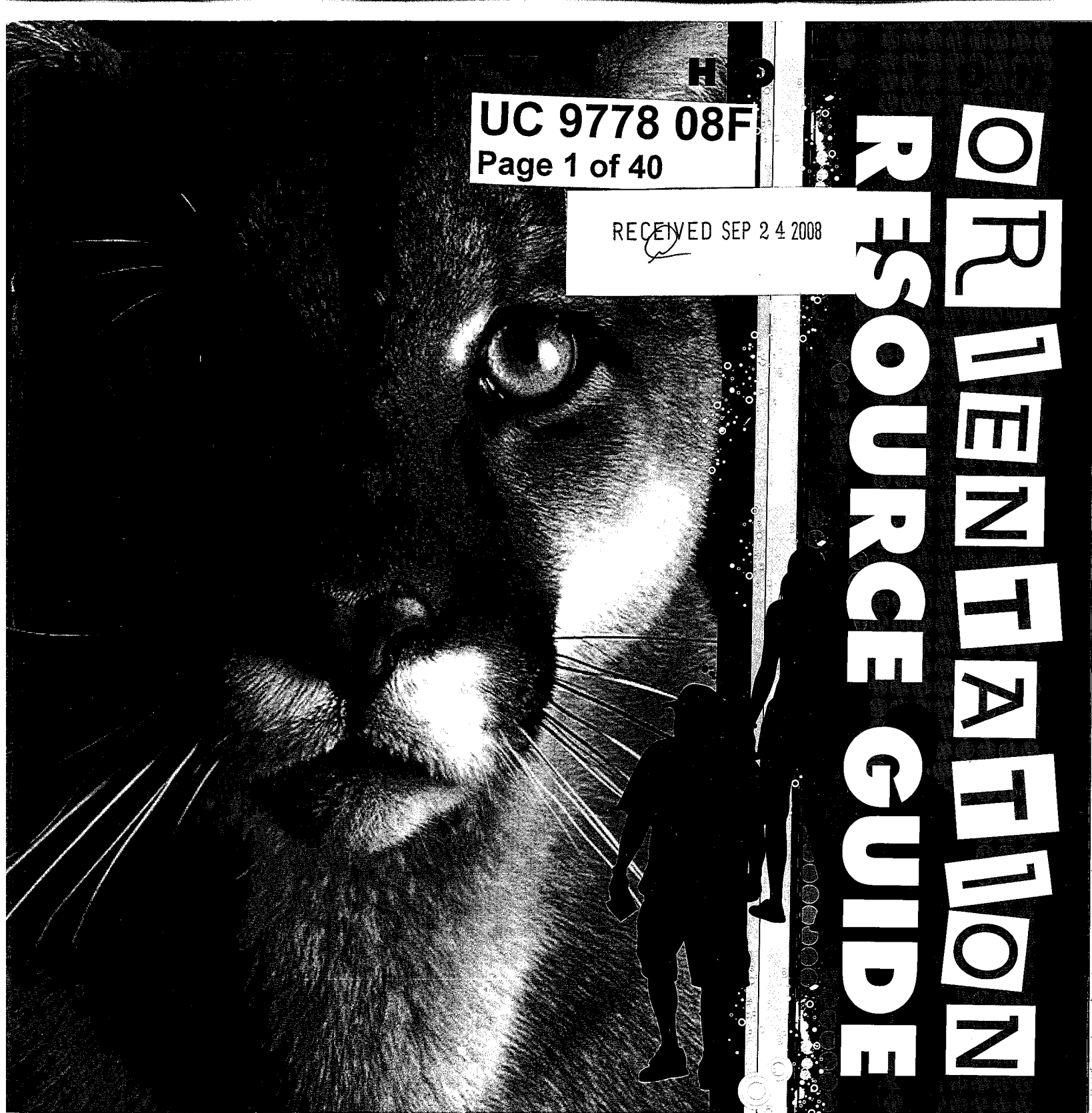


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RECEIVED SEP 24 2008

ORIENTAL RESOURCE GUIDE



WELCOME TO ORIENTATION!

UC 9778 08F

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Welcome, New Cougars!

On behalf of the University of Houston students, faculty and staff we would like to welcome you to the experience that will be the guiding force for your success here at UH. We are ecstatic to have you become one of our newest members to the "Cougar Family."


You have already celebrated many achievements that have brought you this far in your journey. It is our hope that with our help you will have many more to come. Starting college can stimulate many emotions such as excitement, intimidation and feelings of being overwhelmed. Our goal is to introduce you to people who are essential elements to the campus community and are committed to assisting with your transition.

The Orientation staff you will connect with are here to help make those first steps affirming. During the conference you will:

- Meet new students and current students, faculty and staff
- Get an overview of department and program services
- Get a synopsis of policies and procedures for your academic college and major
- Enroll in your first semester of classes

In order for you to have the best experience over the next few days and the rest of your time here at UH, we encourage you to be involved, interactive and most of all excited.

We are glad you are here and hope you have a wonderful experience. GO COOGS!



Welcome to Orientation!

1-DAY ORIENTATION SCHEDULE**THURSDAY/FRIDAY**

7:30 - 8:15 a.m.	Conference Check-in (mandatory) All students must check in by 8:15 a.m.
8:00 - 8:15 a.m.	Grand Welcome
8:15 - 8:45 a.m.	University Basics: Required academic advising.
8:45 - 9:45 a.m.	Student Services Panel Presentation Representatives from the Dean of Students Office, Department of Public Safety, Counseling and Psychological Services, Learning and Assessment Services, UHWellness, Student Legal Services, and the Health Center will speak about campus services.
9:45 - 10:30 a.m.	Your O-Team Leaders Meeting Student orientation leaders will review the day's schedule and familiarize students with the registration process.
10:30 - 11:30 a.m.	Organizations Fair and Department Expo Interested in getting involved on campus? Representatives from the campus community will provide a brief overview of their departments, services, and student organizations.
11:15 a.m. - Noon	Lunch
12:00 - 12:30 p.m.	Your Transfer Credits – Dual Enrollment / AP Placement, International Baccalaureate
12:30 - 12:50 p.m.	Registration and Fee Payment Process
12:55 p.m.	Departure for College Meetings Orientation leaders will escort students to the meeting locations.
1:00 - 1:30 p.m.	College Meetings Students meet with their colleges.
1:30 - 4:00 p.m.	Departmental Advising and Registration
2:00 - 4:30 p.m.	Registration, Cougar 1Card, and Campus Tour

SCHEDULE

2-DAY ORIENTATION SCHEDULE

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WEDNESDAY

6:00 - 9:00 p.m.	Early Residence Hall Check-in: Only for students / guests who reserved Wed. housing.
7:30 - 8:00 p.m.	Twilight Campus Tours
8:00 - 10:00 p.m.	Evening Leisure Activities

