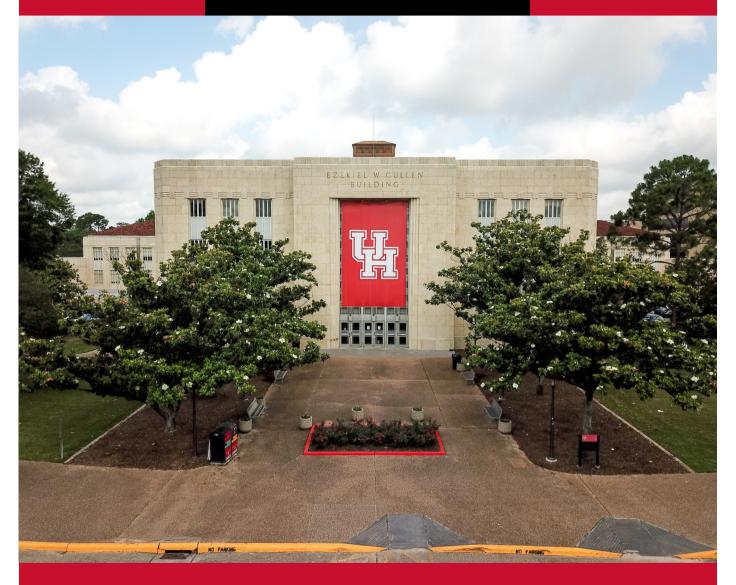
UNIVERSITY PARENT GUIDE



20232024

University of Houston

CAMPUS RESOURCES — LOCAL INSIGHT — HELPFUL INFORMATION

UNIVERSITY OF HOUSTON

DIVISION OF STUDENT AFFAIRS



UH Guide

Comprehensive advice and information for student success

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Welcome From the Dean of Students



Welcome to the University of Houston!

What an exciting time this is for you, your family, and your Cougar. It is my pleasure to assist your student in their academic, personal, and professional development. UH is a special place where students explore and develop their passions, students will be challenged to be critical thinkers and encouraged to participate in activities in and outside of the classroom to engage their full potential. I implore you and your

student to take full advantage of our unique community of scholars during their time here.

The Dean of Students Office is staffed with experienced and talented individuals who are ready to assist you and your student. We are committed to a sense of belonging that fosters the academic and personal growth of all students. Each member of the team shares the common goal of making the journey as a Houston Cougar a positive life experience that will propel your student to a bright future.

As you and your student set forth on your path as a Houston Cougar, please know that many people at UH are dedicated to helping your student succeed. Our number one priority is to make the student experience at UH a powerful and enriching one. We look forward to connecting with you in the days, months, and years ahead.

Donell L. Young, J.D.

Associate Vice President for Student Affairs and Dean of Students

Student Affairs



For over a decade, Parent and Family Programs in the Dean of Students Office have been dedicated to student success by engaging parents and family members as active partners in supporting student success at the University of Houston.

It is our goal to provide information and resources that will help you stay informed about opportunities, services, and programs at UH, learn more about how to support your student and connect with other UH parents and families. Parent and Family Programs enable parents and family members to stay informed, ask questions, maintain a close connection to their students' community, and become positively involved.

Remember to sign up to receive The Cougar Connection, our monthly parent e-newsletter, to ensure you receive important information, updates, and tips, and to register for our annual Family Weekend and Siblings Day events that occur every year. If you have any questions, comments, or feedback please feel free to contact us at parents@uh.edu.

Best of luck to you and your student this year; we look forward to seeing you on campus.

Sincerely,
Dr. Jerrell Sherman
Associate Dean of Students

Family Weekend

This fall, UH parents and family members are invited to campus for a weekend of activities and programs, including a UH football game! The goal of Family Weekend is to welcome our parents to the UH community and allow them to learn about their student's life here at the University. Events include a variety of social and educational activities for parents and family members including the annual Family BBQ and Family Tailgate Celebration!

This is a real opportunity to connect with your student and the University! Here are a few tips to help make the most of your visit:

- Attend a session at your student's college.

