

UNIVERSITY of
HOUSTON

DIVISION OF STUDENT AFFAIRS
Counseling & Psychological Services

FIRST in the Family



Are you the first person in your family to attend college?
Want to learn how to navigate the university environment?

Consider attending any or all of the following:

- | | |
|--------|---------------------------------|
| Oct 1 | Stress management |
| Oct 8 | Talking to family about college |
| Oct 15 | Resources at UH |
| Oct 22 | Applying to graduate school |

Tuesdays at 2pm in Cougar Village N 138

**Need more information? Contact Dr. Carolina Jimenez at
cajimen2@central.uh.edu**