and jobs in Handshake.
- ✓ Learn about financial aid. Apply for scholarships.

NEED TO KNOW MORE?
Check the website for resources:
uh.edu/technology



UNIVERSITY of HOUSTON | TECHNOLOGY

College of Medicine ready to improve Texas health care

By Autumn Rendall

When it breaks ground this summer, the College of Medicine will be the first medical school built in Houston in almost 50 years.

The college aims to improve the health of medically underserved communities in Houston and throughout Texas, and it will be a historic addition to the University.

The program has an emphasis on primary care — especially in urban and rural communities, which often have poorer health outcomes, according to the college's website.

"By training the next generation of compassionate physicians who understand how to provide quality health care at a reasonable cost, we are expanding our capabilities to serve the people and neighborhoods too often left behind," President Renu Khator said in a news release.

How does the college hope to help Houston and Texas?

Texas has a critical primary care physician shortage and ranks 47th out of the 50 states in primary care physician-to-population ratio, according to the news release.

The College of Medicine aims for a minimum of 50 percent from each graduating class to choose primary care specialties such as family medicine, general internal medicine and general pediatrics.

As opposed to only training students to treat illnesses, the school plans to take a more well-rounded approach to improving patient health by addressing social and economic factors that affect health outcomes.

In its first 10 years in operation, the college is projected to add an approximate \$377 million to the regional economy, according to a UH economic impact study.

The new multi-story college will be built with a budget of \$80 million across from MacGregor Park and will feature an anatomy lab, a full continuum-of-care simulation suite, an innovation lab and clinical spaces.

How does the application process work?

Its first class of 30 medical students will be admitted in July, and all will have their tuition and fees covered through four-year, \$100,000 scholarships.

By 2022, the college plans to double its class size to 60, and by 2024 it aims to double again to 120.

Though the college's applications for the inaugural class are over, the school is welcoming applications for Fall 2021 students and interviews will begin in September.

Interested students, that meet the program's criteria, must complete an application via the Texas Medical and Dental Schools Application Service.

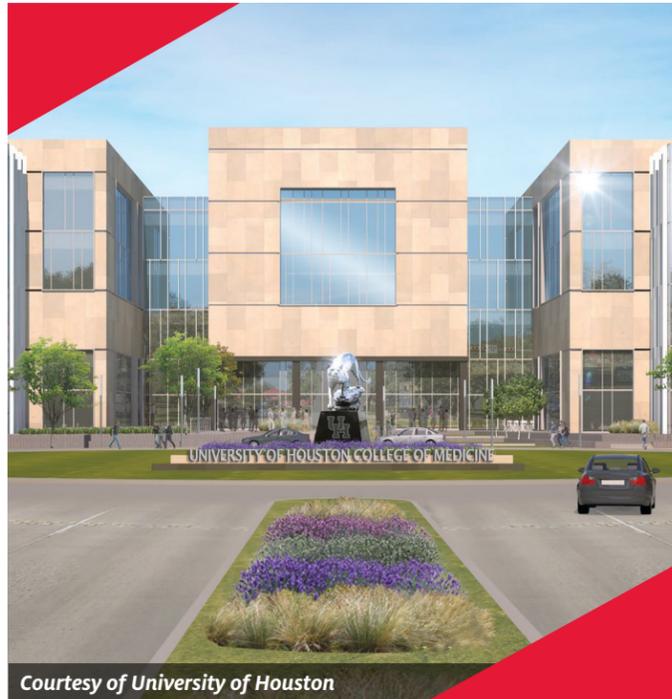
The application requires official transcripts of all post-secondary academic work, essays, a minimum of three letters of recommendation and a list of professional work and job-shadowing experiences.

Qualified applicants will be invited to complete a secondary application, and the admissions team will carefully review each application for indicators that they align with the mission and goals of College of Medicine.

After applications are reviewed, selected applicants will receive an email invitation to have an interview.

At full enrollment the medical school will have 480 students, according to the news release.

"The stakes are high, but the cause is noble," said Dr. Stephen Spann, the College of Medicine's founding dean, in the release. "We are laser-focused on what needs to be accomplished and look forward to welcoming our first class in just a few months."