 This is a great opportunity to see what your student is experiencing in the classroom and how their college is preparing them for their future.
- ➤ Try New Things. There will be a variety of activities available during the weekend. Try some of these new things with your student, from sporting events to theater productions; your student may find a new hobby, interest, or direction as a result!
- ▶ Meet & Mingle. Attend receptions, talk with other parents, and meet administrators and faculty members. These people are at your disposal during the weekend. Plus, you'll get a better feel for what campus life is about and who is available to your student.



- ► Get to know your student's friends during the weekend. You may even want to suggest ahead of time that a group of friends and families attend one of the meals or events together.
- Check out campus facilities while you're visiting. The pool is open, why not go for a swim? Roam around the Student Center, visit nature nooks on campus, and soak it all in.
- You'll have the opportunity to take a family photo during the weekend.

 Send it to your student via email or regular mail once you get home as a happy memento.
- ► Put yourself in Visitor Mode. You're on your student's turf this weekend.

 Let them take the lead and show you their place with pride, and have a wonderful visit!



UH Traditions

Shasta

The history of the Cougar mascot dates back to 1947 when the Alpha Phi Omega organization sponsored a drive to purchase the school's first live mascot. The name "Shasta" was chosen in a "name-the-cat" contest held that same year. Shasta's fighting spirit is represented by our energetic student mascot at most sporting events.

Cougar Sign

The Cougar sign, made by folding in the ring finger of the hand towards the palm, has several stories explaining its meaning. The true story of its origin, however, dates back to 1953: the first time UH played the University of Texas in football. During the trip to the game, Shasta's front paw was caught in the car door and one toe was cut off. The opposing team mocked UH by imitating the cougar's injury. The Cougars soon adopted that gesture as a symbol of pride.

Class Ring

So many University of Houston traditions reside in the hearts of students and Alumni, but the UH class ring is the only tradition that is always with you. The ring is presented each semester at a formal ring ceremony. Tradition dictates that current students must wear the ring facing inward, with only alumni wearing the ring facing outward.

Frontier Fiesta

Each year a piece of the campus is transformed into a town called "Fiesta City," the site of a student-run festival featuring live concerts,



variety shows, carnival booths, multicultural performances, a barbecue cook-off and a bake contest. Founded in 1940, Frontier Fiesta continues to promote scholarship, community and education in UH students, staff and faculty as well as the community, attracting 20–35,000 each year.

Rub the Cougar Paw

In 2003 John and Rebecca Moores, two alumni filled with Cougar Spirit and Pride, commissioned the Cougars overlooking Cullen Plaza. They were sculpted by the famous Alaskabased artist R.T. "Skip" Wallen. Each weighs over 1,000 pounds and together they symbolize the University's Courage, Pride, and Tenacity. The Cougars are part of the UH tradition; so is winning. The campus community and alumni "Rub the Paw" for good luck, especially during the week before Homecoming to show support for the team.

Every Friday is declared Cougar Red Friday

Wearing red on Friday is more than just a tradition; it is who we are. We wear red to show our pride and passion for the University. It is our visual identity. The color unites us to live and celebrate together and behold our achievements as a singular legacy of pride. We encourage our campus community and those all around the city to wear red on Fridays.

Resources for Academic Success

Academic Advisors can assist your student in determining which classes they should take, developing their degree plan, and answering questions about academic polices and expectations. You can help your student by encouraging them to enroll in 15 hours every term to graduate in 4 years. We encourage students to meet with their academic advisors regularly to ensure that they are on the correct path to academic success!

Launch, in the Undergraduate Student Success Center offers workshops on a variety of subjects such as improving learning skills, improving test-taking strategies and writing a research paper; provides learning strategies counseling designed to reduce math and test anxiety, improve study habits and teach active learning methods; and offers peer tutoring for undergraduate students in a variety of topics.

The Writing Center, a free tutorial service available to all students, offers one-on-one consultations with peer tutors and writing consultants who assist students from all disciplines with their writing assignments. Writing Consultants do not simply proofread students' papers for grammatical errors.



They help students develop and structure ideas — organize their thoughts — so that they learn how to think about the process of writing.

The Math Tutoring Center provides students with one-on-one tutoring for help with homework and for preparation for exams for their undergraduate mathematics courses.

How does my student find their advisor?

