

NEWSLETTER**DEAN OF STUDENTS****CENTER FOR STUDENT EMPOWERMENT GRADUATION CELEBRATION**

The Center for Student Empowerment held its annual banquet on May 2, 2025, celebrating the achievements of graduating seniors who were active members of the program, including First-Generation college students. Honorees were recognized with First Gen cords and Center for Student Empowerment stoles in acknowledgment of their accomplishments and perseverance.

The event featured inspiring student speakers and remarks from Dean of Students and Associate Vice President for Student Affairs, Dean Young, who commended the students for their resilience and dedication. Dr. Raven Jones, Director of the Center for Student Empowerment, and a long-standing advocate of student success, emphasized the Center's commitment to empowering all students and reminded attendees that this milestone is just the beginning. The Center for Student Empowerment continues to serve as a vital campus resource, providing academic support, mental health and wellness services, and professional development opportunities to the student body.





Coog Moms

WHO ARE WE?

We are the one and only Official Parent Organization at the University of Houston. Our goal is to establish a community of fellowship among UH moms and families and to support students through programs and scholarships. All parents, grandparents and guardians of current and former students at the University of Houston are eligible for membership. If you are interested in being informed and having fun while your student navigates college, you should join us!

WHAT DO WE DO?

HAVE FUN: We host fun social activities such as watch parties, tailgates, happy hours and a holiday cookie exchange. Our largest annual events are the Fall Family Weekend Happy Hour and the Spring Social & Cornhole Tournament.

PROVIDE INFORMATION: We are dedicated to providing support and resources for our member families through general meetings with informative speakers and our private Facebook page that offers a welcome space for any and all of your questions.

SUPPORT OUR COOGS: UH Coog Moms gives back to our students and community by volunteering at events on campus, such as the Cougar Cupboard food pantry and Finals Mania. We support campus organizations doing good work by offering grants to fund programs that benefit students. We are proud to have begun the process of endowing our annual scholarships and are committed to awarding eight \$1000 scholarships each year to member students.



"The Most Fun UH Organization (that students aren't allowed to join)"

WHAT'S THE COMMITMENT?

Each member family can choose to be involved as much or as little they like. Some families only want access to the scholarships, the private Facebook page or the Family Weekend Happy Hour, while some choose to attend more frequent social events and even join the volunteer leadership team.

JOIN US!

UH Coog Moms is your ticket to fellowship and support at the University of Houston. Visit our web page at www.coogmoms.com/membership for details. Go Coogs!



dos@uh.edu



832-842-6183

Family WEEKEND

OCTOBER 3-5, 2025

REGISTRATION IS NOW OPEN TO THOSE WHO PLAN TO BE IN ATTENDANCE!

You're invited to join us for UH Family Weekend, hosted by the Dean of Students Office, from October 3-5, 2025! This special weekend is designed to bring together faculty, staff, students, and their families for a memorable time on campus. Enjoy a wide range of activities that everyone in the family will love, providing an opportunity to experience the vibrant life at the University of Houston. So, mark your calendars for a weekend filled with family fun and Cougar spirit because family is who you choose!

**REGISTER
HERE !**



For more information, visit <https://uh.campusesp.com/posts/936> or sign in to the Cougar Family Connection to stay up-to-date on the information you need to know to support your student !

Commuter Ambassador Spotlight



Anh, Commuter Mentor

Meet **Anh**, a commuter student ambassador at the DOS office majoring in Human Development & Family Sciences with a pre-nursing focus. She organizes events for students, developing her communication skills and learning the importance of teamwork and responsibility. One of her favorite events at the University of Houston is Cats Back, where she connected with various campus organizations and joined the UH Vietnamese Student Organization, allowing her to engage with campus life and make new friends. Anh aspires to be a pediatric nurse, driven by her passion for helping children, especially in rural areas of Vietnam. In her free time, she enjoys trying new foods with friends, reading romance novels, and playing pickleball.