THURSDAY

6:00 - 8:00 a.m.	Residence Hall Check-in
8:00 - 8:50 a.m.	Conference Check-in: All students must check in by 8:50 a.m.
9:00 - 9:20 a.m.	Grand Welcome
9:20 - 10:00 a.m.	"Cougar Tracks at UH"
10:00 - 10:45 a.m.	University Basics: Required academic advising.
10:45 - 11:45 a.m.	Your O-Team Leaders Meeting 1: Student Orientation Leaders will review the day's schedule and familiarize students with the registration process.
11:45 a.m. - 1:00 p.m.	Lunch
11:45 a.m. - 1:00 p.m.	Resource Expo
11:45 a.m. - 1:00 p.m.	Shopping Spree
1:00 - 1:25 p.m.	It's All About Success: The Big Picture
1:25 - 2:00 p.m.	UH Success Programs: Scholars Enrichment Program, Learning Support Services, Residential Life & Housing's Freshman Year Residential Experience Program, and UScholars College Success Program
2:00 - 2:30 p.m.	Scholarships and Financial Aid Information Session
2:30 - 3:00 p.m.	Allied Health / Pre-Health Professions Seminar
2:30 - 3:15 p.m.	Maximizing Your Cougar Experience: Cougars on the Catwalk, More Than Just a Bookstore, Campus Recreation, Campus Activities, Introduction to the Greek Councils, Athletics
3:00 - 3:30 p.m.	Texas Success Initiative Status Verification / Assignments
3:30 - 4:15 p.m.	Getting in the Cougar Spirit / The Real World: UH
4:30 - 5:00 p.m.	The Honors College Meeting / U Scholars College Success Program Meeting
4:30 - 5:15 p.m.	Your O-Team Leaders Meeting 2: "On Your Mark: So You Think You are Ready to Register?" Essentials for registration preparation to ensure successful enrollment on Friday.

2-DAY SCHEDULE (CONT.)**SCHEDULE**

5:15 - 6:30 p.m.

Shopping Spree

5:15 - 6:30 p.m.

Student Organizations Fair: Get Involved. Interested in getting involved on campus? Representatives from student organizations will be available to talk with you.

6:30 - 8:00 p.m.

Dinner

7:00 p.m. - Midnight

Evening Activities: Bowling, billiards, and more.

10:00 p.m.

Residence Hall Quiet Hours

FRIDAY

7:00 - 7:30 a.m.

Breakfast

7:30 - 8:15 a.m.

Your O-Team Leaders Meeting 3: "Registration: So You Still Think You Can Register?" Last-minute details.

8:00 a.m. - 3:30 p.m.

O-Team Help Area

8:15 - 8:45 a.m.

"Registration and Fee Payment Process"

9:00 - 10:00 a.m.

College Meetings: Required academic advising.

10:00 a.m. - 3:00 p.m.

Individual Departmental Advising

10:00 a.m. - 2:00 p.m.

Residence Hall Tours

10:00 a.m. - 2:00 p.m.

Residence Hall Check-Out

10:00 a.m. - 5:00 p.m.

Campus Recreation Facility Tours and Open Recreation

11:00 a.m. - 3:00 p.m.

"Registration: Online Registration!"

11:00 a.m. - 3:00 p.m.

Cougar 1Card Registration and Evaluation Completion

Noon - 1:00 p.m.

Code Red: How to Deal with an Unexpected Emergency. Representatives from the campus community will review policies and procedures for campus emergencies.

Noon - 2:00 p.m.

Lunch

1:00 p.m. - 2:00 p.m.

Campus Tours

1:20 p.m.

Library Tours

1:20 p.m.

Scholarship and Financial Aid: Q&A session.

IMPORTANT PHONE NUMBERS

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Admissions
713.743.1010 x2

Bookstore
713.748.0923

Campus Activities
713.743.5180

Campus Operator
713.743.1000

Career Services
713.743.5100

Center for Students with
DisABILITIES
713.743.5400

Contact Center
713.743.2555

Council of Ethnic Organizations
713.743.5190

Counseling Services
713.743.5454

Dean of Students/Orientation
713.743.5470

Health Center
713.743.5151

Honors College
713.743.9010

International Student and Scholar
Services
713.743.5065

Learning and Assessment Services
713.743.5498

Learning Support Services
713.743.5411

Lost and Found
713.743.0620

M.D. Anderson Library
713.743.1050

Parking Division
713.743.1097

PeopleSoft Support
713.743.1010 x5

Police
713.743.3333 (emergency)
713.743.0600 (non-emergency)

Registration and Academic Records
713.743.1010 x4

Residence Hall Information
713.743.6020

Scholarships & Financial Aid
713.743.1010 x3

Student Financial Services
713.743.1010 x6

Student Information and
Assistance Center
713.743.5060

Student Government Association
713.743.5220

Student Program Board
713.743.5210

Undergraduate Scholars @ UH
832.842.2100

University Testing Center
713.743.5444

Veterans Services Office
713.743.2255

SURVIVAL TIPS

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BRITTANY GREEN

Major: Accounting

Class Standing: Junior

Top Survival Tip:

The University is exploding with resources - use them! Students don't know that they can have their papers looked over by the Writing Center; or if you're having math problems you can go to the CASA tutoring center. I go to CASA for all my math needs.

Favorite Place on the UC Campus:

The fountain in front of E. Cullen is a great place to study and get sun.

Favorite Organization:

DOS Student Assistant; EXCEL Mentoring Program; O-Team.

Recommended Activity:

The Student Program Board Concert Series is a great way to see the talent that the University has and enjoy good music at the same time.



RANFERI LUVIANO

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Major Accounting

Class of Senior

Top Scholarship

Don't be shy. Ask questions and look out for help. If you don't know something, reach out to any UH student - anybody.

Favorite thing about UH

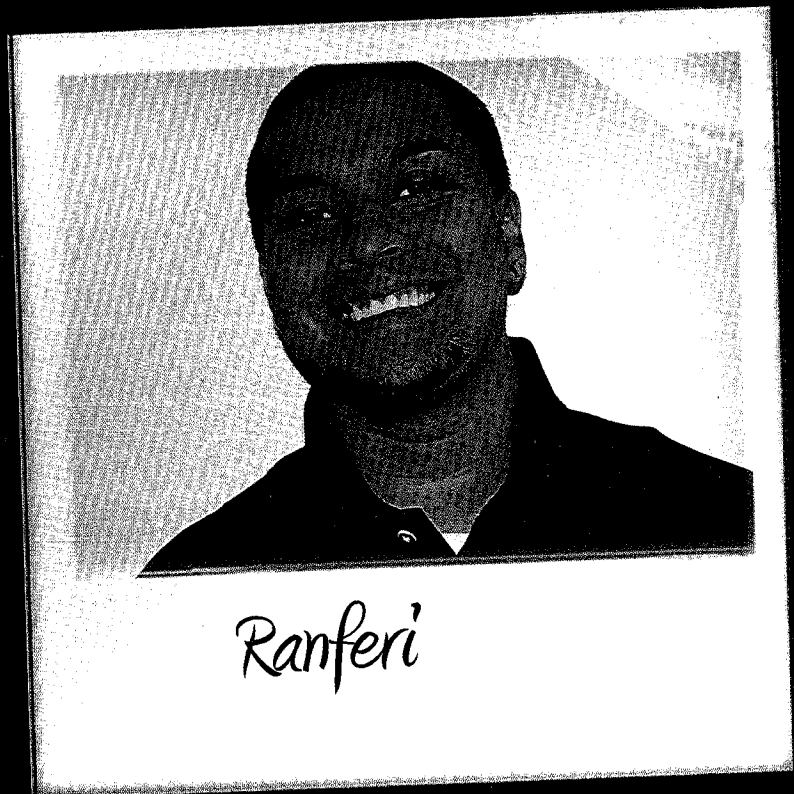
I'd have to say the UC, just because they have a lot of resources in one place - a lot of food varieties, the game room, and student activities in the bottom as well.