Names, office locations, and phone numbers for each academic department are listed at www.uh.edu/provost/stu/advisorlist.html. Also see: www.uh.edu/academics/colleges-departments.

Launch

www.uh.edu/ussc/learning-supportservices

or (713) 743-5411

The Writing Center

www.uh.edu/writecen

or (713) 743-3016

Math Tutoring (Math Lab)

www.casa.uh.edu/casa



We encourage all students to become involved in some type of activity outside the academic classroom, which contributes to students' overall learning throughout their college experience.

We emphasize co-curricular engagement because students who are involved in some type of campus activity are shown to receive better grades, are more likely to graduate, are more satisfied with their collegiate experience, and are more marketable when searching for a job or applying for graduate school. This is because involved students are developing and practicing the skills they learned in the classroom in their organizations! Through involvement within campus organizations, students are able to:

- Meet new people (other students as well as UH faculty and staff)
- Develop their leadership skills
- Make a difference on and off campus
 Pursue and try new interests
- ▶ Network and build their resume
- ► Develop their time management and communication skills
- ▶ Increase their cultural awareness

- ► Find their "niche" at UH
- ▶ Have fun!

Student Life at the University of Houston provides everything your student may need including student organizations, leadership development, fraternity and sorority life, leisure services, graphic services, colleagues in faith, and much more. These departments are part of the Division of Student Affairs. More information can be found at www.uh.edu/dsaes.



The Center for Student Involvement and The Center for Fraternity and Sorority Life

provides leadership and involvement opportunities for students. There are more than 500 student organizations at the University of Houston. There are organizations based on campus traditions, student interests and hobbies, social fraternities and sororities, honors organizations, and major or academic-focused organizations. There is something for everyone, and if your student doesn't find an organization that fits their needs, they can start one!

The Center for Diversity and Inclusion helps celebrate various cultures by working with culturally-based student organizations and by providing intercultural dialogues and diversity workshops to increase students' cultural competence. The Center's ambassador program, student worker positions, and the Achievement Initiative for Minority Males are ways students can get involved with our office.

The Center for Diversity and Inclusion is a home away from home for all students and is used as a study spot or a place to meet new friends.

The Department of Campus Recreation

provides opportunities to work out, recreate or participate in organized programs such as group fitness (Zumba, yoga, kickboxing, group cycling, belly dance, etc.), intramural sports (soccer, flag football, basketball, floor hockey, etc.), sport clubs (rugby, fencing, Kendo, volleyball, water polo, etc.) and outdoor adventure programs (biking, hiking, horseback riding, paddling, etc.). Other informal recreation activities are also available at the **Campus Recreation and Wellness Center** (CRWC) including climbing the climbing wall or swimming, playing water basketball, or simply relaxing at the leisure pool. Stop by the CRWC to explore these and other opportunities or visit uh.edu/recreation for more



information.

Commuter and Residential Student Resources

Whether your student lives on campus, within the city, or at home, UH provides services and programs to help support your student!

Student Housing and Residential Life provides students with access to many services and resources, including the Faculty-in-Residence program and engaged learning communities. Campus living gives students the support to focus on their academics while learning to be a part of a diverse community. It also lends itself to lifelong friendships, assurances of graduation, and financial savings.

Within our nine residential communities, we house approximately 8,000 students. UH offers several different types of housing from state-of-the-art living spaces to more traditional residential experiences. Our staff is equipped with the skills and experience to help create a safe and healthy environment. It is our goal to make each student's college experience the very best that it can be. For more information about Student Housing and Residential Life, visit housing.uh.edu.

Here are some helpful suggestions to share with your student:

- ► Get to campus early to beat traffic and to get a good parking spot!
- ► Talk to other students, faculty and staff UH is a wonderful place to meet people!
- Get involved in campus life by joining a student organization or club.
- ► Attend lectures, special programs and campus events.

- ► Go to the UH Recreation and Wellness Center (it's free!) to work out or to find out more information on intramurals, sport clubs, Outdoor Adventure trips and more.
- ▶ If possible, get a job on campus.
- Utilize study areas on campus such as the library, Student Center or study lounges within the various colleges.
- ► Don't eat lunch in your car come to the dining halls.
- Make sure to read the "CoogNews" electronic newsletter, an email you'll receive every week, as it will tell you what's happening on campus and how to get involved.
- ► Stay on campus after classes there's always something going on!