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A Letter to DOS Graduates!



We would like to take the time to extend **CONGRATULATIONS** to all our Dean of Students graduates for their incredible achievements. We are immensely proud of your hard work and very grateful to have contributed to your **successes** at UH.

The dedication you have shown during your time at the DOS Office has been **truly inspiring**, and it will undoubtedly serve as a strong foundation for your future endeavors.

Best wishes, Your DOS Team!



DEAN'S TIPS



Lemonte Long

Our Assistant Dean of Students, **Lemonte Long** has provided essential tips for the success of all UH students :

- **Plan How You Can Best Use Your Strengths As a Student:** If you are great at listening, you might want to buy audiobooks. If you are good at writing notes, use a great note-taking system. If you love certain subjects, take advantage of every opportunity you can to explore them. These could be classes, internships or extracurricular activities. Even if you major in something not related to a lot of the subjects you love, find a way to explore those subjects. The more you do something you love the happier you will be as a student.
- **Plan How You Will Improve Your Weaknesses:** If

you struggle with math, figure out who can help you do better. Then practice your skills. See how you progress. You may need more help than what you can learn in class. If that is the case, find a tutor or a classmate who can help you. If writing is hard for you, study good writing and practice it. The more productive you are as a writer the faster you will improve. Also, get feedback on your work. This could be from other students, a tutor or try going to the college writing center. Every student has weaknesses. Excellent students persist and keep working until they overcome those weaknesses.

- **Define What Academic Success Means to You:** Is it getting a specific GPA for the semester? Is it receiving a grade in a specific class? What is it you want to achieve? Create a short-term goal for the semester, and a long-term goal for what you want to achieve by graduation. Once you have written down your goals, read them, or look at them every day. This keeps you focused so that you stay on track with what you need to do to succeed.
- **Evaluate Yourself:** Identify your strengths. What skills are you good at? What subjects and areas do you thrive in? List those. Identify your weaknesses. What are challenging areas to you? Are there any skills that you need improvement in? What subjects are most difficult for you? List those. Lastly, consider how you learn best.



UH Veteran Services Celebrates Graduating Veterans and Dependents at Stole & Cording Ceremony



University of Houston Veteran Services hosted its annual Graduate Stole & Cording Ceremony this spring, honoring more than 80 student-veterans for their academic achievements and military service. The event, held on campus with friends, family, and campus partners in attendance, is a proud tradition that highlights the unique journey of military-connected students.

This year's ceremony featured two student speakers **Tajj White**, a U.S. Army veteran earning a degree in Sociology, shared reflections on transitioning from active duty to student life. Tajj credited the VS office with offering critical guidance and support and expressed plans to continue serving others through advocacy and social justice work.



Lance Feagins, a U.S. Marine Corps veteran and Mathematics graduate, spoke about his path back to UH after taking time away from school. He encouraged fellow graduates to value progress over perfection and acknowledged the persistence it took to reach graduation.

