



Cougar Parent &
Family Engagement Center
Division of Student Affairs



2026-2027

PARENT & FAMILY SUPPORT GUIDE

WELCOME TO CPFEC

COUGAR PARENT & FAMILY
ENGAGEMENT CENTER



At the Cougar Parent & Family Engagement Center (CPFEC), we believe that families and supporters are essential partners in student success. Whether you are a parent, guardian, sibling, or supporter, you play a meaningful role in your student's journey.

This guide is designed to help you stay informed, connected, and engaged throughout your student's time at UH.

Because every Cougar has a village — and you are part of ours.



OUR MISSION

The Cougar Parent & Family Engagement Center exists to:

- Strengthen the connection between families and the university
- Provide resources and information that support student success
- Create opportunities for meaningful engagement and community
- Support families of all backgrounds, including Parenting scholars.



WHAT WE DO

We serve as a central hub for:

- ✓ Communication
- ✓ Programming & Events
- ✓ Resource Connection
- ✓ Family engagement opportunities



HOW WE SUPPORT YOU & YOUR STUDENT

How CPFEC Supports Families

- ▶ Stay informed about campus updates and resources
- ▶ Navigate university systems and support services
- ▶ Understand how to best support your student
- ▶ Connect with other Cougar Families

How We Support Students (Through You)

- ▶ Promote Student Success & Retention
- ▶ Provide support for parenting students
- ▶ Connect students to essential resources
- ▶ Create a sense of belonging & community



WAYS TO ENGAGE

Families can:

- Attend events (Family Weekend, workshops, etc.)
- Participate in programs and initiatives
- Engage through the Cougar Family Connect portal!
- Support student focused efforts
- Get involved in UH Coog Moms Organization



SUPPORTING YOUR STUDENT

Tips for families:

Encourage independence while staying supportive

Stay informed, but allow your student to lead their experience

Remind them of available resources

Check in regularly and listen

Your support matters more than you know.

WE'RE HERE FOR YOU!

Have Questions?

✉ Parents@cougarnet.uh.edu

☎ 713-743-4420

📍 Student Center South, Suite B12

📍 Houston, TX 77204

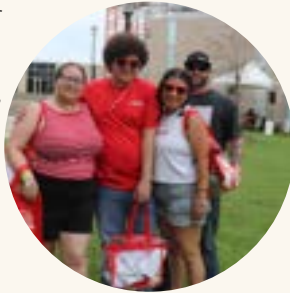


SIGNATURE EVENTS & INITIATIVES

This family-centered celebration brings together students, families, supporters, and the UH community for a day filled with connection, Cougar pride, entertainment, food, and campus traditions.

Families can enjoy interactive activities, giveaways, music, campus experiences, and opportunities to connect with other Cougar families while creating meaningful memories with their student.

FAM FEST



FAMILY WEEKEND



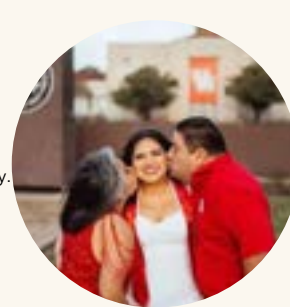
A special time for families and supporters to visit campus, reconnect with their student, and experience the Cougar community together. Family Weekend creates opportunities to build memories, engage with campus traditions, and celebrate what it means to be part of the UH family.

Includes:

- Family Dinner
- Campus activities & entertainment
- Special programming and experiences
- Opportunities to connect with other Cougar families
- UH spirit, traditions, and community celebration

Each year, the Cougar Parent & Family Engagement Center (CPFEC) recognizes a family that has gone above and beyond in supporting their student's journey at the University of Houston.

FAMILY OF THE YEAR



This recognition celebrates families and supporters who demonstrate exceptional encouragement, engagement, and commitment to student success while actively contributing to the Cougar community.

Recognized for:

- Support
- Engagement
- Commitment to their student's success

Award presented during Family Weekend

CPFEC ART SHOWCASE



A family-centered art competition for children of Cougar families.

Who Can Participate:

Elementary, Middle, and High School Students

Theme:

"What Family Means to Me"

What to Expect:

- Submit artwork ahead of Family Weekend
- Selected pieces displayed during Family Weekend
- Winner(s) announced at the DSA Family Dinner

Full guidelines and details will be shared through The Cougar Family Connect Portal

QUICK RESOURCE SNAPSHOT



Academic Advising



Financial Aid



Student Health & Wellness



Student Health & Wellness



For full details and additional resources, visit:

uh.edu/family

STAY CONNECTED STAY INVOLVED.



All events, resources, and ways to engage can be found on The Cougar Family Connect Portal



JOIN THE COUGAR FAMILY CONNECT PORTAL

Search "The Cougar Family Connect Portal," to get started!

WHAT WE CURRENTLY OFFER



DIAPER DEPOT

Current UH Students have access to free monthly diapers.



LACTATION ROOM ACCOMMODATIONS

Assist with access to private, comfortable spaces for nursing and pumping.



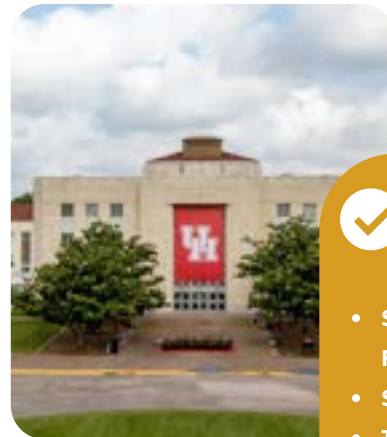
CLOTHING CLOSET

A mixture of new/gently used clothes for everyone including baby and maternity clothes.



KIDS CORNER

A welcoming space for little Cougars to have supervised play and explore.



FIRST STEPS FOR FAMILIES

- Sign up for The Cougar Family Connect Portal
- Save CPFEC contact info
- Talk with your student about support needs

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01

WELCOME



WELCOME FROM STUDENT AFFAIRS



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.

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, student 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.

Sincerely,

Donell Young, J.D.