Commuter Student Services recognizes that commuter students may face unique and different challenges than students who live on campus. Not only do they deal with the daily commute, often they need to balance home, social and academic responsibilities. Commuter Student Services' mission is to provide support services and effective communication to help facilitate commuter students' success and connection to the UH community. For more information, including how your student can join our Commuter Assistant Program, please visit uh.edu/commuter.

University Career Services

Many students don't set foot in University Career Services (UCS) until they're seniors, frantic to get their resume critiqued so they can find a job. Yet it's wise to visit this helpful office early on — even during the first year — because UCS provides a wealth of information and opportunities for students to:

- Explore the right professional path through career counseling, vocational or personality assessments, and exercises to help them discover the right academic major
- Engage with local employers and expand their professional network during events such as on-campus recruitment, company information sessions, and UCS career fairs and workshops
- Empower themselves by enhancing their resume, securing an internship or selecting a graduate school, and defining clear career goals
- Employ their skills by learning job search techniques, developing a strategy for networking events, and perfecting their interviewing skills





Your student can gather career-related information from a variety of sources including their academic advisors and some individual colleges that also have their own career services center. Encourage your student to take advantage of all resources as soon as possible. For more information about UCS services and events, please visit www.uh.edu/ucs/.

To make things a little easier for your student, UCS has already developed sample Career Action Plans based on their academic classification:

FRESHMEN

- Explore majors and career options through UCS Schedule an appointment with a career counselor
- Participate in career inventory assessments
- Establish relationships with upperclassmen, faculty members and administrators
- Get involved with the Center for Student Involvement and join a student organization

SOPHOMORES

- ► Identify four to seven career field options of interest and research different majors that interest you and would compliment these careers
- ► Shadow alumni or professors in your career interest areas
- Begin to establish a resume attend a resume workshop if you need help
- ► Take an active leadership role in a student organization
- By the beginning of the sophomore year (30 credit hours) your student needs to declare a major; they can talk to their academic advisor about course selections

JUNIORS

- ► Create and update your resume and have it reviewed by a UCS counselor
- Practice interviewing skills with a UCS counselor
- Attend campus career fairs and practice networking
- Learn how to market yourself and join a professional organization associated with your related major of career interest
- Begin to build a professional wardrobe for interviews



SENIORS

- Update your resume to ensure it effectively conveys your skills to an employer
- Develop a prospective list of employers and research these companies
- Utilize the Campus Recruitment and JOBank services
- ► Ask three people to serve as references; remember to give them a copy of your resume so that they are familiar with your skills and qualifications
- ► Sign up for on-campus interviewing and begin job search
- ► Apply to graduate and professional schools www.uh.edu/dos





Student Health Resources

UH Health Center

The UH Health Center provides comprehensive outpatient health care services consisting of a general medicine clinic, medical specialty clinics such as women's health, men's health, and psychiatry, as well as pharmacy services that are all affordable and easily accessible. At the Health Center, your student will be cared for by board-certified physicians, licensed nurse practitioners, and medical staff. Services include treatment for short-term and long-term medical problems and injuries, as well as mental health concerns.

Dental Services on Campus

UH is the first university in Texas to provide high-quality dental services at the Health Center. Students have no reason to skip dental visits while in school or frantically squeeze in visits during semester breaks. The state-of-theart dental office is capable of addressing all routine, basic, and major dental needs including emergencies.





University Eye Institute

The University Eye Institute (UEI) offers ophthalmic services that range from comprehensive vision examinations to the medical and surgical management of eye disorders. Patients are seen by highly trained optometrists and ophthalmologists, with expertise in every area of eye care. The UEI is part of the renowned UH College of Optometry, which means you will benefit from the latest advances in eye research and instrument technology. Whether you need an annual eye examination, eyewear, specialized procedures, or some form of eye surgery, the University Eye Institute is a clear choice. For more information or to request an appointment please call (713) 743-2020 or visit our website.

Counseling and Psychological Services

CAPS promotes well-being of the diverse campus community by offering high quality, free mental health services like group counseling, skills workshops, individual counseling, mental health consultation, case management, and crisis intervention. Call or visit the office 10am - 4pm, Monday through Friday, to start services. The first access visit (1 hour) will help to determine what kinds of mental health support services will best meet a student's needs.

