

SHASTA'S FIRST YEAR CHECKLIST

GET INVOLVED
STAY HEALTHY



GET SUPPORT
TAKE CHARGE
LIVE ON CAMPUS

UNIVERSITY of
HOUSTON

STUDENT AFFAIRS & ENROLLMENT SERVICES



“There’s nothing to do at UH,” said No One Ever.

FIRST FEW WEEKS ...

- Participate in Weeks of Welcome.
- Re-establish connection with your RA or check out commuter student services.
- Explore all involvement opportunities on campus.

FIRST MONTH ...

- Join a student organization.
- Check your e-mail for CoogNews.
- Take MAP-Works Survey
- Show off your Cougar Spirit at the First Year Tailgate Celebration.
- Visit the Campus Recreation and Wellness Center

FIRST SEMESTER ...

- Connect to your college through activities and study groups.
- Explore University Career Services.
- Visit Learning Support Services.
- Get to know your academic advisor and professors.
- Attend Homecoming and Family Weekend.
- Create a graduation plan.
- Attend an event sponsored by the Student Programming Board.

SECOND SEMESTER ...

- De-stress with workshops by CAPS or UH Wellness.
- Celebrate our campus diversity by attending one of our many cultural events.
- Discuss summer/fall registration with your academic advisor.
- Attend ‘Summer Jobs for Coogs’ Fair.
- Stay on top of upcoming academic and financial deadlines.
- Plan the rest of your summer break!**
- Become familiar with the academic planner and degree plan report.



A.D. Bruce Religion Center | Admissions | Campus Recreation | Center for Students with DisABILITIES | Children’s Learning Centers | Cougars in Recovery | Counseling and Psychological Services
Dean of Students Office | Diversity and Inclusion | Fraternity and Sorority Life | Health Center | LGBT Resource Center | Scholarships and Financial Aid | Student Centers | Student Housing and Residential Life
Student Involvement | Student Media | UH Wellness | University Career Services | Urban Experience Program | Veteran Services | Women and Gender Resource Center

uh.edu/dsaes

Driving student success...from orientation to graduation