Associate Vice President for Student Affairs and Dean of Students



WELCOME FROM COUGAR PARENT & FAMILY ENGAGEMENT CENTER



The Cougar Parent & Family Engagement Center is here to support you and your student throughout their journey at the University of Houston. Our team is committed to building meaningful connections with families and supporters, recognizing the important role you play in your student's success.

We believe that a strong sense of connection and belonging extends beyond the classroom — and that families are an essential part of that experience. Through communication, programming, and resources, we aim to keep you informed, engaged, and connected to your student's Cougar journey.

As your student begins this exciting chapter, please know that there is a dedicated network of people across campus who are here to support them every step of the way. At CPFEC, we are proud to serve as a bridge between families and the university, helping you navigate resources while celebrating milestones along the way.

We look forward to connecting with you and your family — not just during orientation, but throughout your student's entire time at UH.

Welcome to the University of Houston! It is truly a pleasure to welcome you into the Cougar community. As the Associate Director of the Cougar Parent & Family Engagement Center, I want you to know how important your role is in your student's journey.

At UH, we believe student success is strengthened by the support of families and supporters like you. Our goal is to ensure you feel informed, connected, and engaged every step of the way through resources, communication, and meaningful opportunities to stay involved.

As your student begins this exciting chapter, we encourage you to stay connected and embrace the journey alongside them. We look forward to celebrating milestones with you from move-in to graduation.

Thank you for being an essential part of the Cougar family.

Sincerely,

Chelsea Blake, M.Ed.

Associate Director of The Cougar Parent & Family Engagement Center



02

ACADEMICS



ADVISING / LAUNCH

Support for Success Every Step of the Way 



ACADEMIC ADVISORS

Academic advisors can help your student build a strong foundation for success by guiding them through degree planning, course selection, and university policies.

- ✓ Develop a degree plan
- ✓ Choose the right classes each semester
- ✓ Stay on track for on-time graduation
- ✓ Understand academic policies & program expectations
- ✓ Connect to other UH resources



Encourage your student to meet with their academic advisor every term.



We're here to help your student reach their goals!



LAUNCH

Learning Advancements for Undergraduate Cougars of Houston exists to support students' success.



Start strong



Stay strong



Finish strong



Get the help you need

Successful students sometimes face challenges. Whether they are building good habits or overcoming obstacles that affect their academic mission, they can find support through LAUNCH.



The LAUNCH mission is to connect students to the services they need to be successful. Visit uh.edu/ussc/launch or call (713) 743-5411



HOW DOES MY STUDENT FIND THEIR ADVISOR?

Names, office locations, and phone numbers for each academic department are listed at uh.edu/provost/stu/advisorlist.

Also see: uh.edu/academics/colleges-departments.



THE WRITING CENTER

is a free tutorial service available to all students, offering one-on-one consultations with peer tutors and writing consultants who assist students from all disciplines with their writing assignments.

Writing consultants help students develop and structure ideas, organize their thoughts, and learn how to think about the process of writing.



Visit uh.edu/writecen or call (713) 743-3016



THE MATH TUTORING CENTER

provides students with one-on-one tutoring for help with homework and preparation of exams for their undergraduate mathematics courses.



Visit casa.uh.edu/casa.



Many colleges offer resources for academic success—students should check with their advisors for details!

CENTER FOR ACADEMIC SUPPORT AND ASSESSMENT

Support. Success. Cougars. 



ABOUT CASA

The Center for Academic Support and Assessment (CASA) is a valuable resource designed to help students succeed, especially in mathematics courses.



Free tutoring for undergraduate math courses



One-on-one support from friendly, knowledgeable tutors



Help with questions and concepts in a clear and patient way



We're here to help students reach their goals!



SERVICES



CASA also provides testing services for many courses across the university in a secure, proctored environment.

Students using testing services must create an account and complete a one-time registration process before scheduling exams.

TESTING CENTER LOCATIONS

📍 TESTING CENTER #1



Located in Susanna Garrison Hall
(Room G207A, 3875 Holman Street)

Open during the spring and fall semesters:

- Monday – Thursday: 9:00 a.m. – 6:00 p.m.
- Friday: 9:00 a.m. – 2:00 p.m.

Summer hours:

- Monday – Thursday: 10:00 a.m. – 4:00 p.m.
- Friday: 10:00 a.m. – 1:00 p.m.

📍 TESTING CENTER #2



Located in the Classroom and
Business Building
(Room 242,
4242 Martin Luther King Boulevard)

Open Monday – Friday
8:00 a.m. – 5:00 p.m.



These locations provide accessible options for students to complete required exams and get academic support.



SUCCESS STARTS WITH SUPPORT

CASA is here to help Cougars thrive in and out of the classroom.



LEARN MORE

Visit the CASA website for tutoring hours, testing information, and registration details.

uh.edu/casa



QUESTIONS?

Contact CASA staff for help or stop by one of our locations!

LIBRARY / STUDY SPACES



University of Houston Libraries offer welcoming study spaces and academic resources, including books, journals, and streaming media across locations like MD Anderson Library.

Students can access digital materials anytime using their CougarNet login.



LIBRARY HOURS

Library hours vary during the week to support student needs.



Sunday:

Opens at 10:00 a.m.



Monday–Thursday:

Open 24 hours



Friday:

Closes at 10:00 p.m.



Saturday:

10:00 a.m. – 6:00 p.m.



Extended hours

provide flexibility for studying and campus use.



LIBRARY SUPPORT



Quiet spaces

for individual studying



Collaborative areas

for group projects



Research and assignment

support from librarians



Helpful resources

for academic success



Explore the Libraries. Expand Your Potential.

All you need to succeed is right here.





HONOR'S COLLEGE

The Honors College at the University of Houston offers students a personalized and engaging academic experience. It combines the close-knit feel of a small community with the wide range of opportunities available at a large research university. Students benefit from smaller class settings, supportive faculty, and a strong focus on critical thinking and communication skills. The program also provides opportunities for undergraduate research, community involvement, study abroad experiences, and participation in one of the nation's largest debate programs. Families who would like to learn more or request additional information can contact the Honors College at honors@uh.edu or complete [an online request form](#).