Favorite organizations

O-Team; Sigma Lambda Beta International Fraternity, Inc.

Favorite sport to watch

I would just say being involved in Greek Life because it involves community service and cultural awareness. Being part of Sigma Lambda Beta, a multicultural organization, gives me the opportunity to give back to the community while gaining brotherhood and achieving our academic goals.



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SURVIVAL TIPS

Nursing

Freshman

Study really hard and don't waste your time - but have fun at the same time, too. Talk to upper-classmen for advice in choosing classes and be really involved on campus. Don't procrastinate.

If you can't go to the UC, go to the UC Satellite! It's filled with all types of food, concerts and games. You can bring your laptop and study there, too.



Allied Health Professions Society; Catholic Newman Center; O-Team; Scholars' Community; Student Alumni Connection.

Frontier Fiesta is three days of fun! We just go and play games, eat, watch concerts and performances, and meet new people. It's a time to have fun with all your friends.

KHAI TRAN

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Accounting / Pre-Med

Junior

Take advantage of homework, because that's your safety net for tests. Don't procrastinate - don't let things backpile on you. In high school you feel like you can get everything done in one day, but in college you can't teach yourself everything in one night.

The Rec. I like playing sports, and it has a lot of variety to offer.

National Society of Collegiate Scholars; Kappa Sigma Fraternity; O-Team; American Medical Student Association; Intramural Football, Basketball, Softball, Kickball, Walleyball, Dodgeball.

Intramurals are fun because you can meet a lot of people on campus. If you like sports, it's one way to stay active in it.



SHABREKA WALTER

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Consumer Science & Merchandising

Senior

Absorb all your experiences from the University. Everything from Campus Activities to networking with professors and also meeting new students. When you get to the real world, you'll have the knowledge of how to interact with colleagues and employers.

I'd have to say the UC, because it's a friendly environment. You always see someone you know.

Alpha Kappa Alpha Sorority, Inc.;
Assistant Director of O-Team;
NAACP; Student Program Board;
Scholars' Community.

Really get involved in some type of organization - it doesn't matter which one - because that's how you broaden your horizons. Whenever I got involved in O-Team and the Miss Black and Gold Pageant, it gave me more excitement and more drive to do more things.



Shabreka

SURVIVAL TIPS

AMERICAN HUMANICS NON-PROFIT CERTIFICATE PROGRAM

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The American Humanics Nonprofit Certificate Program (AH) offers undergraduate and non-degree-seeking post-baccalaureate students of any major the opportunity to earn a nationally recognized certificate that prepares them for entry-level management positions in nonprofit organizations. Hands-on experiences in leadership and event planning, one-to-one career counseling and advising, a professional capstone internship, and attendance at a national institute are some of the benefits and activities afforded AH students.

American Humanics requires knowledge and skill development in critical nonprofit competency areas identified by national nonprofit human resource executives:

- Youth and Adult Development
- Fundraising Principles & Practices
- Board/Committee Development
- Nonprofit Management
- Nonprofit Financial Management
- Community Outreach Marketing & Public Relations
- Risk Management & Legal Issues
- Information Management & Technology
- Ethics & Values
- Diversity Awareness
- Program Planning
- Volunteer Management

Students meet these competencies through course work, non-credit seminars, leadership and student association activities, attendance at participation in the National Management Institute, and a 480-hour professional internship.

Social Work Building, Room 405
713.743.8018
www.uh.edu/humanics



CAMPUS ACTIVITIES

With over 400 student organizations, Campus Activities is the place to go to connect with other students at the University of Houston.

The student organizations that host our UH traditions (including Homecoming and Frontier Fiesta), our student organizations that connect you to our campus and community (the Student Government Association and the Metropolitan Volunteer Program), and the student organizations that bring cultural events and student-created programming (the Council of Ethnic Organizations and the Student Video Network), all have their offices located in Campus Activities.

We are located in the University Center Underground, behind the fountain on the ground floor of the UC.

When you come down to Campus Activities or search our Web site, you can find ways to get connected to:

- Academic organizations for nearly every major
- Organizations that can provide you with a support network on campus
- Organizations that can give you leadership experience that will build your resumé and could lead to internships
- Honor organizations for students with outstanding academic achievement
- Spirit organizations that get you connected to your fellow Cougars
- Specialty organizations that will connect you to students with the same interests
- A friendly and helpful staff that can help you find an organization, start a new organization, or plan an program or event for your group or the campus at-large

We can't wait to meet you and hope to see you soon!

University Center Underground, Room 51

713.743.5180

www.experienceUH.com

RESOURCES

Career Counseling: University Career Services (UCS) assists UH students and alumni develop, evaluate and implement their career plans. Make an appointment with a Career Counselor to:

- Discuss your choice of major/career
- Take a vocational assessment
- Find out what you can do with a degree in your major
- Gather information about salaries and find out how to evaluate job offers
- Develop a job search plan
- Have your resumé critiqued
- Practice the latest interview techniques
- Find out what an internship is, why you need one, and how to get one
- Learn how to work a career fair
- Participate in a "mock interview"

To request an appointment with a Career Counselor, call (713) 743-5100 or log on to www.career.uh.edu, click on "Contact Us," and select a Career Counselor. Walk-ins are welcome for quick questions.

Website: Check out UCS's full-service, interactive website at www.career.uh.edu. Submit your resumé, search and apply for jobs on-line, request on-campus interviews, check out upcoming events and workshops, take a vocational assessment, request an appointment with a career counselor, and more!

On-Campus Recruiting: Employers interview students of all majors for internship and full-time, career-level positions on campus every fall and spring semester. You must attend a Campus Recruitment Workshop in order to participate in campus recruitment. Students should plan on participating in Campus Recruitment up to one full year prior to graduation.

Vocational Assessments: Designed to help you identify your strengths and weaknesses, pinpoint your interests, and clarify your values, vocational assessments can help you identify possible career paths and majors. Talk to a counselor to see which assessment is right for you. A nominal fee may be charged.

Internship Program: Internships provide meaningful work experience related to your academic studies. Internships are available for all academic majors. Attend an Internship Workshop for more information.

CAREER SERVICES (CONT.)

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RESOURCES

Career Fairs: UCS participates in several career fairs each semester and is one of the sponsors of the annual Texas Job Fair. Additional information regarding career fairs on and off campus is available at UCS and on the UCS website.

Career Workshops: UCS facilitates workshops on topics including resumé writing, interview techniques, internships, job search, and campus recruitment every week. Visit www.career.uh.edu and click on "Events Calendar" for dates, times, and descriptions of workshops, or pick up a workshop schedule in the UCS lobby.

Mock Interviews: Mock interviews are one-on-one practice interviews with a career counselor designed to prepare you for your employment and graduate or professional school interviews.

Career Planning Series: Career-related handouts such as "Choosing a Major/Career," "Successful Job Search Methods," "The Resumé," "Guide to Finding Internships," "Preparing for the Employment Interview," and more, are available in the UCS lobby and on our website under "Handouts."