The UH Wellness Center

UH Wellness is a campus-wide prevention and education program. Its mission is to provide such programs that support student success and promote healthy choices while creating a healthier, safer learning environment.

For more information about these student resources visit:

www.uh.edu/healthcenter www.uh.edu/caps www.uh.edu/wellness

It does so through providing outreach, prevention programs, and peer education across all dimensions of wellness.

Programs include a focus on self-esteem and well-being, sexual decision-making and safer choices, sexual assault, and violence prevention, alcohol and other drug abuse prevention, relaxation and stress management, communication and conflict management skills, nutrition and healthy choices, and wellness coaching.

Who Do We Welcome?

Students of Color
LGBTQIA Students
Students with Children
Students with DisABILITIES
Student Athletes
Returning Adult Students
Veterans
International Students
First Generation Students



Campus Safety

The University of Houston takes the safety and security of our campus community very seriously. The University of Houston Emergency Operations Center is your single resource for up-to-the-minute information about campus emergency incidents including school closures or announcements about unfavorable weather conditions.

To ensure your student receives emergency email notifications and text messages, please have them verify their information in the myUH system. Parents and family members can also join our mailing list to receive notifications at wheelines/ to receive

The University's Department of Public Safety strives to maintain a safe environment for all individuals on campus. Some of the services they offer the university community are:

- Emergency call boxes have been placed at various locations on the University of Houston campus. Call boxes connect directly to our University Police Communications Division and can be used to request police assistance, escorts, assistance with vehicle problems, and information.
- Our security escort service is designed for community members who have safety concerns and would like to be accompanied while traversing the campus. Based on availability, either a UHDPS Police Officer, Security Officer, or Cougar Patrol member will escort students, faculty, and staff to locations beginning and ending on campus.



As part of the **Operation I.D.** program, UHDPS has engravers that students may borrow to engrave their belongings.

Engraving valuables with a driver's license number or other identifying information will aid police agencies in identifying you as the property's owner while also deterring a thief from choosing to steal your belongings because they are more identifiable.

If your student has a bicycle on campus, UHDPS encourages students to register their bikes for free either at the UHDPS Police Department. This is located at 3869 Wheeler St. You can also use the Online Bicycle Registration Form. A reflective numbered registration sticker will be provided to be affixed to the bicycle frame to make identification by police easier. Registration may provide the only means of returning a stolen bicycle once it is recovered by police.

The Office of Student Financial Services is responsible for the billing of tuition and fees for admitted students. This involves creating payment plans to help students get their accounts paid off as well as actually sending the bills.

The Office of Scholarships and Financial Aid offers students a wide range of scholarships, fellowships and other types of financial aid. A Financial Aid Officer is available to help your student with any concerns they might have about the financial aid process. Officers are located in room 120 of the Welcome Center and are assigned to students based on the student's last name.

Financial Services



Frequently Asked Questions

How does my student apply for a scholarship at the University of Houston?

For most UH-funded scholarships, your student's application for admission serves as the scholarship application as well. Others require that your student submit the FAFSA and provide additional documentation. Check our Scholarships page for details.

When will my student's financial aid disburse to the student financial account?

Financial aid funds begin disbursing to students on the first day of classes.

► My student is not eligible for a Stafford or Perkins loan. What are my options?

Many banks and other private lenders offer educational loans to help you pay for your student's education. Interest rates may not be as low as the federal programs can offer, but some lenders can offer attractive loan options.

► What is the difference between subsidized and unsubsidized loans?

Subsidized Stafford Loans are based on financial need, and the government pays the interest to the lender while your student is in school at least half time, as well as during any deferment periods. Unsubsidized Stafford Loans are not based on need, and borrowers are responsible for all interest accrued on the loan. Interest payments can be deferred until graduation.

► How will my student receive the loan?

Your student's funds will be received electronically and will be applied to their student account. Any remaining funds will be credited to your student's Cougar One Card.

How can my student apply for an Emergency Tuition Loan, Short Term Loan, or Installment Plan?

