



Finding Academic Success Through Self-Care

by Ted Ingwersen, Associate Director for Residential Life

Welcome (back), Coogs!

When I was asked to pass along a few tips for succeeding academically, I could not quite decide what to share. There are countless practices that lead to academic success. But what I have decided to recommend is self-care. Of all the methods a student can employ to succeed in college, self-care is either the #1 most-forgotten strategy or the #1 most-obvious strategy. Either way, it does not happen unless we are mindful about making it happen.

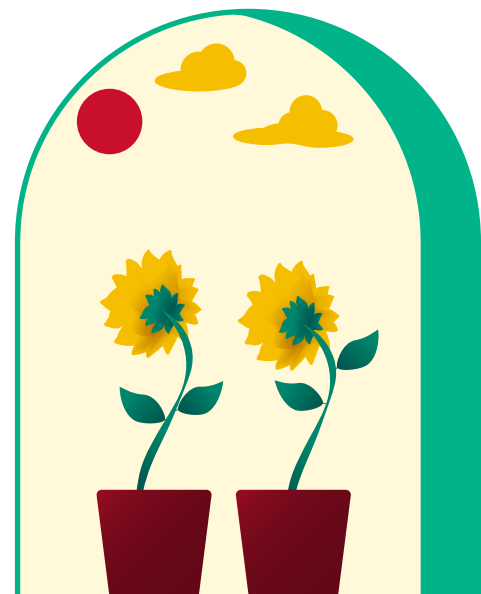
“Self-care is an art.”

We are continuously torn in many directions throughout our lives. For college students, these include not only academics but also families, friends, regular obligations and work. When you add the desire to succeed and engage in creating a life plan, the pressure can be overwhelming. Mindfulness about being a self-care artist is an essential piece of academic success. Why? Because persistent attentiveness to our needs leads to wellbeing, a higher level of focus and overall positivity. Self-care touches every part of our lives.

Take a minute to ask yourself, “How do I regularly check in on my own care?” Make a list of the strategies you are using. The means we use to practice self-care are different for everyone, so do not judge your own strategies harshly. Then, ask yourself if these strategies are working. Do they lead to success in the classroom? Make adjustments as necessary. Need help? Accountability partners can be amazing resources. Find someone who will help you make these strategies a daily habit.

Another excellent resource is the University of Houston’s newly envisioned **CoogsCARE website**. Take a look to discover ways of self-care you may not have considered before. And of course, never hesitate to reach out to your residence hall staff. We are here to ensure your success, both in and outside of the classroom.

Become a self-care artist. Best wishes for a great school year!



Campus Resources

Campus Dining
832-842-9053

Counseling and Psychological Services (CAPS)
713-743-5454

Cougar Cupboard
uhcupbrd@central.uh.edu

FIXIT
713-743-4948

Learning Advancements
UNdergraduate Cougars of Houston (LAUNCH)
713-743-5411

Parking & Transportation
832-842-1097

Student Health Center
713-743-5151

Student Housing & Residential Life
713-743-6000

University of Houston
Police Department
713-743-3333



COOGS HOUSE NEWS

SEPTEMBER 2023

Cougar Move-in Highlights

With the hot and steamy days of Cougar Move-in our rear view, we are sharing a few candid moments – captured by the Student Housing & Residential Life's (SHRL) Marketing & Communications staff - of this year's effort to move 6,000-plus Coogs into their home away from home for the 2023-2024 academic year. We saw new and returning students converge on the University of Houston campus excited and ready to take on the fall semester. And in true Cougar fashion, SHRL staff and campus volunteers were on hand to welcome residents and offer a helping hand. Many thanks to all who contributed to making #CoogMove23 a Cougar-Rific experience!



Embracing Change: Navigating Transitions with Resilience

by Juliann Losey, Assistant Director for Residential Life

Welcome to the month of September – a time of new beginnings and fresh starts. As the academic year has started and we are still settling into new routines, we find ourselves immersed in a whirlwind of changes, adjustments and fresh experiences. Whether you are a new student experiencing campus for the first time or a returning student gearing up for another exciting year, navigating transitions is an integral part of the journey.

Handling Transitions with Grace

Embracing change can be both exhilarating and challenging. It is natural to feel a mix of emotions as you embark on this new chapter. But fear not! There are ways to navigate these transitions with resilience and grace. Here are some tips to help you thrive during this adjustment period:

1. Acknowledge Your Emotions

Change often comes with a wave of emotions. It is essential to acknowledge what you are feeling – excitement, nervousness or a bit of both. Remember, it is okay to feel a range of emotions, and they are all valid. Processing emotions looks a little different for everyone, so journaling, talking it out or doing something creative are some things you can consider including in your regular self-care routines.