Job Shadow Program: Students are matched with professionals in their field of study or area of career interest. Call for more information.

Office and Walk-In Hours

Fall and Spring:

Monday & Tuesday: 8 a.m. - 7 p.m.; Wednesday - Friday: 8 a.m. - 5 p.m.

Summer Semesters:

Monday - Friday: 8:00 a.m. - 5:00 p.m.

Student Service Center 1, Room 106

713.743.5100

www.career.uh.edu

COLLEGE SUCCESS PROGRAM

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UScholars@UH College Success Program contributes to excellence in undergraduate education at the University of Houston by serving as a resource center for campus-wide first-year initiatives, as well as developing and implementing innovative practices for its specially designed learning community program for first- and second-year students.

The mission of the College Success Program is to help students succeed by providing a supportive academic and social environment that allows them to adjust to university life. The program is specifically designed to help students navigate through the Core Curriculum and to feel more a part of the University of Houston.

The objectives of UScholars@UH College Success Program are:

- To assist our students during the difficult transition from their high schools or other institutions of learning to a large, and complex, urban university
- To provide a support system of professional staff, student mentors, and special services that enhances the academic and personal experience at UH
- To assist them in planning and achieving smoother and more efficient paths toward their degrees

The benefits of joining the CSP program are:

- CORE 1101 (mandatory class for first year students)
- Tutoring
- Priority Registration
- Scholarship Opportunities
- Computer Lab Access
- One-on-One Mentoring

56 University Libraries (in the basement of M.D.

Anderson Library)

832.842.2122

www.usd.uh.edu



COUNCIL OF ETHNIC ORGANIZATIONS (CEO)

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RESOURCES

Council of Ethnic Organizations (CEO) is a student fee-funded organization that is a multicultural coalition of student organizations and individuals seeking to understand and promote diversity. In the struggle against racism and other forms of oppression, CEO is guided by the principles of the right for self-determination and equality for all people. We strive to address and overcome the barriers between people, learning, and working together in order to fight racism, bigotry, sexism, and to finally work towards the appreciation of diversity. CEO is an organization that caters to everyone. CEO strives to make every nationality and culture appreciated on the University of Houston campus. CEO not only teaches about cultures, but it also is a chance for anyone who wants to be involved to learn everyday skills needed to succeed in life.

Events include:

- Get to Know CEO Week
- Culture and Food Nights
- Diversity Week
- Member Retreats
- Marguerite Ross Barnett Banquet

Benefits include:

- Computer/Printer/Copier Access
- Phone Access
- Advertising
- Event Marketing Assistance
- Diversity Training
- Networking



University Center Underground, Room 63

713.743.5190

www.uh.edu/ceo

DEAN OF STUDENTS OFFICE

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While pursuing your educational goals at the University of Houston, you will be faced with many challenges. Sometimes these challenges may seem insurmountable. In approaching these challenges, you should be aware that there many people and services at the University that are dedicated to helping you through these situations and whose purpose is to enhance your ability to succeed.

Student Assistance

A good way to find helpful individuals and services is through the Dean of Students Ombudservice. If you need assistance or information regarding University services or programs, you are invited to stop by the Dean of Students Office to meet with the dean on call who will direct you to the appropriate source of assistance. The office provides support for evening students by holding office hours until 8:00 p.m. Monday through Thursday while class is in session.

Integration

The Dean of Students Office helps new students entering the University become fully integrated into the UH community by hosting New Student Orientation. The Dean of Students Office also publishes the UH Student Handbook, which includes an abundance of helpful information concerning University services and policies.

Discipline

The office helps maintain a civil and orderly academic environment on campus by administering the UH Student Disciplinary Policies and Procedures.

Parent Outreach

In addition to assisting students of the University of Houston, the Dean of Students Office provides resources for their parents, including Parent Day and the publication of the Cougar Parent Connection newsletter.

University Center, Room 252
713.743.5470
www.uh.edu/dos

DINING SERVICES

Eating on campus is an important part of campus life. Whether it's a quick bite on the way to class or a casual lunch with friends, a meal plan makes life so easy! With places to eat at like Chili's Too in the University Center or Montague's Deli at the UC Satellite, eating on campus has never been so convenient. More value is just a swipe away. Affordable. Effortless. Reliable.

Affordable

Whether you're eating on campus every day or just a few times a week, you could be saving money with a meal plan. Choose a meal plan and enjoy all-you-care-to-eat-meals as low as \$3.70 per meal, at our RFoC residential restaurants in Moody Towers and Oberholtzer Hall.

Lots of options help you choose the plan that's right for you. By combining a "Weekly Meal Allowance" or "Block Plans" with "Cougar Cash," you can create a plan that offers the best value for your busy schedule.

Effortless

Once you have a meal plan, your student ID cards works like a debit card. Just swipe your card and the meal allowance is deducted from your account automatically. Flexibility makes it easy to get the most value out of your plan.

Reliable

Purchasing a meal plan gives you the piece of mind that you can eat what you want and where you want all semester. Purchase a meal plan and you're automatically enrolled into Jam Rewards, a free membership program that rewards you just for eating on campus.

713.743.FOOD
www.uh.edu/dining

DINING SERVICES (CONT.)

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Commuter Select Meal Plans

Select 300: \$300

- \$300 Cougar Cash

Select 500: \$500

- \$500 Cougar Cash

Select 800: \$800

- \$800 Cougar Cash

Select Plan 20 Plus: \$150/semester

- Approximately \$5.75 per meal
- 20 all-you-care-to-eat meals per semester
- \$35 Cougar Cash

Select Plan 40 Plus: \$325/semester

- Approximately \$5.63 per meal
- 40 all-you-care-to-eat meals per semester
- \$100 Cougar Cash

Select Plan 80 Plus (Best Value): \$525/semester

- Approximately \$4.69 per meal
- 80 all-you-care-to-eat meals per semester
- \$150 Cougar Cash

RFoC 9: \$1,070/semester

- Approximately \$4.94 per meal
- 9 all-you-care-to-eat meals per week
- \$320 Cougar Cash

Residential Value Meal Plans

Cougar Cash: \$1,175/semester

- (Available to upperclassmen only)

RFoC 140: \$1,400/semester

- Approximately \$6.25 per meal
- 140 all-you-care-to-eat meals per semester
- \$525 Cougar Cash

RFoC 21 (Best Value): \$1420/semester

- Approximately \$3.67 per meal
- 21 all-you-care-to-eat meals per week
- \$120 Cougar Cash

RFoC 15 (Most Popular): \$1,175/semester

- Approximately \$3.99 per meal
- 15 all-you-care-to-eat meals per week
- \$165 Cougar Cash