03

CAMPUS LIFE *and* CULTURE



UH GO APP / COUGAR FAMILY CONNECTION



The UH Go app is a convenient tool that helps students stay connected and organized throughout their college experience.



Digital
Cougar Card



Class
Schedules



Grades



Dining
Options



Campus
Maps



Shuttle
Tracking



Emergency
Assistance

Plus, real-time shuttle tracking, campus maps, and emergency assistance — all in one place.



STAY INFORMED. STAY CONNECTED.

The app shares campus events, news, and important updates with students, while Cougar Family Connection helps families stay informed and engaged with university life.

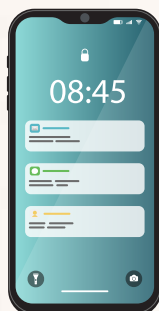
COUGAR FAMILY CONNECTION

- ✓ Receive important university announcements and updates
- ✓ Learn about campus events and opportunities for families
- ✓ Stay engaged with your Cougar's journey
- ✓ Find resources to support student success



EASY TO DOWNLOAD. ALWAYS WITH YOU.

The UH Go app is available for download on both Apple and Android devices, making it easy for students to have important campus resources available at all times.



WHY IT MATTERS

The UH GO App helps students save time, stay organized, and access the resources they need to succeed — anytime, anywhere.



**TOGETHER, WE CAN HELP OUR COUGARS
THRIVE AT THE UNIVERSITY OF HOUSTON.**

COUGARSAFE

Safety Resources at Your Fingertips 



WHAT IS COUGARSAFE?

CougarSafe is the official safety app for the University of Houston and is designed to help students stay informed, connected, and prepared while on campus.



Emergency alerts



Quick access to UHPD



Safety tools & resources



Campus maps



And more!



FEATURES FAMILIES SHOULD KNOW ABOUT



EMERGENCY NOTIFICATIONS

Receive important campus safety alerts and updates in real time.



FRIEND WALK

Students can allow trusted contacts to virtually monitor their walk to a destination.



CAMPUS MAPS & RESOURCES

Quick access to important campus locations and emergency resources.



QUICK ACCESS TO UHPD

Connect directly to the University of Houston Police Department.



TRANSPORTATION & SAFETY INFORMATION

Access shuttle information, safety escort resources, and transportation options.



WHY WE RECOMMEND IT

Families and supporters are encouraged to talk with their student about:

- ✓ Downloading CougarSafe early
- ✓ Becoming familiar with campus safety resources
- ✓ Saving emergency contacts
- ✓ Staying aware of university alerts and updates



Prepared students are empowered students. 



DOWNLOAD THE APP

Available on:



Search:  "CougarSafe"

Learn more at: uh.edu/cougarsafe

IMPORTANT CONTACTS



UNIVERSITY OF HOUSTON
POLICE DEPARTMENT (UHPD)
713-743-3333



EMERGENCY: CALL 911
For life-threatening emergencies, always call 911.

STAY INFORMED. STAY SAFE.

CougarSafe helps create a safer campus community for all Coogs.



Scan to learn more! 



UH TRADITIONS

01 | 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.

03 | Cougar Sign

The cougar sign, made by folding in the ring finger of 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.

02 | 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.



Before the blessing of the ring ceremony, each class ring spends a night with Shasta VII, UH's live cougar mascot, at the Houston Zoo. Held at the special event, the celebration celebrates students' achievements as they receive their rings, symbolizing their bond with the Cougar community. Tradition dictates that current students must wear the ring facing inward, with only alumni wearing the ring facing outward.

04 | 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, attracting 20-35,000 each year.



UH Coog Moms

FAMILIES. SUPPORTERS. COMMUNITY.

UH Coog Moms is a long-standing, university-affiliated organization that brings together families, supporters, and guardians who want to stay connected to the University of Houston and support student success.



Despite the name "Coog Moms," this community welcomes **all families and supporters.**

Parents • Guardians • Family Members • Supporters of All Kinds

WHAT YOU'LL FIND THROUGH COOG MOMS



SOCIAL EVENTS & MEET-UPS

Fun gatherings throughout the year to connect with other Cougar families.



SPORTING EVENTS & UH TRADITIONS

Cheer on the Cougars and be part of the excitement all year long.



COMMUNITY & FELLOWSHIP

Build lasting friendships and find your village at UH.



SCHOLARSHIP & STUDENT SUPPORT

Support scholarships and programs that make a difference in students' lives.



FAMILY NETWORKING & ENGAGEMENT

Stay informed and get involved with opportunities that matter.



WHY FAMILIES LOVE COOG MOMS

- ✓ Feel more connected to the university
- ✓ Meet other families navigating the same journey
- ✓ Learn helpful campus tips and resources
- ✓ Continue supporting your student from near or far



STAY CONNECTED

Join the Coog Moms community to stay updated on:

- ✓ Upcoming events
- ✓ Family engagement opportunities
- ✓ Scholarships & grants
- ✓ Volunteer opportunities



Scan to visit the Coog Moms site!



LEARN MORE & JOIN TODAY!

www.coogmoms.com



BECAUSE EVERY COUGAR HAS A **VILLAGE.**



TOGETHER, WE SUPPORT.
TOGETHER, WE SOAR.

Thank you for being part of your student's Cougar journey!



INTERNATIONAL STUDENT & SCHOLAR SERVICES OFFICE (ISSSO)

The International Student & Scholar Services Office (ISSSO)

supports international students and their families as they transition to life at the University of Houston. The office helps students understand and maintain their visa status while also providing guidance on U.S. regulations and university policies.



SERVICES OFFERED



Pre-arrival support



Orientation programs



Workshops



One-on-one advising



Support for unique student situations



Cultural programming



Help connecting to campus life



OFFICE HOURS

Academic Year:

- Monday, Tuesday, Thursday, Friday:
9:00 AM – 5:00 PM
- Wednesday: 10:00 AM – 7:00 PM

Summer Hours:

- Monday – Friday: 10:00 AM – 5:00 PM



LOCATION

Student Center North, Room 203
(4465 University Drive,
Houston, TX 77204)



We're here to help you succeed.