2. Cultivate Self-Compassion

Be kind to yourself during times of change. Allow yourself space to adapt and grow. Remember, it is okay to make mistakes and learn from them. Treat yourself with the same compassion you would offer a friend.

3. Stay Connected

Build your network! Grab a meal with a classmate, attend a student organization meeting or even hang out in the lobby to get to know others on campus. As you build a community, regularly reach out to your friends, peers or mentors to strengthen these connections. Talking to others who may be going through similar transitions can be comforting and affirming. Lean on your support system when you need it most.

4. Set Realistic Expectations

Understand that all good things take time. Set realistic expectations for yourself and be patient with the process. Rome was not built in a day, and the same goes for adjusting to new situations.

5. Focus on What You Can Control

Change can sometimes feel overwhelming and focusing on what you can control can provide a sense of stability. Concentrate on aspects of your life that you have influence over. Everyone has a different starting place, but this can be as simple as focusing on your breathing for a minute or two. Managing your mindset can also involve reflecting on what you are grateful for, setting boundaries or just 'letting go' of the things outside of your control.

6. Embrace Opportunities for Growth

Every change brings new opportunities for personal and academic growth. Embrace these opportunities, even if they come with challenges. You never know what incredible experiences might be waiting for you.

7. Seek Help When Needed

If you find yourself struggling to cope with the changes or feeling overwhelmed, do not hesitate to reach out for help. Your building's staff, including your Resident Advisors, Desk Assistants, Community Mentors, Residence Life Coordinators and Desk Operations and Community Standards Supervisors are all available to help, and they can point you in the right direction for the many resources the University of Houston provides to help.

8. Celebrate Your Progress

Recognize and celebrate your achievements, no matter how small. Transition periods can be tough, so take a moment to pat yourself on the back for each step forward.

Embrace the opportunities this journey brings and approach each day with a sense of curiosity and resilience. By acknowledging your emotions, seeking support, and staying true to yourself, you can make the most of these exciting new beginnings.

Embrace the journey and savor every moment of growth and self-discovery that comes your way.

Wishing you a September filled with endless possibilities and emotional wellness.

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WOW Events Offer Multiple Opportunities to Connect

Here at the University of Houston, Weeks of Welcome (WOW) events play a huge role in ushering in the start of the fall semester. As you settle into your residential community, we hope you were able to enjoy one or more of these activities, which aim to engage students around a number of interests while increasing connections and familiarity with university programming. We spy some of our residents taking part in WOW events pictured here. Can you?



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Calling all Coogs to participate in photo ops around campus! Student Housing & Residential Life is looking for enthusiastic students to be a part of a set of photo/video shoots showing off our beautiful campus and housing communities. Get paid and meet new students while building your portfolio!

***Ready to apply? Submit your [application](#) by Wednesday, Sept. 20
Questions? Email housing@uh.edu.***



Student Housing & Residential Life
Division of Student Affairs

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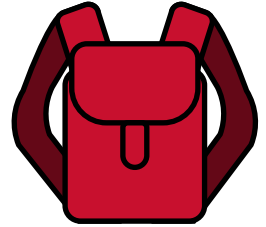
Free Tutorials for 80-plus Courses Available at LAUNCH

Reach your academic goals with LAUNCH this semester!

LAUNCH helps undergraduate students find academic success with resources like FREE, in-person tutoring sessions for more than 80 courses. Tutoring sessions are available as drop-ins or one on ones throughout the semester at Cougar Village I, N109.

Additional resources provided through LAUNCH include academic coaching, success workshops, Texas Success Initiative assistance, graduate student support and print materials on topics like time management and test anxiety.

To learn more about LAUNCH, including the weekly tutoring schedule, visit <https://www.uh.edu/ussc/launch/>



Access the UH Library with Your Cougar Card

Your *physical* Cougar Card is **required** for entry to M.D. Anderson Library here on campus. For the quickest and easiest way in, be sure to have your Cougar Card or valid government-issued photo ID handy!

University of Houston (UH) Libraries serves the campus community by enhancing student learning, participating in the development of scholarly research and creative output, and promoting discovery of information and knowledge from diverse and relevant resources.