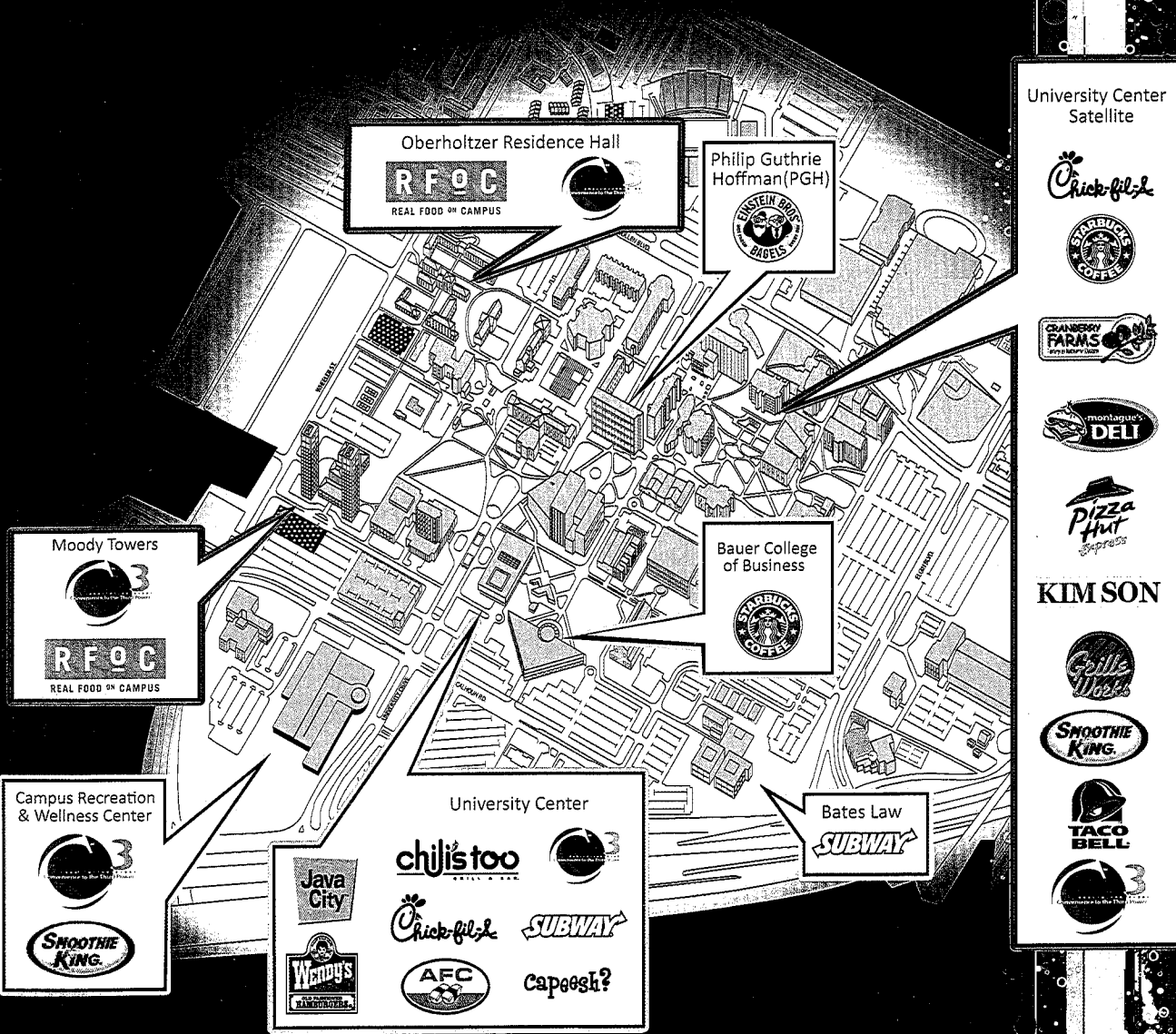
RFoC 9: \$1,070/semester

- Approximately \$4.94 per meal
- 9 all-you-care-to-eat meals per week
- \$320 Cougar Cash

RFoC 5: \$990/Semester

- Approximately \$6.70 per meal
- 5 all-you-care-to-eat meals per week
- \$425 Cougar Cash

RESOURCES



FRONTIER FIESTA

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Frontier Fiesta is a long-standing tradition at the University of Houston that showcases the diverse student talent on our campus. Frontier Fiesta is a student-run, student-led festival hosted by the University of Houston to promote scholarship, community, and education for the students, staff, and faculty, as well as the Houston community. Each year a piece of our campus is transformed into a fully functional town called "Fiesta City" and features free live concerts each night, Broadway-style variety shows by student organizations, carnival booths, student showcases, and a world class BBQ cook-off and baking competition.

Frontier Fiesta offers opportunities for students to:

- Work as compensated student leaders as part of the Frontier Fiesta Association Executive Board and build a strong resumé
- Perform in a variety show with their student organization
- Host a carnival booth or perform in a student showcase
- Apply for a scholarship
- Enjoy live music and great food at the University of Houston's largest tradition!

University Center Underground, Room 59
713.743.5181
www.uh.edu/fiesta



GREEK LIFE

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RESOURCES

Add a chapter to your life...

The University of Houston is home to a diverse community of fraternities and sororities whose commitment to leadership, brotherhood/sisterhood, philanthropy, community service and tradition provide the University and you with an important part of student life. The Greek community at UH is so diverse and unique that there is truly something for everyone. From older chapters, steeped in years of tradition, to emerging chapters shaping a new Greek legacy, this dynamic group of leaders can provide you with an opportunity to impact UH and change your undergraduate experience.

Long-term benefits from being a part of a Greek letter organization:

- An amazing alumni network to provide professional and personal mentorship, an invaluable resource after graduation
- Joining an organization and getting involved makes you more likely to stay at the University and to graduate
- The opportunity to give back through philanthropy and service to the UH and greater Houston communities
- Leadership experience, an important resumé builder
- The opportunity to make life-long friends

Greek Life at the University of Houston is a diverse, values-centered fraternity and sorority community committed to leadership development, scholastic achievement, and personal growth through council collaboration and community involvement. Come see us during the organizational fair!



University Center Underground, Room 51

713.743.5180

www.experienceUH.com

HEALTH CENTER

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Hurt? Sick? All currently enrolled students can use our services, whether or not they have UH Student Insurance!

Services

- Walk-in Clinic: 713.743.5151
Physical visits for general diagnosis, treatment, minor emergencies, laboratory, X-ray and specialist referral.
- Attendant Care Services: 713.743.8603
Care and lifestyle assistance program for needs of disabled students living on campus.
- Dermatology Care: 713.743.5154
Diagnosis and treatment of skin-related conditions. No referral necessary. Appointment only.
- Nursing Care: 713.743.5156
Allergy injections, cuts, abrasions, health information, blood pressure, immunizations, monitoring.
- Men's Clinic: 713.743.5155
Diagnosis, treatment, counseling and referral for men's health issues. Appointment only.
- Orthopedic Clinic: 713.743.5142
Treatment of sports injuries and musculo-skeletal problems. Appointment only.
- Pharmacy: 713.743.5125
Prescription and over-the-counter items at very low cost.
- Psychiatry Clinic: 713.743.5149
Evaluation, diagnosis, medication management and treatment for psychiatric disorders. Appointment only.
- UH Student Health Insurance: 713.743.5137
Deadline to add or drop insurance is the 20th class day of each Fall and Spring semester.
- Women's Clinic: 713.743.5156
Diagnosis, treatment, counseling and referral for women's health issues. Appointment only.

All visits and inquiries are confidential!