Reach out to the ISSSO team — we're glad you're part of the Cougar family!

You're Home
AT HOUSTON



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 student's parents, families, and supporters to the UH community and give them the opportunity to learn about their students' life here at the University of Houston. Events include a variety of activities of social and educational activities for parents, family, and supporters including the annual Family Dinner, Family Fued Competition, 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:

October 16-18, 2026

Complete details, including the schedule and registration information, are located on our website at uh.edu/familyweekend

ALL FAMILY MEMBERS MUST REGISTER TO ATTEND FAMILY WEEKEND!





Attend an educational session or academic college meet & greet.

This is a great opportunity to see what resources your student can take advantage of or meet some of the faculty your student may take now or in the future.



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!



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 students.



Get to know your student's friends during the weekend.

You may even want to suggest ahead of time that a group of their 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.

FAM FEST



Spring 2027 Semester

Dates will be shared via Cougar Family Connection

Fam Fest is a smaller-scale extension of Family Weekend designed to welcome families and supporters back to campus for an exciting day of fun, connection, and Cougar pride. The event gives families an opportunity to reconnect with their student, spend quality time together, and help re-energize their scholar before finals by celebrating connection, school spirit, and student success.

Fam Fest features food, music, exclusive merchandise, opportunities to meet campus partners, carnival games, interactive activities, giveaways, and family-friendly programming — all while creating meaningful memories within the Cougar community.



Be Present & Make Memories

Take time to unplug, explore campus together, take photos, and enjoy the experience with your scholar. Sometimes the most meaningful support is simply spending intentional time together and reminding them they have a strong support system behind them.



Encourage & Re-Energize Your Student

As finals approach, Fam Fest is a great opportunity to pour encouragement into your student. Celebrate how far they've come, check in on how they're doing, and help recharge them emotionally before the end-of-semester push.

COOGS REPORT



Concerned About a Student?
We're Here to Help.



Coogs Report is a way for students, families, supporters, faculty, and staff to share concerns about a student. Your report helps connect our Coogs to the support and resources they may need to thrive.

THE GOAL IS
SUPPORT — NOT PUNISHMENT.



WHEN TO SUBMIT A REPORT

Submit a report if you are concerned about a student experiencing:



Significant emotional distress



Concerning behavior changes



Academic or personal struggles



Mental health concerns



Food or housing insecurity



Safety concerns



Crisis situations



WHAT HAPPENS NEXT?

After a report is submitted:

1

The appropriate UH support team reviews the concern.

2

Outreach may be made to the student.

3

Students may be connected to campus resources and support services.

4

Follow-up and care coordination may occur when appropriate.



SUPPORT MAY INCLUDE:



Mental health resources



Academic support referrals



Basic needs resources



Housing assistance



Student advocacy & problem-solving



Crisis support services

WHAT FAMILIES SHOULD KNOW



It is okay to ask for help.



Early support can make a difference.



Families are encouraged to stay connected and communicate openly with their student.



UH aims to support the whole student experience.



HOW TO SUBMIT A COOGS REPORT



SUBMIT ONLINE:

Coogs Report / Dean of Students Support Page
uh.edu/dos/coogs-report



DEAN OF STUDENTS OFFICE

Student Center South



UH DEAN OF STUDENTS OFFICE

713-743-5470



↑ Scan me!



*Sometimes support starts
with simply checking in.*

➤ At UH, *we care* about our Coogs. ➤



PARKING & SHUTTLE SERVICE

at UH

We know visiting or supporting your student is important. Here's what families and supporters should know about parking and getting around campus.



Convenient options.

Connected campus.



PARKING ON CAMPUS

UH offers several parking options for visitors and guests.



VISITOR PARKING

Short-term visitor parking is available in designated visitor lots and meters across campus.

- Pay by mobile app, online, or at pay stations
- Rates and locations vary



DAILY PARKING PERMITS

Guests can purchase a daily parking permit online for added convenience.

- Valid in any visitor or daily permit designated lot
- Perfect for extended visits



PARKING GARAGES

Multiple parking garages are located throughout campus for easy access to key destinations.

- Clear signage and maps help you find your way
- Elevators and stairwells for accessibility



PARKING REMINDERS

- Always check signage for time limits and restrictions
- Enforced 24/7
- Visit the website for rates, maps, and regulations



Purchase permits, view maps, and learn more:
uh.edu/parking

CAMPUS SHUTTLE SERVICE

The Cougar Ride Shuttle makes it easy to get around campus!



CONVENIENT & FREE

Shuttles are free for all riders and run throughout the day, Monday through Friday.



MULTIPLE ROUTES

Routes connect academic buildings, residence halls, parking areas, and campus hotspots.



FREQUENT SERVICE

Shuttles run approximately every 10–15 minutes during peak times.



TRACK IN REAL TIME

Use the TransLoc app to see shuttle locations and arrival times in real time!



Download the **TransLoc** app
Search "TransLoc" in your app store to plan your trip.



TIPS FOR A SMOOTH VISIT

- Plan ahead and allow extra time for parking.
- Look for visitor parking signs and lot designations.
- Shuttle service is a great way to get around without the hassle of parking.
- Check the website for updates on construction, closures, and special event parking.



VISITING FOR AN EVENT?

Event parking is available for many UH activities.

- Athletics events
- Performances
- Conferences
- Commencements

Visit our website for event-specific parking information and updates.



IMPORTANT TO KNOW

- Parking regulations are strictly enforced.
- Citations may be issued 24/7.
- Permits are non-refundable and non-transferable.
- Vehicles must be registered and display the correct permit when required.

CONTACT & RESOURCES



VISIT OUR WEBSITE
uh.edu/parking



PARKING CUSTOMER SERVICE
713-743-PARK (7275)
parking@uh.edu



PARKING & TRANSPORTATION SERVICES
4455 University Drive, Suite E100
Houston, TX 77204



SCAN HERE
TO VIEW MAPS,
RATES & MORE!