Courtesy of University of Houston

JOIN AN IFC FRATERNITY

SIGN UP FOR RECRUITMENT AT
UHIFC.MYCAMPUSDIRECTOR2.COM

OPEN HOUSE : SEPT. 7 & 15
UC HOUSTON ROOM
5 PM



UHIFC.COM

Need space? Campus' best uncrowded places to study

By Autumn Rendall

Spots like The Nook near campus and the study rooms at M.D. Anderson Library are wonderful for getting together with a group of friends to talk about an upcoming project. However, when you have an essay deadline, a tough exam or a daunting presentation that you need to give your full, undivided attention to — you've got to get a little creative when choosing the best place to hunker down and get in the zone.

Here are the top five less crowded places on campus to focus on getting that next assignment done:

Student Center North second floor

While Student Center South is a great place to get some fast food and hang with your friends, Student Center North is a great place for buckling down and getting work done.

Because the building is the hub of a lot of the student organization offices on campus, there aren't many students that utilize the second-floor couches and chairs the center has to offer. The floor is also home to Coog Radio, so you'll even have free music to listen to while you work.

The Grove

Nestled in between the Moores School of Music, School of Theatre & Dance, Valenti School of Communication and the Fine Arts



Photo by Thomas Dwyer

Building lies the beautiful Grove.

If you're looking for an outdoor space, but one that doesn't involve lying on the grass, look no further. Students will sometimes perch upon the white rocks in the courtyard with laptops to get their studying done, although I'd definitely recommend bringing a pillow you could sit on if you'll be there a while.



Photo by McKenzie Misaszek

You might even hear a lone saxophone player bust out some jazz.

Cullen Fountain and Reflection Pool

The fountain in the Cullen Family Plaza is an iconic staple on campus and an incredibly relaxing place to study, especially if your work requires long periods of textbook reading. Though there can be some foot traffic during the day, as it gets closer into the evening most of the students that come by are just as dedicated to having a peaceful experience as you are. The sound of the water trickling as you flip to the next page in that textbook you paid way too much money for — magical!

Against the back wall of the Graduate College of Social Work

Bring a blanket, pillow and prop yourself and your notebook on the grass against this large brick

wall. Since the area is on a bit of an elevated surface, you'll get a great view of some of the public art pieces that sit in the courtyard that lies across from a few of the colleges.

Though many use this wall for napping, it's just as good to use for a slightly distant area to get in the zone.

M.D. Anderson Library's study carrels

Last, but certainly not least, the confessional-esque study carrels in the M.D. Anderson Library meant for one student at a time are a blessing, and they'll be your home away from home when finals season comes around.

These small isolated areas have nothing but a window, a built-in desk to work on and a shelf to put any distractions out of sight.

Though there might be fewer available during exams, the cubicles are the perfect spot for a marathon study session.

Establishing healthy relationships while you're at UH

By Gina Medina

Welcome to the big leagues, kid. It is your time to really live your best life. You might not know what that looks like but I can almost guarantee that it will be a much more joyous experience with a couple of buddies, pals, comrades or truly ride-or-die besties by your side.

I was lucky enough to go to the same college my older sister was attending. In my mind, this pretty much guaranteed I would have a friend by my side every step of the way. In some ways this was true, but as her graduation approaches, I have realized that I have made only a few friends at the University of Houston.

Between commuting and having my sister act as my social safety blanket, I didn't really prioritize making friends.

Recently, I have found myself struggling to find motivation for school and work. I felt like there was no balance between my academic/work life and my social life. I decided to do something about it and began to pay more attention to my peers and the people around me.

Trust me when I say this: I don't have it all figured out and my social life is definitely still under construction, but here is my best advice on how to make friendships that last.

Talk to the person next to you

First day of class is probably one of the best days to make new friends, everyone is just as scared as you are. You just have to make the first move.

Sit by people who draw your attention. Maybe you like their outfit, shoes, backpack or just general vibe; this will help you strike up a conversation.

Give them a quick compliment, start some little small talk, and then if they are investing the same energy into the conversation, you have a new friend.

Continue to sit next to them and keep chatting. Ask them to meet up and study, and slowly you might start hanging out for fun.

Join organizations, clubs

Joining organizations that interest you is a great way to meet people who you have something in common with.