Health Center (Building 525)

713.743.5151

www.uh.edu/admin/hc

HOMECOMING

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RESOURCES

Homecoming Week: November 2 - 8
UH Cougars vs. Tulane Green Wave

Homecoming at the University of Houston is one of the oldest and dearest traditions on campus. The mission of Homecoming Board is to encourage campus pride in the student body that will translate into lifelong support for the University of Houston. It is more than attending a football game. It is educating students about UH spirit and traditions. It is challenging students to become involved in their university. It is coordinating events, competitions and rallies that encourage participation of the entire University community: students, faculty, staff, alumni and friends of UH.

The Student Homecoming Board is a valuable asset to the student body and the University community because it fosters lifelong support for the University of Houston. The Homecoming Board, along with the Frontier Fiesta Association, transitions active and involved students to active and involved alumni.

Traditional events include:

- Homecoming Court Selection and Presentation at halftime
- Community Service project
- Paint the UC and Homecoming Banner Contest
- Kick-Off event
- Strut Your Stuff
- Cougar Pride Day and Rally
- Homecoming Concert
- RHA Beauty Bowl, Homecoming Block Party
- Pre-Game Parade and Presentation



University Center Underground, Room 59 A
713.743.5068
www.uh.edu/homecoming

HUMAN DEVELOPMENT & CONSUMER SCIENCE

UC 9778 08F

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Explore the Possibilities!

Offered by the Department of Human Development and Consumer Sciences (HDCS), a degree in Consumer Science and Merchandising prepares you for diverse careers in the retail and merchandising industry.

Our graduates pursue careers as:

- Buyers
- Store Managers
- Visual Merchandisers
- Account Executives
- Executive Trainees

College transfer students should explore block transfer options in the Professional Studies specialization.


Enroll in some of our innovative HDCS courses:

Writing in The Disciplines: HDCS 1300 - Designed to encourage and enhance critical thinking, argumentative/debate and persuasive skills in both the writing and speaking dialect.

Career Development: HDCS 4396 - Designed to help students understand their preferences and skill sets. Students will research and study the trends in the labor market and explore alternative career choices.


Isabel C. Cameron Bldg.
713.743.4110
www.tech.uh.edu/hdcs

College of Technology
HDCS Outlook
Human Development and Consumer Sciences
Empowering the technology leaders of tomorrow for global industry
A Quarterly Publication of the University of Houston Human Development and Consumer Sciences Department Summer 2007



Academic Pursuits: Focus on Waight

Dr. Consuelo Waight will serve the lead faculty for UH at the 2007 Annual Conference of the Academy of Human Resource Development in Indianapolis. Her course, "Emerging Research in HRD," will feature the role of research in HRD, research design and emerging themes in HRD research. The university will be among 14 other major research universities participating in the conference.



Dr. Waight was recently nominated to the editorial boards of three of the four Human Resource Development Journals. These journals are:

- Advances for Developing Human Resources
- Human Resource Development International
- Human Resource Development Review

In June, Dr. Waight made a presentation, "Blending Learning," to the E-learning Special Interest Group (SIG) of the American Society for Training and Development.

Star Gazing: 2007 Merchandising Star Awards

The Who's who of retail and merchandising converged at the River Oaks Country Club to salute a select group of their leading luminaries during an event benefiting the University of Houston's Department of Human Development and Consumer Sciences.

The 2007 Merchandising Star Awards was presented during a luncheon ceremony Jan. 26. This event honored members of the retail community for exceptional contributions to the profession. Honorees included Donna Vallone, co-owner of Vallone Restaurant Group, Arlene Baranda, owner of Artisan Designs, April Finkle, associate publisher and senior vice president of sales and marketing for Texas Monthly magazine, George Wilson, retired vice president of Foley's human resources and the Emerging Star Student Scholarship Award was presented to CSM major Chris Oline.

KPRC-TV anchor and Dominique Sadoc '90 served as the event's emcee. Rox Pector, former fashion director for Foley's and UH alumna, was the MSA chairperson.

The Merchandising Star Award Endowment was established in 2004 to provide funds for CSM undergraduate and graduate scholarships, continuing education programs, program and student enrichment, and the expansion of the first online merchandising degree in the nation. Fashion designer Victor Costa and philanthropist Rose Cullen, both UH alumni, shared the first MSA.

Top row: Guests emceed by Rosemary Oline and Isabel Cameron Bldg. 713.743.4110. Student Model. 2nd row: HDCS graduates student Samantha Baranda; Dr. Consuelo Waight with Margaret Telford; Arlene Baranda; Rose Cullen; and UH President Jay

3rd row: Dr. Shirley Ewell and Victor Costa; Dominique Sadoc and Christine Fink; April Finkle; Student Model; Christine Holland; 4th row: Lisa Del Grande; Alice Morgan; and Mira Del Grande; Student Model; Quincy Taylor; Lashell and Cory Johnson; Taryn Anderson and Tracey Ferguson.

"Being involved in leadership programs at UH has taught me about my personal leadership style, how to improve the retention and effectiveness of my organization and how everyone plays a part in the organization's success." - A Campus Leader

The Department of Campus Activities provides leadership development opportunities for more than 400 registered student organizations. Get involved!

Leadership Luncheons

Conducted monthly, these lunchtime seminars educate students on a specific topic area that is campus-related. Speakers have included information on getting involved with campus-wide events, such as Homecoming, reviewed the basics of writing a press release, and helped students increase their interaction with the community through their participation in service projects.

Mid-Winter Retreat

This leadership experience provides a more intense learning laboratory for interested registered student organizations. Two days in length, Mid-Winter Retreat is held just prior to the spring semester and is free for any student who registers to participate. Students have the opportunity to select which workshops they attend; past topics have included officer transition, ethical leadership, diversity and organizational marketing, among others.

Leadership Consultants

Leadership Consultants are seasoned leaders in the UH community responsible for designing and presenting a workshop during the Mid-Winter Retreat.

University Center Underground, Room 51
713.743.5180
www.experienceUH.com

LEARNING AND ASSESSMENT SERVICES (LAS)

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Learning and Assessment Services (LAS) fosters a vibrant, stimulating, and supportive learning environment to promote the success of UH students, the University, and the greater Houston community. LAS houses seven key University units: Learning Support Services, Challenger Program, Urban Experience Program, Measurement & Evaluation Center, University Testing Services, UH Wellness, and Parent Education Program.

Surveys

Provide feedback and give you the chance to enter for prizes. Includes Student Satisfaction Survey, etc.
www.survey.uh.edu

Faculty/Course Evaluations

Provide feedback for Distance Education/Online courses.
www.eval.uh.edu

Challenger Program

Provides support to students who are first-generation college students, come from economically disadvantaged families, or have a physical disability. Benefits include:

- Priority registration for courses
- Grant Aid: Pell Grant recipients may be eligible to receive an additional \$1,000
- Academic support: free tutoring, advising and academic workshops

Urban Experience Program (UEP)

Provides support to students from foster care and to students with exceptional life challenges.

Parent Education Program (PEP)

Provides services for families of children with "DisABILITIES" and for grandparents and relatives raising kin children.

Student Service Center 1, Room 210
713.743.5498
www.las.uh.edu

LEARNING SUPPORT SERVICES (LSS)

UC 9778 08F

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RESOURCES

Learning Support Services (LSS) aims to increase graduation rates by improving student retention and student success. It offers learning strategies counseling and workshops, tutoring, and resource materials to enhance academic performance.

