

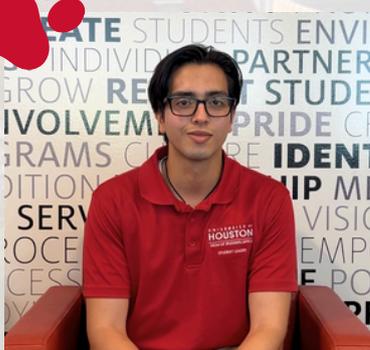
# DEAN OF STUDENTS NEWSLETTER

## WOMEN AND GENDER RESOURCE CENTER

The Women and Gender Resource Center are dedicated to serving everyone by providing essential items such as **menstrual products, safer sex items, pregnancy tests, baby items, clothing, and hygiene products**. All are offered at no cost. Their space is also a welcoming hangout spot for those looking to relax before or after class. Feel free to watch TV, play games, enjoy snacks, or study in a comfortable environment. Computers for student use and free printing are also available. **They also offer an important service Sexual Misconduct Support Services (SMSS)**. This confidential resource is available to staff, faculty, and students affected by sexual misconduct, whether you are a survivor or have been identified as someone who may have caused harm. WGRC are here to offer options, resources, and support.



## COMMUTER AMBASSADOR SPOTLIGHT



Meet **Sebastian**, a junior studying Marketing and an international student from Colombia, he is a dedicated commuter ambassador in the commuter mentor program. Sebastian is a strong advocate for actively **participating in campus organizations** and engaging with new people to enrich the college experience. He emphasizes the **invaluable support offered by the International Student and Scholar Services Office (ISSO)**, which provides essential resources and assistance to international students. Since joining the Commuter Ambassadors program in July, he has **successfully built connections with other students**, improved his resume, and developed essential skills needed for his career.

### Did you know?

- The Dean of Student's Office will host Family Weekend on September 27-29, 2024.
- The Dean of Students Office is hosting Commuter Movie Night on August 27, at the SCS Theater.



# COOG MOMS

## Coog Moms: The Heart and Soul of the University of Houston

The Coog Moms community at the University of Houston (UH) is more than just a network of parents; it's a **vibrant and supportive family that embodies Cougar pride**. These parents and guardians actively support not only their students but also their student's friends and the university, making them an essential part of UH's spirit and culture.

- **A Community of Support:** Coog Moms play a vital role in the UH experience, offering support beyond traditional parental roles. They engage in university events, volunteer their time, and create a home away from home for students through their active involvement in the Coog Moms organization.
- **Events and Activities:** Throughout the year, Coog Moms participate in various events that enrich the UH community. From game day tailgates to fundraisers and social gatherings, they enhance school spirit and student life. The annual Coog Moms Cornhole tournament, a hallmark event, serves as both a social gathering and a fundraiser for scholarships and student programs.
- **Supporting the Cougar Spirit:** Known for their enthusiastic support of UH athletics, Coog Moms cheer on the Cougars at sports events and contribute to the vibrant game atmosphere. They also organize and participate in community service projects that benefit both the university and the Houston area, strengthening UH's bond with the local community.
- **A Legacy of Involvement:** Built on a legacy of dedication, Coog Moms find that their involvement enriches their lives and creates lasting friendships. This community fosters a network of support and camaraderie that extends long after graduation.



# COOG'S HOUSE TAILGATING 101 WITH CARL RADKE



## Get Ready for Coog's House Tailgating 101 with Carl Radke – A Pep Rally Like No Other!

Cougars, it's time to ignite your school spirit and gear up for the football season with an epic pep rally! Join us for Coog's House Tailgating 101, an exciting event by the Dean of Students Office co-sponsored by UH Athletics, SHRL, and UH Wellness, featuring none other than Carl Radke from Bravo's Summer House! Mark your calendars for September 10, 2024, at 6 PM in the SC South Theatre. Carl Radke, a prominent figure on Summer House since 2017, will be sharing his experiences both on and off the screen. He is a strong advocate for mental health, integrating meditation, therapy, and fitness into his daily life, and aims to shift the conversation around addiction and mental wellness. Carl's presence at Coog's House Tailgating 101 will guide us through the ultimate tailgating experience, sharing essential tips on how to tailgate safely and responsibly.

### Event Highlights:

**What:** Coog's House Tailgating 101 with Carl Radke

**When:** September 10, 2024, at 6 PM

**Where:** SC South Theatre, University of Houston

Let's make this football season unforgettable starting with Coog's House Tailgating 101. We can't wait to see you there!

## STUDENT ASSISTANT SPOTLIGHT

Meet **Lucy**! She is a law student and graduate assistant on the Conduct and Policy Team. Before law school, she worked for three years at a NYC media company, specializing in influencer and branded content marketing. Lucy serves as a hearing officer and chair of the University Hearing Board in the Dean of Students Office. Her recent policy projects focus on hazing intervention and prevention, as well as the University Student Fees and Advisory Committee. Additionally, she leads two pilot initiatives: the Leadership Ambassador Program and the Know the Code Campaign. When she's not organizing events, Lucy enjoys "workouts" such as Pilates, Yoga, and daily walks. She also loves academic competitions, having been a member of her undergraduate national trivia team and is currently serving on the UH National Moot Court Team.

### Lucy Jayala



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# TRIVIA



Let's see how many questions you can answer correctly!

1. **What is the name of the largest college within the University of Houston?**  
A) College of Business B) College of Liberal Arts and Social Sciences  
C) College of Education D) College of Natural Sciences and Mathematics
2. **What is the name of the University of Houston's fight song?**  
A) Cougar Pride B) Hail Houston C) Spirit of Houston D) Cougar Fight Song
3. **What is the name of the University of Houston's student newspaper?**  
A) The Cougar B) The Daily Cougar C) The Houstonian D) The Red Chronicle

The **first ten** students to submit their correct responses to the Dean Of Students Instagram (@uhdos) will receive a prize.

*\*Must be following @uhdos on Instagram*



## DEAN'S TIPS FOR SUCCESS

Our Assistant Dean of Students, **Alyssa Veteto** has provided tips for the success of all UH students:

**Academic success starts from Day 1!** Review your syllabi and plan your semester, noting key dates for assignments, exams, and deadlines.

**There is no shame in needing help!** If you need assistance, don't hesitate to ask classmates, visit professors during office hours, or seek support from CAPS or the Dean of Students Office.

**Get Involved with at least 1 student organization!** Not sure where to start? Explore student organizations through Get Involved, and identify 2-3 organizations that you are interested in. Reach out to the student leaders in those organizations or make an effort to attend an event hosted by that organization.

**Make time to do something that you enjoy!** Balance your studies with activities you enjoy, like reading, watching movies, exercising, or meditating.

**Make memories to treasure for a lifetime!** College is such a special time in a person's life—and it will fly by faster than you can imagine.

**Alyssa Veteto**



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