It's a great conversation starter and great for making connections.

Get out of your comfort zone

I'll be honest, I am not the most social person in the world, and up until this past semester, it took a lot out of me to meet and talk to new people.



Photo by Kathryn Lenihan

Once I realized not talking to people was literally making me suffer, I really had to push myself to talk to strangers.

This was one of the best decisions I've made.

It helped me grow as a person and it opened my horizons. I made great friends and even made connections that are helping me with my career.

Cultivate the healthy friendships you already have

Even in the process of making new friends, it is important not to forget about the ones you already have.

It is great to expand your horizons and push your boundaries but remember those who were there when it all started.

If you feel like you are drifting apart or don't have a lot in common with them anymore, set a date when you guys can hang out and get to know each other again.

College is a place where most of us grow and hopefully become better versions of ourselves and sometimes we can grow a little distant from close friends but don't let that discourage you.

Make healthy friendships work.

But also, if you feel like the friendship is no longer working, that is OK too.

Be genuine

If you truly want to make friendships that last, be yourself. Colleges in general are so diverse, UH in particular is a whole world on its own.

I can almost guarantee that there is somebody on campus that loves that obscure band that you thought only you knew about.

There is somebody for everybody.

You just have to go out there, talk to people, be yourself, have fun and show the world who you really are.

Haven't picked your major yet? We have you covered

By Autumn Rendall

As an incoming freshman, choosing your major can be a difficult decision that takes time and careful consideration. Fortunately, the exploratory studies program offers UH students the resources and opportunity to make an informed decision about their future career path.

This program is a short-term preparatory major that gives students time to consider their interests and options, make confident, informed career decisions and complete prerequisites for the major of their choice.

"The clear goal of the exploratory studies major is putting students on the right future path on which they will thrive and ultimately graduate," said Brian Waddle, executive director of communications for the Office of the Provost.

How do I know which major is the perfect fit?

Exploratory studies students work with Student Success Advocates, advisers trained in all undergraduate degree plans, change of major requirements and likely transition plans.

They help students consider all of their options

and know the types of obstacles related to changing and picking majors.

Exploratory studies students also take a college success course, which focuses on general success strategies for navigating the first year of college and guides students toward informed career and major choices. It is taught by instructors hired from colleges where the students have an interest and assisted by Peer Advocates who are former Exploratory Studies students who successfully transitioned to other majors.

Students in the class take multiple assessments of their career and personal interests, as well as academic strengths and needs, in order to guide their decisions.

Another step in major exploration is to use the MyMajors tool in the Navigate Student app, which connects student interests to national employment data.

Also, all UH students are able to visit the University Career Services website and meet with a career counselor to talk about their options.

When should I choose my major?

UH students are best served when they make an informed plan as early as possible, Waddle said.

Students can stay in exploratory studies until they have earned 30 credit hours.