All services are FREE to currently enrolled students.

Workshops

Critical thinking, analytical reasoning, time management, memory improvement, and more.

Learning Strategies Counseling

Assessment of learning styles, one-on-one learning strategies coaching.

Tutoring

More than 100 courses in business, engineering, foreign languages, mathematics, natural sciences, social sciences, etc.

Learning Resource Materials

Test preparation,
practice exercises.

Handouts

Over 100 topics.

LSS Tutoring Hours

Monday & Tuesday: 9 a.m. - 8 p.m.

Wednesday & Thursday: 9 a.m. - 6 p.m.

Friday: 9 a.m. - 12 noon

Graduate College of
Social Work, Room 321
713.743.5411
www.las.uh.edu/LSS

METROPOLITAN VOLUNTEER PROGRAM (MVP)

UC 9778 08F

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The Metropolitan Volunteer Program is a student-run, student-funded organization that links students, faculty, and staff to the Houston community through volunteerism and outreach.

MVP seeks to make the campus aware of activities, opportunities and social issues by acting as a volunteer clearinghouse. MVP is a primary source of information on agencies and programs. Student-sponsored programs coordinated through MVP provide both volunteer opportunities for the UH community and leadership experience. Additionally, MVP sponsors many special events throughout the academic year, some with other campus organizations and departments.

The Metropolitan Volunteer Program takes action to empower the campus and community by:

- Nourishing the spirit of volunteerism
- Enhancing educational experiences
- Affirming human dignity
- Advocating equality of opportunity
- Striving for social justice



MVP works to achieve these objectives through education, recruitment, referral and commitment to service.

Students and student organizations serve as MVP volunteers who tutor and mentor youth, comfort the ill, visit the elderly, protect the environment, feed the hungry, and help shelter the homeless.

University Center Underground, Room 53
713.743.5200
www.uh.edu/mvp

RECREATION & WELLNESS CENTER

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RESOURCES

The Department of Campus Recreation coordinates many sports, fitness, recreation and other wellness-related activities on campus for students, alumni, faculty, and staff. Participating in Campus Recreation activities provides an outlet for students to clear their minds, stay in shape, and recharge their spirits.

The UH community has many activities to choose from:

- **Aquatic Programs** offer Learn-to-Swim classes and SCUBA training/trips, as well as First Aid, CPR, Lifeguard Training and other Red Cross certification courses.
- **Fitness Programs** offer group exercise classes including aerobics, cycling, dance, hip hop, and martial arts, personal training opportunities and fitness/quality of life assessment services.
- **Intramural Sports** has a long history of popularity on campus and provides an opportunity for students to participate in 30 different competitive activities. Events for men, women, and co-ed competition are available. A staff golf tournament and staff softball teams are programs specific for employees.
- **Outdoor Adventure** program includes a 53-foot high climbing wall and related climbing classes, a rental shop, group facilitation workshops and organized outdoor trips including kayaking, surfing, cycling and camping.
- **Sport Clubs** offer students the opportunity to compete in approximately 16 sport activities at local, regional and national levels including soccer, water polo, roller hockey, rugby, cycling, volleyball, martial arts and fencing.
- **Open Recreation** allows the flexibility for students to use the 254,000-square foot facility to lift weights, use the cardio equipment, swim laps, jog, "shoot some hoops," play racquetball, and/or join a pick-up game of soccer.

Campus Recreation and Wellness Center
713.743.PLAY
www.uh.edu/recreation

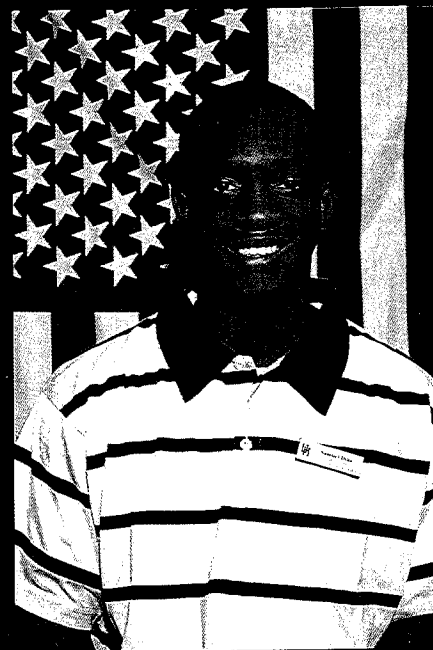
STUDENT GOVERNMENT ASSOCIATION (SGA)

UC 9778 08F

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The Student Government Association (SGA) is your voice on campus. SGA is a student organization elected by the students to represent the University of Houston Student Body. SGA is committed to understanding the needs of students and working with students, faculty, staff, and the administration, to ensure that a positive university experience is maintained for all parties. SGA serves as a liaison between the students and various governing bodies including the UH Administration, the UH Board of Regents, and the Texas State Legislature.

Students who want to get involved in student government at the University of Houston can do so in a number of ways. Students are encouraged to run for election and gain a seat in the Student Senate. Elections are held in March. Students can also be appointed to any open seat of their college by filling out an application, can be appointed to one of the standing university committees, and can even secure a judicial appointment to the student court. For a listing of available seats and positions, please contact the SGA office.



The Student Government Association welcomes UH students, staff, and faculty to attend our bi-weekly senate meetings and address the senate. The senate will meet in the summer and in the fall. Meetings are always held in the Mediterranean Room of the University Center Underground. A complete list of the summer and fall dates is available on the SGA web site, along with other important information including your elected officials, recent student government news, and SGA legislation.

Welcome to the University of Houston and GO COOGS!

University Center Underground, Room 57

713.743.5220

www.uh.edu/sga

RESOURCES

STUDENT HANDBOOK

The Student Handbook is an important resource for every student's college career. It contains a detailed list of resources available to students, as well as information of disciplinary and other policies.

While containing important information about the University, the Handbook is not comprehensive in its listings. Instead, vital information is presented, and when necessary, the Handbook refers to other publications that provide more detailed information. The provisions of the handbook do not constitute a contract, expressed or implied, between any person and the University of Houston.

A unique feature of the Student Handbook is The Source, located in the center yellow pages. Concerns frequently voiced by students have been arranged alphabetically. The location and phone number of the department or office where help is available are also listed. The Source can help students find the answers to many questions concerning the University.

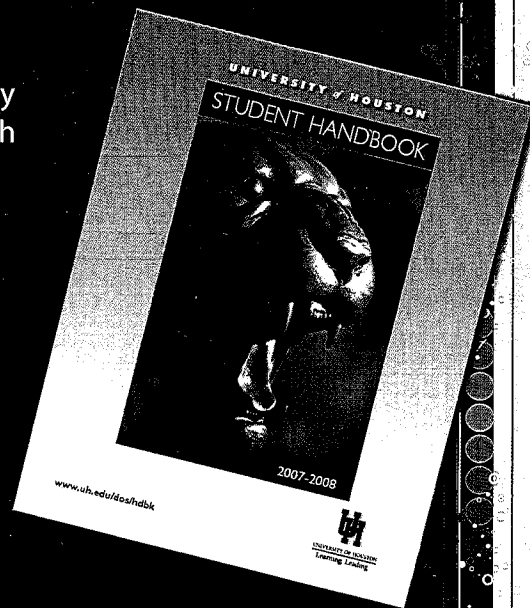
The "Through My Lens" annual photography contest offers students the chance to have their photography featured on the cover of the Student Handbook. Cash prizes are awarded to the top three entries, with the winning picture being printed on the cover.