04

STUDENT HEALTH



STUDENT HEALTH CENTER



Here for your health. Here for your success.

The Student Health Center is here to support your well-being with quality care, convenient services, and a commitment to lifelong health.



Convenient
On-Campus
Care



Compassionate &
Confidential
Services



Appointments
That Fit
Your Schedule



Supporting
Healthy Coogs,
Every Day



MEDICAL SERVICES

Comprehensive care for illness, injury, and overall wellness.

- ✓ Primary care for students
- ✓ Treatment for common illnesses & injuries
- ✓ Lab services & diagnostic testing
- ✓ Women's health services
- ✓ Mental health support & referrals
- ✓ Health education & wellness resources



**SAME-DAY & NEXT-DAY
APPOINTMENTS AVAILABLE!**



CAMPUS PHARMACY

Your convenient, on-campus pharmacy for prescriptions and everyday health needs.

- ✓ Prescription medications
- ✓ Over-the-counter medications
- ✓ Vitamins & supplements
- ✓ Personal care items
- ✓ Short wait times & student friendly pricing



**REFILL PRESCRIPTIONS
ONLINE OR IN PERSON!**



DENTAL & VISION SERVICES

Keep your smile bright and your vision sharp!

DENTAL SERVICES

- ✓ Cleanings & exams
- ✓ Fillings
- ✓ X-rays
- ✓ Emergency dental care

VISION SERVICES

- ✓ Eye exams
- ✓ Glasses & contact lens fittings
- ✓ Prescription eyewear



IMMUNIZATIONS & REQUIREMENTS

Stay protected and stay compliant.

- ✓ Review of immunization records
- ✓ Required vaccines for enrollment
- ✓ TB testing
- ✓ Travel vaccines
- ✓ Flu shots (seasonal)



**CHECK IMMUNIZATION
REQUIREMENTS & UPLOAD
RECORDS THROUGH YOUR
STUDENT PORTAL.**



WELLNESS & PREVENTION

We're here to help you feel your best.

- ✓ Wellness coaching
- ✓ Nutrition education
- ✓ Stress management resources
- ✓ Health screenings
- ✓ Workshops & events



**BE WELL. DO WELL.
WE'RE HERE TO SUPPORT
THE WHOLE YOU.**

IMPORTANT THINGS TO KNOW



- ✓ Most services are covered by the Student Health Fee.
- ✓ Insurance is accepted, but not required for most services.
- ✓ Appointments can be scheduled online, by phone, or in person.
- ✓ Confidential care for currently enrolled students.

*Your health is
our priority.*



CONTACT & LOCATION



STUDENT HEALTH CENTER
4435 University Drive, Suite 100
Houston, TX 77204



CALL US
713-743-5100



LEARN MORE & SCHEDULE
uh.edu/health-center



**SCAN HERE
TO VISIT OUR
WEBSITE!**

STUDENT INSURANCE

at UH

PROTECT YOUR HEALTH. FOCUS ON YOUR FUTURE.

The University of Houston requires all enrolled students to have health insurance. You can either waive the UH Student Health Insurance Plan if you have comparable coverage, or enroll in the plan offered through UH.



WHY HEALTH INSURANCE MATTERS

Health insurance helps protect you from unexpected medical costs so you can get the care you need when you need it.



STAY COVERED STAY FOCUSED

Having health coverage allows you to focus on your classes, activities, and goals—without worrying about the “what ifs”.



YOUR HEALTH, OUR PRIORITY

UH is committed to supporting the health and well-being of all Cougars—on campus and beyond.

YOUR OPTIONS



1. ENROLL IN THE UH STUDENT HEALTH INSURANCE PLAN

A comprehensive plan designed with students in mind—offering quality coverage at a competitive rate.



2. WAIVE IF YOU HAVE COMPARABLE COVERAGE

If you have health insurance that meets UH's requirements, you may waive the Student Health Insurance Plan.

IMPORTANT TO KNOW

- ✓ All enrolled students are automatically charged for the UH Student Health Insurance Plan.
- ✓ You must waive by the deadline each semester to avoid charges.
- ✓ Coverage is effective the first day of class through the last day of finals.
- ✓ Visit the website for costs, coverage details, deadlines, and how to waive or enroll.



QUESTIONS? WE'RE HERE TO HELP!

The Student Insurance Office is available to assist you with your questions about waiving, enrolling, or understanding your coverage.

📞 713-743-9700

✉ studentinsurance@uh.edu

📍 Student Service Center 1, Suite 220



LEARN MORE & TAKE ACTION

Scan the QR code or visit the website to learn more, compare plans, and waive or enroll.



COOGSCARE

SUPPORTING MENTAL HEALTH & WELLNESS

At the University of Houston,
we care about the wellbeing
of our students.

CoogsCARE connects students and
families to resources that support
mental health, academic success,
and overall wellness.



A healthy mind. A strong support
system. A successful Coog.
We're all in this together.



RESOURCES INCLUDE:



COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Confidential counseling,
therapy, and wellness
support for students.



ACADEMIC SUPPORT

Tutoring, academic
coaching, and
resources to help
students succeed.



BASIC NEEDS RESOURCES

Food pantry, financial
assistance, and other
resources to support
student needs.



HOUSING & WELLNESS SUPPORT

Safe and supportive
housing and wellbeing
resources on campus.



CRISIS & EMERGENCY ASSISTANCE

24/7 crisis support
and emergency
resources when
you need them most.



DOS STUDENT OUTREACH & SUPPORT (SOS)

Care and outreach
support for students
experiencing difficulty
or distress.



WHAT FAMILIES SHOULD KNOW

- It's okay to ask for help.
- UH encourages a culture of care and compassion.
- Families can support their student by staying connected and encouraging them to use resources.
- Confidential wellness and mental health services are available to all students.