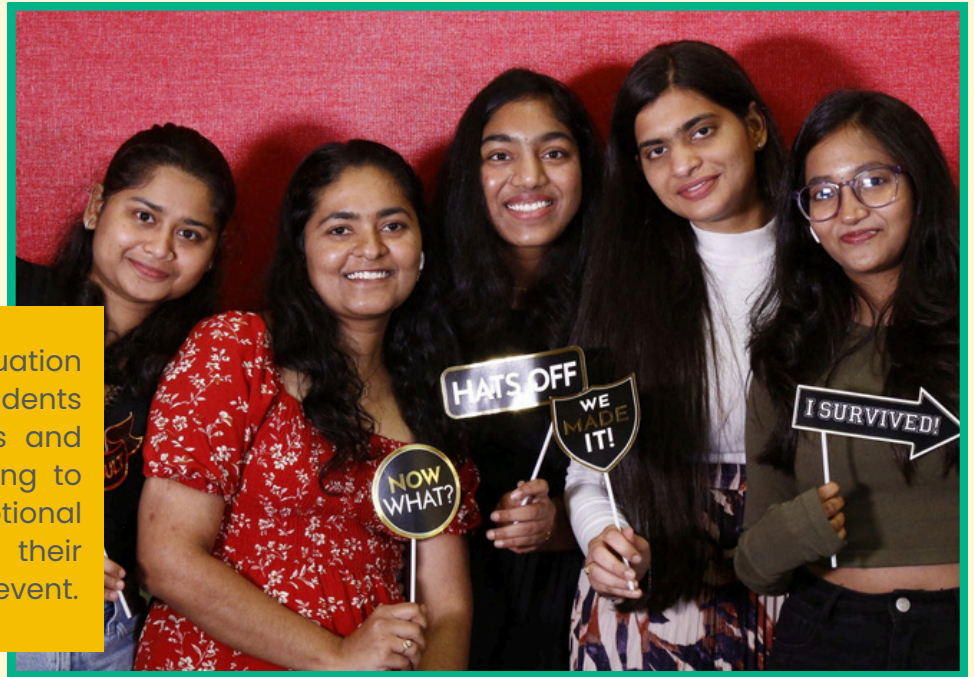
UH alumnus and former Marine, **Anthony Armendariz ('17, Bauer College of Business)**, returned as keynote speaker. Now a successful businessman, Anthony emphasized the importance of giving back. He shared his appreciation for the support he received as a student and encouraged graduates to stay engaged with the university and support the next generation of student-veterans.

UH Veteran Services congratulates all spring 2025 graduates and thanks the campus and community for continuing to invest in veteran student success.



International Student and Scholars Graduation

Every spring, ISSSO hosts a graduation reception for our international students who are completing their degrees and either leaving the country or staying to look for work in the U.S. through Optional Practical Training (OPT). We invite their families to join them for this special event.



This year, we had Dr. Kittle provide the opening remarks, followed by a fun trivia game for students to participate in. Representatives from Career Services and the UH Alumni Association also joined us to present valuable information. Additionally, we invited keynote speaker Betirri Bengtson, who shared his journey as an artist and discussed his current work. To conclude the event, students shared their favorite memories from their time at UH. The reception took place on May 6th from 1 PM to 4 PM, and we had 47 graduating students in attendance, along with 38 guests.





Patricia, Student Assistant

Meet Patricia, a dedicated Biomedical Engineering major. One of her favorite events is Weeks of Welcome, which she highly recommends to new and incoming students. In her free time, Patricia enjoys watching shows, spending time with friends, and trying new foods. Patricia is passionate about helping others. Whether it's guiding students and their parents to the right department or simply lending an ear to someone who wants to chat, she takes pride in being there for those in need of support. Working in the Dean of Students office has helped her develop her communication skills and has provided her with valuable experiences that she believes will benefit her in the future. She has also learned about many campus resources that she was previously unaware of. As for her future, Patricia aims to attend medical school and eventually become a doctor.

Trivia

Which Associate Dean of Students helps oversee Parent and Family Programs, Commuter Student Services, Student Advocacy and Support, and Student Engagement?

- A) Jerrell Sherman, Ed.D.
- B) Donell Young, J.D.
- C) Sara L. Jahansouz Wray, Ed.D.
- D) Alex Beattie

To contact the DOS office or to schedule an appointment, you can reach them at what phone number?

- A) 713-743-1050
- B) 832-842-1097
- C) 713-743-9010
- D) 832-842-6183

The Dean of Students Office is located at Student Center South Room. 256 and is open from 8:00 am – 5:00 pm.

- A) True
- B) False

When is the University of Houston's Annual Family Weekend?

- A) September 5-7, 2025
- B) August 22-24, 2025
- C) October 3-5, 2025
- D) September 12-14, 2026

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**