Log on to myUH (PeopleSoft). Click UH Self-Service located at the top left-hand of the page. Under Learner Services, click on Student Financials then click on Payment Plans.

NOTE: A "paid" status must be accomplished to be eligible for a UH Book Loan. Please note, the Installment Pay Plan is unavailable during Summer Sessions.

permission.

What is FERPA?

The Family Educational Rights and Privacy Act (a.k.a. FERPA or the Buckley Amendment) protects a student's right to privacy concerning their academic records and information.

The University of Houston will not disclose any information without the written consent from the student, with some exceptions as stated by FERPA. There are some types of information such as grades, financial aid or class schedules that parents might like to receive, but under FERPA, parents cannot have access to these records unless the student gives written permission to the University. This means that even if you are paying the bills, you cannot access your student's educational records without

What records does FERPA cover?

FERPA regulations give privacy protection to all students' "educational records". Education records are broadly defined as "those records that are directly related to a student and are maintained by an educational agency or institution or by a party acting for the agency or institution." Examples of FERPA records include grades, transcripts, discipline records, and class schedules.

What information can I have access to?

FERPA allows the University to release information referred to as "Directory Information" without a student's permission. This type of information is generally considered not to be harmful or an invasion of privacy if released. Directory Information includes but is not limited to, name, address, telephone number, major, degree sought, dates of attendance, and honors

Will the University let me know if my child gets in any trouble related to drugs or alcohol?

The University may, without the student's permission, release certain information to parents or guardians of students under the age of 21 found responsible for violating any law, rule or university policy about drugs or alcohol



Will I be notified if my son or daughter is hurt or in danger?

If there is an emergency involving one of our students, the university will attempt to notify the student's parents.

Why can't I access my student's records?

Though we recognize the important role of parents, we feel that, as part of the development process, it's important to treat our students as adults. This involves communicating directly with the students instead of with the parents. The best way to get the information you want is to simply talk to your son or daughter. We encourage parents to communicate with their students about their academic progress. Open communication will help ensure that you are included in the important decisions and situations your students will face in college.

Important Contact Information

This is a list of commonly requested phone numbers and websites. A more extensive list for University Offices and University Colleges and Academic Departments is available on the UH website.

Academic Advising

www.uh.edu/provost/student-success/ advising/index.php

Athletic Tickets

Athletics Office

(713) 462-6647

(877) 268-4275

<u>uhcougars.com/sports/2019/6/6/tickets-houtickets-html.aspx</u>

Bookstore

(713) 748-0923

bkstr.com/houstonstore/home

Campus Recreation and Wellness Center

(713) 743-9500

www.uh.edu/recreation

Center for Student Involvement

(832) 842-6245

www.uh.edu/csi

Center for Fraternity and Sorority Life

(832) 842-4955

www.uh.edu/cfsl

Center for Students with Disabilities

(713) 743-5400

www.uh.edu/csd

Center for Diversity and Inclusion

(713) 743-6028

uh.edu/cdi

Cougar One Card Office

(832) 842-2273

www.uh.edu/cougar1card

Counseling and Psychological Services (CAPS)

(713) 743-5454

www.uh.edu/caps

Dean of Students Office (Oversees Parent and

Family Programs)

(832) 842-6183

www.uh.edu/dos

Health Center

(713) 743-5151

(866) 315-8756 After Hours Nurse Line

www.uh.edu/healthcenter

Information Technology

(713) 743-1411

www.uh.edu/infotech

International Student and Scholar Services

Office (ISSSO) (713) 743-5065

www.uh.edu/oisss

Meal Plans

Dining Services

(832) 842-5989

Office of Scholarships and Financial Aid

(832) 842-1010, option 5

www.uh.edu/financial/undergraduate

Parking and Transportation

(832) 842-1097

www.uh.edu/parking

Student Housing and Residential Life

(713) 743-6000

housing.uh.edu

Student Center

(832) 842-6260

www.uh.edu/studentcenters

Tuition, Fees, Student Accounts

Student Financial Services

(Bursar's Office)

(713) 743-1010, option 6 (Customer Services)

University Career Services

(713) 743-5100

www.uh.edu/ucs

Vice President for Student Affairs and En-

rollment Services

(713) 743-5390

www.uh.edu/dsaes