Concerned about your student?
Families and supporters can submit a **Care Referral**
to the UH Care Team. We're here to help.
uh.edu/dos/behavior-conduct/care



NEED SUPPORT NOW?



CAPS 24/7 CRISIS SUPPORT
713-743-5454



CALL OR TEXT
988

Suicide & Crisis Lifeline



EMERGENCY
Call **911** or UHPD **713-743-3333**



LEARN MORE ABOUT COOGSCARE

Explore resources, wellness tips, events, and ways
to support your student.

uh.edu/coogs-care



*Because caring
for our Coogs*
**MEANS SUPPORTING
THE WHOLE STUDENT.**



05

STUDENT INVOLVEMENT



VETERAN SERVICES

Supporting Those Who Served 

AT UH, WE HONOR
YOUR SERVICE AND
SUPPORT YOUR SUCCESS.



OUR MISSION

UH Veteran Services is committed to helping military-connected students succeed academically, personally, and professionally while building community and connection on campus.



★ SERVICES & SUPPORT ★



VA EDUCATIONAL BENEFITS ASSISTANCE

Get help understanding and using your VA education benefits to fund your education.



PEER-TO-PEER COUNSELING

Connect with other student veterans who understand your journey.



TRANSITION SUPPORT

Resources and guidance to help you transition from military to student life.



ASSISTANCE COMPLETING UH & VA FORMS

We'll help you navigate the paperwork so you can focus on your education.



ACADEMIC & CAMPUS RESOURCE REFERRALS

Connect to tutoring, advising, counseling, career services, and more.



TUTORING & ACADEMIC SUPPORT

Access free tutoring and academic resources to help you succeed.



MILITARY & VETERAN NEW STUDENT ORIENTATION

Start strong with orientation designed for military-connected students.



ADVOCACY & STUDENT SUPPORT SERVICES

We're here to advocate for you and connect you with the support you need.



WHAT FAMILIES SHOULD KNOW



UH recognizes the unique experiences of military-affiliated students.



Veteran Services provides both academic and personal support.



Families and supporters play an important role in student success.



Peer support and transition resources are available throughout the year.



LOCATION & CONTACT



VISIT US

Student Center South
University of Houston



CALL US

832-842-5490



LEARN MORE

uh.edu/veterans



Scan me!



Appointments available through **Navigate**.
Virtual office support during designated hours.

★★ YOU ARE PART OF THE COUGAR COMMUNITY ★★



RESPECT

We honor your service and sacrifice.



COMMUNITY

Connect with veterans and allies who support you.



SUCCESS

We're here to help you reach your goals.



GRATITUDE

Thank you for your service.



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

CENTER FOR STUDENT ADVOCACY AND COMMUNITY (CSAC)

The Center for Student Advocacy and Community (CSAC) is a central resource at the University of Houston dedicated to supporting students' academic and personal success. CSAC helps students overcome challenges by connecting them to essential resources, providing advocacy support, and fostering a welcoming space where students can build community and feel a sense of belonging. The center also offers programs, events, and services — such as the Cougar Cupboard — to address basic needs and ensure every student has the support they need to thrive.

CENTER FOR STUDENT EMPOWERMENT(CSE)

The Center for Student Empowerment (CSE) supports students by providing a holistic approach to academic, personal, and professional development. Through advising, mentoring, scholarships, and specialized programs, CSE helps students overcome challenges and stay on track toward graduation. The center offers workshops, leadership opportunities, and resources — such as financial education and first-generation support — to empower students to succeed both in college and beyond.

CENTER FOR FRATERNITY & SORORITY LIFE

The Center for Fraternity & Sorority Life (CFSL) provides students with opportunities to build leadership skills, create lifelong connections, and become involved in a values-based community at the University of Houston. Through fraternities and sororities, students can engage in leadership development, philanthropy, service, academic support, and campus involvement while building a strong sense of belonging. CFSL supports a diverse Greek community that encourages personal growth, community engagement, and student success both inside and outside the classroom.

STUDENT GOVERNMENT ASSOCIATION

The Student Government Association (SGA) serves as the official voice of students at the University of Houston, representing student perspectives in university policies, decisions, and campus services. Through advocacy, leadership opportunities, and collaboration with university administration, SGA works to enhance the student experience and address issues that matter most to the student body. The organization encourages students to become engaged in campus governance while promoting leadership, involvement, and student representation across the university community.



CENTER FOR STUDENT INVOLVEMENT



The Center for Student Involvement (CSI) connects students to meaningful opportunities outside the classroom through student organizations, campus events, leadership programs, and community engagement. With hundreds of student organizations available, CSI helps students find their community, explore their interests, and develop leadership skills that support their personal and professional growth. Through programs, events, and resources like the Get Involved platform, CSI encourages students to engage, lead, and make the most of their college experience.

GET INVOLVED PORTAL

The Get Involved Portal is the University of Houston's online platform designed to help students connect with campus life and opportunities beyond the classroom. Through the portal, students can explore hundreds of student organizations, discover campus events, join leadership and volunteer opportunities, and stay engaged with the UH community. The Get Involved Portal makes it easy for students to find their interests, build connections, and enhance their college experience. Visit uh.edu/getinvolved for more information.





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:

01 Explore

The right professional path through career counseling, vocational or personality assessments, and exercises to help them discover the right academic major.

02 Engage

Themselves by enhancing their resume, secure an internship, or select a graduate school and defining clear career goals.

03 Empower

With local employers and expand their professional network during events such as on-campus recruitment, company information sessions and UCS career fairs and workshops.

04 Employ

Their skills by learning job search techniques, developing a strategy for networking events, and perfecting their interview skills.

Your student can gather career-related information from a variety of sources, including their academic advisor. Some individual colleges 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 uh.edu/ucs.

EXPLORE YOUR

COUGAR PATHWAYS

TO SUCCESS!



ACTION STEPS: EXPLORE

0-29
CREDITS



Log into Cougar Pathway, create your profile and explore job opportunities and career resources.



Connect your interests to UH majors and potential careers using Focus 2.



Meet with a Career Counselor to discuss your major and career goals and to explore career options.