To learn more, visit the UH Libraries' website <https://libraries.uh.edu/>



Campus Recreation Update

Welcome (back) to Campus Rec! Download the University of Houston's (UH) Campus Recreation app and sign your waiver to skip the line! All students must sign the waiver at the beginning of each academic year to access the Rec Center. The Rec Center is undergoing renovations but is still open.

For more updates, information and programming, please visit the Rec Center website or check out the UH Campus Recreation app. Please utilize the West Entrance located on Martin Luther King Jr. Boulevard upon your arrival.



Upcoming Learning Abroad Fair

Did you know you can take classes as well as intern, do research, volunteer or even teach abroad? Attend the Learning Abroad Fall Fair and start making plans to live and study in another country! At the Learning Abroad Fair, you can find an affordable program that fits into your degree plan while staying on track to graduate. Meet University of Houston faculty leaders and Learning Abroad and Passport for Coogs team members. Attendees will receive information from affiliated exchange program providers, scholarship organizations and academic departments.

Drop by the **Student Center – South, Houston Room on Sept. 12, from 11 a.m. to 2 p.m.**



SHRL Staff Spotlight

In addition to new residents, Student Housing & Residential Life (SHRL) also welcomed several new Residence Life Coordinators (RLCs) recently. Read on to learn more about these new staff members and be sure to give them a warm Cougar welcome!

CHRISTOPHOR "CHRIS" DOUGLAS RLC, THE QUAD

Chris Douglas joined the SHRL staff this July having previously worked as a student success specialist with the Seminole Tribe of Florida. Douglas attributes his interest in working in residential life to Sinbad's character, Walter Oakes, in the TV show "A Different World," and is excited to be working in his dream role. At The Quad, he looks forward to working closely with his resident advisors and students to have a hand in impacting and changing their lives. In his free time, Douglas enjoys writing songs and books, working out and watching anime.

CHRISTOPHER FLAKER RLC, THE QUAD

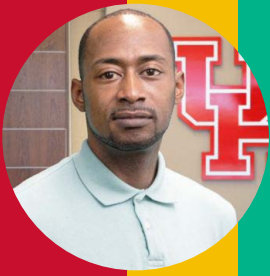
As a recent graduate of Louisiana State University, Flaker is excited to join a university with prolific and advanced resources for students. In his previous role, Flaker worked with first-year students. At UH, Flaker looks forward to gaining experience with and executing programming geared toward upperclassman. An avid sports fan, Flaker cannot wait to see what the Houston Cougars are able to accomplish in their first year of the Big XII Conference.

NAKENBE FLEMING RLC, MOODY TOWERS - NORTH

Prior to joining SHRL, Nakenbe Fleming taught AP Physics to high school seniors. He decided to pursue work in higher education after seeing his former students struggle with the transition to college, sense of belonging and academic success. As an RLC, Fleming hopes to foster an environment that cultivates academic success for his RA's and Residents at Moody Towers. Fleming is a self-proclaimed adrenaline junkie who enjoys skydiving. He is also a certified firefighter.

ZACH JONES-BUTLER RLC, COUGAR VILLAGE II

Having previously served as an RLC for Moody Towers, Zach Jones-Butler is revisiting his passion of working with first-year students as the newest member of the CV II Pro Staff Team. Jones-Butler looks forward to building community among student staff with the goal to help first-year students acclimate to campus life. Jones-Butler is a native of Harlem, New York City. Prior to joining SHRL, Jones-Butler worked in student success at Buffalo State University.



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Parking & Transportation Updates Bike Registration

Did you know – all students, faculty and staff who have a bicycle on campus are required to register it. The simple registration process takes only minutes to complete and is free. All you need is your bike serial number, make, model and color, as well as a photo of your bike. Then, you can visit the parking and transportation customer service office to pick up your bike registration sticker.

If the bicycle is ever lost or stolen, the University will have the serial number and other identifying information. If the bicycle is recovered, this information makes it much easier to return it to its rightful owner.

Learn more about bicycle registration on the UH Parking & Transportation website.

<https://uh.edu/parking/bicycle-registration/>



Four Ways to Fix It

Student Housing & Residential Life strives to provide convenient, comfortable, and secure residence halls. If you come across any maintenance issues in your room, suite or residential building, please report it in one of four ways through the university's maintenance system, FIXIT.

Remember, maintenance issues must be reported before an attempt to resolve is made by UH Facilities.

Residents should submit a FIXIT request to ensure maintenance issues are resolved in a timely manner. Staff in UH Facilities are working hard to respond to requests in the order they are received in addition to building emergencies. If you have reported an issue and have not experienced a resolution, please visit the front desk of your residence hall for assistance.