The Handbook is available online for download, and physical copies are available in the Dean of Students Office.

University Center, Room 252

713.743.5470

www.uh.edu/dos/hdbk



STUDENT LEGAL SERVICES

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Before signing a lease, check the following items:

Security

- Check with the police department regarding crime in the area/complex.
- Ask the manager to describe the security provided and to inform you of the number and types of crimes in the past year.
- Visit at night to check the lighting.

Location

- Has there been flooding in the area? How often?
- Noise - can you hear the tenants next door? Are they too noisy or require no noise? Is there a train in the area?
- Is there sufficient parking for guests and roommates?

The Lease

- If one roommate moves out, is the other liable for the entire rent?
- What happens if you move out before the end of the lease?
- How long is the usual wait for repairs?
- Are pets allowed?
- Be sure that you add all of the landlord's promises and representations to the lease itself or to an addendum signed by the landlord.

Visit on different hours and days.

Don't sign until you have looked at your unit.

Be sure you maintain an original copy of the list of problems signed by the landlord, as well as the lease.

Did You Know?

- Most employers check applicants' criminal records and credit reports.
- Your driver's license can be suspended if you are convicted of even a minor alcohol or drug related offense.
- Your lease probably requires at least 30-60 days written notice prior to moving out at the end of the lease.
- Texas recognizes informal or common law marriages.
- If you allow your friend to borrow your credit card, you will be liable for all charges your friend makes on it.
- If you use your parent's vehicle without being listed on the insurance policy, the insurance company probably will not pay for any damage you cause.

STUDENT LEGAL SERVICES (CONT.)

UC 9778 08F

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RESOURCES

Services

Student Legal Services (SLS) provides legal advice and counseling to University of Houston students. An attorney meets with students to attempt to resolve the individual's legal dispute before the problem becomes a complicated burden.

While SLS does not represent students, it does assist students in locating a lawyer when one is necessary and, when possible, provides advice on handling issues without an attorney's assistance. SLS provides education to students through presentations at University- and student group-sponsored activities. There is a \$5 per semester charge to consult with SLS.

Scope

The Student Legal Services Office provides legal advice in the following areas:

- Criminal matters: DWI, theft, criminal mischief, fake ID, expungement
- Landlord/tenant disputes: security deposit refunds, evictions, lease review
- Consumer complaints: defective products and services, breach of warranty, deceptive trade practices
- Traffic violations: tickets, towing, accidents
- Debt problems: credit card disputes, foreclosure, bankruptcy, student loans
- Family matters: divorce, child support, paternity, custody, name change, common law marriage
- Employment disputes: discrimination, non-compete agreements, sexual harassment
- Miscellaneous matters: powers of attorney, real estate, probate, immigration, copyright, etc.

University Center, Room 252

713.743.5462

www.uh.edu/sls

STUDENT VIDEO NETWORK (SVN)

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The Student Video Network (SVN/Channel 6) is one of seven fee-funded organizations in the University of Houston's Department of Campus Activities. Channel 6 provides students the unique opportunity to develop movies, television shows, commercials, and special features for the small screen, experiencing the entire process from conception to air. Participation is open to all currently enrolled students of the University of Houston, though interviews and/or training may be required before appointment.

The mission of the University of Houston Student Video Network (SVN) is trifold:

- To create and provide student-oriented programming that informs, educates, and entertains
- To act as a source of connection, training, and networking for students, the University of Houston, and the greater Houston area
- To provide the opportunity for involvement to all students

University Center Underground, Room 64
713.743.5216
www.uh.edu/svn



University of Houston Wellness (UHW), a campus-wide education and prevention program, promotes healthier choices and a healthier, safer learning environment.

Services

Cougar Peer Educators

Get involved in promoting healthy behavior while also developing leadership skills and building your resumé.

National Certification

Take our course and sit for the peer educator certification exam.

Service Learning

Get involved in campus and community service activities.

Nutritional Counseling

Talk to a nutrition intern about your nutrition and well-being.

Relaxation Lab

Don't get too stressed out; visit our relaxation lab talk to our Outreach Counselor about stress management.

Wellness Workshops

Come hear about topics such as stress management, exercise and nutrition, health relationships, sexual health, alcohol and drugs, and more.

One in Four: The Men's Program & One in Four: The Women's Program

Join our national peer education groups dedicated to preventing sexual assault.

Campus Recreation & Wellness Center, Room 1035 / University Center, Room 38

713.743.5430 / 713.743.5455

www.las.uh.edu/wc

UNIVERSITY TESTING SERVICES (UTS)

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University Testing Services (UTS) provides comprehensive testing and assessment services through administration of institutional, diagnostic, psychological, academic, and professional licensure examinations.

Services

Credit by Examination

Course Credit:

- Advance Placement (AP)
- International Baccalaureate (IB)
- College Level Entrance Program (CLEP)
- Departmental Credit
- DANTES

If you have taken any of these tests, please complete a "Credit Request Form" at the Testing Center.

Placement Tests

Placement tests are administered to place students in appropriate courses.

- Chinese, French, German, Russian, Spanish, etc.

Texas Success Initiative (TSI)

- ACCUPLACER, THEA

Computer- and Internet-Based Testing

- GRE, TOEFL, TExES, etc.

... and more!

Student Service Center 1, Room 204

713.743.5444

www.las.uh.edu/uts

The Women's Resource Center (WRC) provides a range of services to women and men including faculty, staff, and students. Services include information and confidential referral, educational programming on gender issues, computer use, a small library, lactation room, and a friendly hangout. The WRC also serves larger functions within the University community including being a liaison between women and the administration, documenting the status of women on campus, and working to improve the status of women on campus as well as celebrating the achievements of women on campus.

The Women's Resource Center provides programming including:

- **Food for Thought:** Weekly speaker and on various topics with light lunch served
- **Movie Madness:** Weekly gender-themed movie or documentary with popcorn served
- **LifeSpan:** A support and social group for older, nontraditional students, male and female
- **Cougar Women at Work:** A monthly networking and educational group for female staff and faculty
- **Valentine's Day Activities:** Addressing issues of violence against women on Valentine's Day
- **Love Your Body Day:** Promoting body satisfaction among young women and men
- **Take Back the Night March:** A march across campus highlighting campus safety in April for Sexual Assault Awareness Month
- Providing **speakers** to campus groups on a range of topics ranging from female sexuality, women's health, violence against women, pornography, and the impact of media images on men and women

University Center Satellite, Room 7

713.743.5888

www.uh.edu/wrc

HELLO
my name is

UC 9778 08F

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Orientation Checklist

Attend college advising session with your Orientation Group

Keep academic advisor contact information for future reference

Register for classes at my.uh.edu during or after Orientation

Select parking option after registration (if desired) at my.uh.edu

Confirm UH email address at my.uh.edu; if desired, point UH email alias to alternate email account ("destination")

Obtain Cougar 1Card (student ID) at the Cougar 1Card Office, University Center, Room 279

Pay fee bill by due date:

www.uh.edu/financial/payment/billing-due-dates