

DEAN OF STUDENTS NEWSLETTER

COMMUTER STUDENT APPRECIATION WEEK



We want to extend our heartfelt gratitude to all our commuting students who make our campus community vibrant and diverse. One of the highlights of Commuter Appreciation Week was the special recognition at the recent UH baseball game, where one of our very own commuting students, **Bryant Munoz**, had the honor of throwing the first pitch. Throughout the week, we also hosted a series of events tailored to the needs and interests of our commuting students, including **chair massages**, **pet therapy**, and **painting**. These activities provided opportunities for our commuting students to connect with each other, engage with campus resources, and build a sense of belonging within the UH community.



COMMUTER ASSISTANT PROGRAM



Meet **Stephanie**, a dedicated Electrical Engineering Major who acts as a **Commuter Mentor** in the Commuter Assistant Program. With a deep-rooted passion for enriching the college journey of commuter students, Stephanie draws from her own experiences to **guide and support her peers**. Stephanie advocates for active campus involvement, mentorship connections, participation in student organizations, and leveraging university departments and career services to maximize the commuter student experience.

Did you know?



- The Dean of Student's Office will host Sibling's Day on April 13, 2024.
- The Dean of Students Office approves Freedom of Expression requests for student organization's events.



CHILDREN'S LEARNING CENTER

Meet our staff at the CLC!

Did you know UH has its own nationally accredited Child Care Center? It all started when students expressed the necessity for on-campus child care, prompting President Hoffman to form a Child Care Student Group.

Since then, the Center has steadily expanded to meet the growing demands of our UH community. Now, boasting two convenient locations on campus, the CLC has a combined capacity to accommodate 196 children aged **3 months to 5 years old**.

Whether you're a parent seeking reliable care for your child or simply interested in the history of our university's services, the CLC stands as a testament to UH's commitment to supporting its diverse community.



COOG STUDENT PARENTS

Coog Student Parents understands the unique challenges that student parents face as they strive to balance their academic pursuits with the responsibilities of parenthood; as per the mission statement, to **“foster a supportive community for UH college students who are also parents, providing a platform for them to connect, share experiences, and offer each other guidance and encouragement.”**

We're committed to providing the support you need to succeed in your academic endeavors and as parents.

Become part of a community that understands your journey and is dedicated to helping you achieve your goals in university and beyond.



STUDENT ASSISTANT SPOTLIGHT

Tabbitha Martinez



Tabbi receiving her Care Bear from the Care Team

Introducing Tabbitha Martinez, aka **Tabbi**. Currently working towards a Master's degree in Social Work, she enjoys spending time with her family, attending sporting events, and taking time for herself to ensure she maintains a good work/life balance. **“I chose UH because they offered a master's program in my profession, it's close to home, and they provide childcare.”**

Tabbi is the founder and president of **Coog Student Parents** and is also an ambassador for the Graduate College of Social Work. Additionally, she is involved with SGA as their CLC-appointed member and a former senator for Social Work. At the Dean of Student's Office, Tabbi said she has encountered real-life experiences that have allowed her to **feel empowered and be her authentic self**. Tabbi has learned that social work looks different in all areas and that she still needs to learn how to navigate many systemic issues in higher education. Tabbi wants to pursue a career in social work and hopefully obtain a job where she can continue growing and learning.

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dos@uh.edu



832-842-6183



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TRIVIA



Let's see how many questions you can answer correctly!

1. Who is the UH Law Center named after?

- A. Jack J. Valenti B. Ezekiel Cullen
C. Tilman Fertitta D. John M. O'Quinn

2. Who writes the Daily Cougar newspaper?

- A. Professors B. DOS C. Students D. The Houston Chronicle

3. What is the name of the conference that UH plays in?

- A. Big Ten B. Big 12
C. Big West D. Pac-12

The **first ten** students to submit their correct responses to the Dean Of Students Instagram (@uhdos) will receive a prize.

*Must be following @uhdos on Instagram

DEAN'S TIPS FOR SUCCESS

Our Assistant Dean of Students, **Dean Lanita Holsey**, has provided tips for the success of all UH students:

- Write a to-do list **the night before** and set your watch or car clock **ten minutes fast**.
- Be comfortable with being uncomfortable. In your career, you will find yourself meeting new people, and you must be **able to adapt**. Practice early on campus.
- Utilize the COOGSCARE and DOS resource options. **Find a strong mentor on campus** – anyone you can relate to and will support/guide your growth.
- Going to university in Houston is a hidden gem due to the plethora of network opportunities. **Immerse yourself in the city** and get connected.
- **Give yourself grace**. Be okay with making mistakes, and know how to pivot from those mistakes. Lean very heavily on your support system.



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