Get involved on campus by joining a student organization, attending a campus event or volunteering.



Attend at least two University Career Services events.



ACTION STEPS: ENGAGE

30-59
CREDITS



Learn more about careers that interest you by using services like O-Net Online or "What can I do with this Major"



Visit with a faculty member and ask them about their career path or if they have any advice.



Meet with a Career Counselor to draft or critique your resume, either during a drop-in appointment or a scheduled appointment through Cougar Pathway (Access UH)



Get involved on campus by joining a student organization, attending a campus event or volunteering.



Create a LinkedIn profile and have it reviewed by a career counselor.



Attend at least three University Career Services events, including a career fair.

★ NEXT STEPS: BUILD YOUR FUTURE

- ✓ Search for internship opportunities, part-time or full-time employment, and volunteer opportunities through Cougar Pathway.
- ✓ Practice interviewing skills by scheduling a mock interview using the mock interview module within Cougar Pathway or by participating in Professional Development Week Mock Interviews with employees.
- ✓ Conduct an informational interview with an employer whose job you would enjoy
- ✓ Research potential industries and become aware of what companies meet your interests and qualifications
- ✓ Prepare a Career Action Plan for your final year with the help of a Career Counselor

- ✓ Research and create a list of the top five companies that match your interests
- ✓ Finalize your resume and develop a cover letter
- ✓ Apply for positions; remember to tailor your resume and cover letter for each position you are applying for
- ✓ Follow up on applications you have submitted
- ✓ Apply to graduate and professional schools



YOUR JOURNEY. YOUR FUTURE.
We're here to help you every step of the way!



06

Housing



RESIDENTIAL COLLEGES

Living. Learning. Belonging. 

At UH, you're more than a student—you're part of a community.



WHAT ARE RESIDENTIAL COLLEGES?

Residential Colleges at UH create smaller communities within campus housing where students can live alongside peers with shared academic interests, goals, or experiences.



A supportive community



Academic and peer connections



Access to faculty & staff mentors



Shared experiences and programming



Opportunities for leadership and involvement



Designed to help students feel connected from their very first year at UH.

TYPES OF RESIDENTIAL EXPERIENCES



RESIDENTIAL COLLEGES

Focused communities centered around academic pathways and shared interests.



LIVING LEARNING COMMUNITIES (LLCs)

Smaller residential groups designed around leadership, culture, academics, and student identity/interests.



TRADITIONAL HOUSING COMMUNITIES

Residence halls that provide opportunities for connection, support, and campus involvement.

EXAMPLES OF UH COMMUNITIES

STEM RESIDENTIAL COLLEGE



A community for students passionate about science, technology, engineering, and innovation.



Designed for students pursuing careers in medicine, pharmacy, nursing, dentistry, and other health professions.



GLOBAL HOUSE

A culturally immersive community focused on global engagement and cross-cultural learning.



WHAT FAMILIES SHOULD KNOW

- ✓ Living on campus helps many students build friendships and support systems.
- ✓ Residential staff and Resident Advisors (RAs) are available to support students.
- ✓ Students have access to academic and wellness resources within their communities.
- ✓ Housing communities regularly host educational and social programs.



Each residence hall includes trained staff and student leaders who help students navigate campus life and connect with resources.

LEARN MORE ABOUT HOUSING



HOUSING & RESIDENTIAL LIFE

Learn more about Residential Colleges and community options.

uh.edu/housing/residential-experiences/residential-colleges



EXPLORE HOUSING OPTIONS

Find the community that's the right fit for you.

uh.edu/housing/housing-options



APPLY FOR HOUSING

Apply online through the myHousing portal.

uh.edu/housing/apply



HOME AT UH
IS MORE THAN
A RESIDENCE HALL—



IT'S A
COMMUNITY.



IT'S CONNECTION.



IT'S GROWTH.



IT'S SUCCESS.

SCAN TO LEARN
MORE ABOUT
RESIDENTIAL
COLLEGES! →



DOS COMMUTER STUDENT SERVICES

Supporting Students On the Move ❤️

Commuter students make up about 85% of our undergraduate student population at UH. You are an important part of the *Cougar community!*



Many ways to get here. **One place to belong.**



WHAT IS A COMMUTER STUDENT?

At UH, a commuter student is any student who does not live in university-owned housing and travels to campus from another location.

MANY STUDENTS:



Drive to campus



Use METRO rail or buses



Carpool



Balance work, family, and academic responsibilities



Your student is not alone—commuter students are a major part of the *Cougar community.*



RESOURCES & SUPPORT

Commuter Student Services Provides:

- ✓ Transition support for commuter students
- ✓ Campus resource connections
- ✓ Advocacy & support
- ✓ Community-building opportunities
- ✓ Programs & events for commuter students
- ✓ Tips for navigating campus life



Our mission is to help commuter students succeed academically and feel connected to the UH community.



GETTING TO CAMPUS

Transportation Options Include:



PARKING & GARAGES

Multiple parking options across campus.



METRO PURPLE LINE

Convenient rail access with the UH Campus stop.



CAMPUS SHUTTLE SERVICES

Shuttles connect key locations on and around campus.



COUGAR RIDE & COUGAR TRAX

Safe ride options available for students.



WALKABLE CAMPUS PATHWAYS

Many destinations are within walking distance.



Learn more about transportation and parking at uh.edu/parking



TIPS FOR COMMUTER STUDENTS



Arrive early to allow time for parking and traffic.



Stay involved through student organizations and campus events.



Utilize study spaces and commuter lounges between classes.



Download the UH Go app for maps, shuttles, and campus resources.



Build community with classmates and other commuter peers.



*Stay engaged.
Stay connected.
You belong here.*



COMMUTER AMBASSADOR PROGRAM



The Commuter Ambassador Program helps first-time commuter students transition successfully to UH through mentorship, leadership opportunities, and peer support.



Ask your student about getting involved!



CONTACT US



Dean of Students Office
Student Center South, Room 256
832-842-6183
commuter@uh.edu
Learn more:
uh.edu/dos/commuter



COMMITTED TO
YOUR SUCCESS



We advocate for
commuter students.