Help SHRL make UH living communities the best they can be!

**4 Ways to
FIXIT**

1  Log online to AccessUH and find the **FIXIT icon**

2  Send a text message to **fixit@uh.edu**

3  Send an email message to **fixit@uh.edu**

4  Call **713-743-4948** or **3-4948 (FIXIT)** on campus

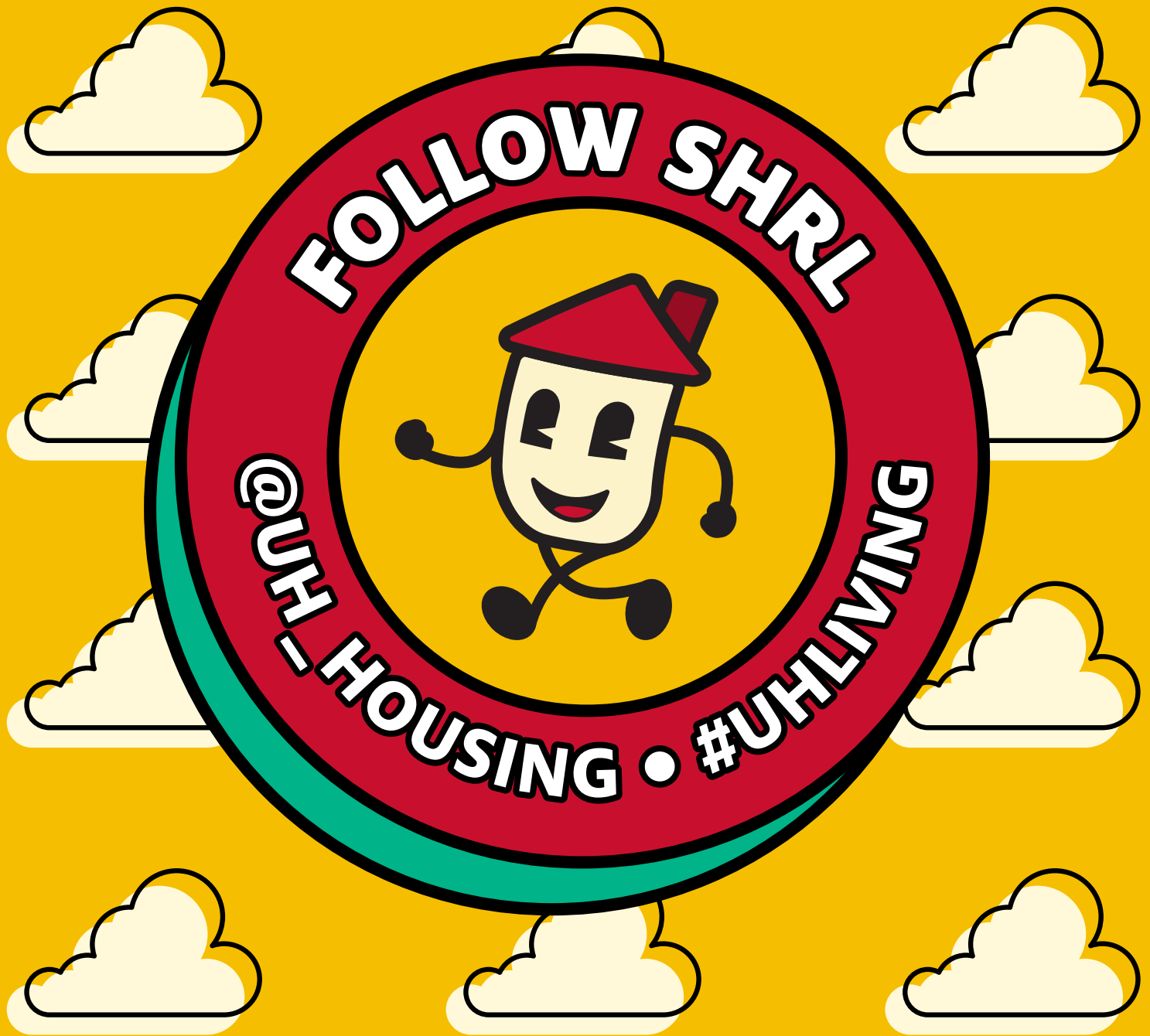
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& Finance

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Follow SHRL on Social Media

Follow @UH_Housing on social media to stay up to date on news and announcements from Student Housing & Residential Life. Use #UHLiving to share your photos, and you may be featured on our channels!



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WE WEAR RED ON FRIDAYS!