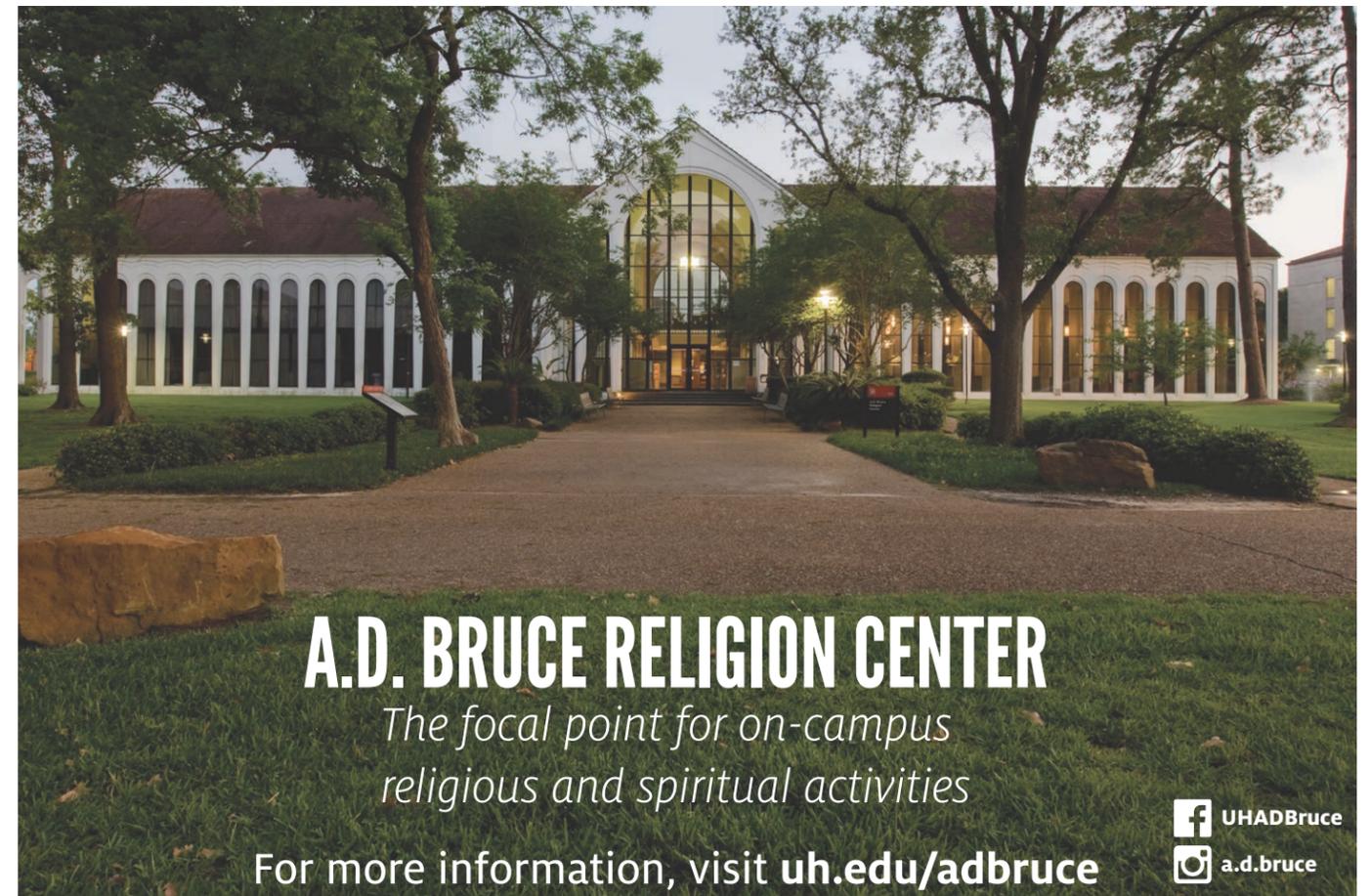


Graphic by Jiselle Santos

From there, Student Success Advocates will help them select courses that are transferable to a wide variety of majors.

Students who are not in exploratory studies, but are considering a major change, are encouraged to utilize MyMajors, the Navigate Student app and University Career Services, along with talking to academic advisors in their target college.

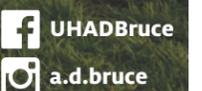
"Students often feel like they have to have it all figured out perfectly from the start, when in reality, they can often pursue the same final career goal through multiple major paths," Waddle said.



A.D. BRUCE RELIGION CENTER

The focal point for on-campus religious and spiritual activities

For more information, visit uh.edu/adbruce



CULLEN
OAKS



Virtual tours available
Monday–Friday | 8am–5pm
Enter to win **\$1,000.**

PROUD PARTNER OF UH ATHLETICS

CULLENOAKS.COM

You're going to love it here.

AMERICAN CAMPUS COMMUNITIES

Dates and prize are subject to change. Limited time only. See office for details.

Getting more bang for your buck with your Cougar Card



By Autumn Rendall

A lifestyle of penny-saving and sparing money where you can is all-too-familiar for college students.

Since you're busy going to classes and studying for tests, it's hard to have time to get a side job and make a little extra money for spending.

Luckily, for University of Houston students, there are a variety of discounts students can take advantage of to get the most out of living in a major city — while still not breaking the bank. Just remember to bring your Cougar Card, and look at UH's Coog\$ave website for details.

Weekend fun

Houston is home to many impressive museums, cultural centers and weekend destinations you can visit with your new college friends, many of which offer discounted or free tickets to those with student IDs like your Cougar Card.

AMC Theaters, Houston Museum of Natural Science, Museum of Fine Arts, Houston, the Houston Ballet and other places all offer discounted tickets.

The Houston Zoo, where Shasta, UH's live mascot, lives, even gives students free admission.

Quick bites

As many college students will tell you, food is incredibly easy to spend extra money on when you're in school. However, UH students can receive a variety of discounts to popular restaurants like Salata, Piada (only on Wednesdays) and IHOP by showing their Cougar Card at checkout.

Shopping spree

Wearing only free T-shirts you picked up at school events can only last for so long, believe me we've all been there. So, it's a good thing many clothing shops offer student discounts.

Students can save money on Adidas, Levi's, Nike, Calvin Klein, H&M, ASOS, Express, Topshop, J.Crew, Banana Republic, Toms, and Kate Spade.

Tech, music

Whether you need new technology for class, creative projects or just for goofing around, students have a few different options for saving money on gear and programs.

Apple, Adobe, Amazon and Best Buy all have deals and discounts for students.

And while you're doing your homework for class, use your student discount on the Apple Music or Spotify streaming platforms for an affordable way to get in the study zone.



Photo by Trevor Nolley

#DEARFRESHMEN

Words of advice, encouragement from upperclassmen

By Gina Medina

Class of 2024, welcome to the University of Houston. We are excited for you to be here starting this new journey, and we wish you nothing but success. As you prepare for your first day of college, never forget to be true to yourself. Use this time at UH to build upon your interests and passions. Find ways to step out of your comfort zone and experience new things because Houston is the perfect place to meet fun and unique people, taste new foods and see some of the most amazing sights.

As the Fall 2020 semester nears, it will become more and more real that you are a college student. You have made it to the next level, and we must say, UH is the most wonderful place to experience that. We hope that you take this time to expand your horizons and learn to enjoy the little moments while you're on this adventure because it truly goes by so fast.

Current and former students took some time to give the advice that they wished they knew when they first stepped onto campus:

"#DearFreshman if you think the parking at UH is bad, you should have seen it before they had garages! Walk in groups, keep your head up and your phone down." - **@rockstarkelley**

"Study! LOL...Get involved on campus early, first semester you're there (if the pandemic is over, of course). Make sure you get into UH in 4 before you start taking classes. Cheaper summer classes and fixed tuition rate. Get your parking pass early, they sell out. Don't miss class.

Look into the Program for Excellence in Selling! UH has the #1 undergrad program in the country for sales." - **@real_BlakeC**

"#DearFreshmen, get involved in student organizations and start applying to internships early! It can help you network, gain experience and build connections." - **@EnoEnoEno_**

"#DearFreshmen, use rate my professor when making your schedule! It'll help knowing what to expect from professors!
Also don't freak out if you don't do well in a test, it is not the end of the world, just aim to do better and ask your prof any questions you have over the material." - **@nixmedina1998**

"#DearFreshmen, Read the syllabus. Due dates aren't optional. Proofread before you turn it in. Work ahead whenever you can, you never know when something might go haywire like getting sick/hurt, a death in the family, computer breaks, etc. Show up to class & actually be present.

(If you think a B or C is good enough and an A doesn't really matter, consider that between grants and merit scholarships I am graduating debt free, plus have been awarded full tuition & stipend to cover grad school. Effort matters.

#DearFreshmen who are non-traditional students, your past does not determine your future. I flunked out of college the 1st time around 19. Didn't get another chance to go until 42. Was scared to death. I'm graduating summa cum laude at 45." - **@KateFitz825**

"Step out of your comfort zone during those weird times. With UH being so fast-paced, it's easy to lose time-to-self. That being said, you are your biggest investment. UH is definitely a stellar ground for networking. Take that chance." - **@ChiefKeffus**

"#DearFreshmen, UH is one of the most diverse campuses in the nation. Don't ever feel like you have to go through college alone because I promise that UH will always have friendly, passionate and driven students who not only want to be your friend, but who want to help you succeed" - **@ivanduranpuente**



Safer shared and private rides between cities

Daily car rides to Austin,
Dallas & San Antonio

Get your 1st ride FREE!
Enter Code: **UofH2024**