We connect you to
campus resources.



We create programs
that fit your life.



We celebrate your
achievements.

SCAN TO LEARN
MORE ABOUT
COMMUTER
STUDENT SERVICES!



DINING SERVICES

Fueling the Cougar Experience 

*Good food.
Great choices.
Stronger Coogs.*



DINING AT UH

UH Dining Services provides students with flexible dining options that support busy schedules, campus living, wellness, and community connection.



Residential dining halls



National restaurant brands



Grab-and-go options



Meal plans & dining dollars



Coffee shops & snack locations



Late-night dining options



CAMPUS DINING OPTIONS



RESIDENTIAL DINING HALLS

All-you-care-to-eat dining spaces designed for students living on campus and meal plan holders.



RETAIL DINING

Students can enjoy a variety of campus favorites and national brands throughout UH.



HEALTHY & DIETARY OPTIONS

Dining Services offers vegetarian, vegan, allergy-conscious, and wellness-focused options.



MOBILE ORDERING & CONVENIENCE

Many campus dining locations offer mobile ordering and quick pick-up options.



WHAT FAMILIES SHOULD KNOW

- ✓ Meal plans are available for both residential and commuter students.
- ✓ Dining dollars can be used at many campus locations.
- ✓ Students can explore menus and hours online.
- ✓ Dietary accommodations and nutrition information are available.
- ✓ Dining spaces often serve as social and community-building spaces for students.



We're here to support your student's wellness, nutrition, and success at UH!



DINING LOCATIONS MAY INCLUDE



Student Centers



Cougar Woods Dining Commons



Moody Towers Dining Commons



Retail dining throughout campus



Convenience & snack locations

Dining locations and hours may vary throughout the semester and during holidays.



EXPLORE DINING OPTIONS & MEAL PLANS

View menus, locations, hours, and meal plan information online.

uh.edu/af-auxiliary-services/dining-services



STAY CONNECTED ON THE GO!

Students can also view dining locations and hours through the UH Go app.



07

Financial Services



WHAT ARE FINANCIAL SERVICES?

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.

FREQUENTLY ASKED QUESTIONS ?

When will my student actually receive their financial aid?

Most scholarships and accepted loans begin applying near the first week of classes, while some grants may disburse later after enrollment is confirmed. Timing can vary depending on verification and enrollment status.

Whom should we contact when we are confused?

For financial aid questions, contact the Office of Scholarships and Financial Aid. For billing, balances, payment plans, and refunds, contact Student Business Services. Both offices are available to help families navigate the next steps.

How often should my student check financial account in myUH?

Students are advised to check their myUH accounts daily and make immediate payment arrangements for any charges due. Student financial accounts are dynamic and subject to change due to the addition of classes, adjustments in financial aid, parking registration, housing, meal plans, etc.

Can I call UH and access my student's financial aid information as a parent?

Because financial aid records are protected under student privacy regulations, UH staff may be limited in what they can share without student authorization. Families are encouraged to review financial information together, ask students to share myUH updates, and maintain regular communication regarding deadlines and balances.

What is Cougar Promise?

Cougar Promise is UH's commitment to helping eligible Texas students from lower-income households cover tuition and mandatory fees through a combination of grants and scholarships. Students are automatically reviewed when they submit FAFSA by the priority deadline and meet eligibility requirements. Many students report that Cougar Promise appears as a combination of grants rather than one separate award line in their aid summary.

My student was selected for FAFSA verification. Is that bad?

No. Verification is a routine federal review process that requires additional documentation before aid can be finalized. The faster students submit requested forms, the faster aid can move forward.

How does the installment plan work if my student has pending financial aid?

If your financial aid covers your full bill, this payment plan will not be available for selection.

If your aid covers a portion of your bill, the guide below is an example of how the installment plan and the financial aid will work together.

What if my student drops or withdraws from classes?

Schedule changes may reduce financial aid eligibility and could result in money being owed back to the university. Students should always speak with Financial Aid before making major enrollment changes.

NEW!

MY TOTAL COST PLANNER

PLAN YOUR **UH** COST WITH CONFIDENCE



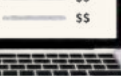
WHAT THE PLANNER CAN HELP WITH



ESTIMATE
semester & yearly costs



COMPARE
housing & meal plan options



UNDERSTAND
out-of-pocket expenses



PLAN FOR
transportation & personal expenses



BUILD A
realistic financial plan

How to Access

AccessUH
→
My Total Cost Planner

Students can log in using their CougarNet credentials.



Why This Tool Matters

College expenses go beyond tuition alone. The My Total Cost Planner helps families and students prepare ahead of time and make informed financial decisions throughout the academic year.


PLANNING AHEAD CAN HELP REDUCE STRESS AND AVOID UNEXPECTED COSTS.



FAMILY TIP!

Encourage your student to review their estimated costs **before each semester** begins and revisit the planner whenever schedules, housing, or meal plans change.

UNIVERSITY of HOUSTON

STUDENT FINANCIAL SERVICES

08

IMPORTANT CONTACT INFORMATION



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.

01 | Academic Advising

uh.edu/provost/student-success/advising

02 | Athletic Tickets

Athletics Office

(713) GO-COOGS [(713) 462-6647]

(877) COUGAR-5 [(877) 268-4275]

uh.edu/fertita-center/tickets/ticket-office/index.php

03 | Bookstore

(713) 741-7095

bkstr.com/houstonstore

04 | Campus Recreation & Wellness Center

(713) 743-9500

uh.edu/recreation

05 | Center for Fraternity & Sorority Life

(832) 842-4955

uh.edu/cfsl

06 | Center for Student Advocacy & Community (CSAC)

(713) 743-5558

uh.edu/csac

07 | Center for Student Involvement

(832) 842-6245

uh.edu/csi

08 | Center for Students with Disabilities

(713) 743-5400

(713) 749-1527 (TDD)

uh.edu/csd

09 | Cougar Card Office

(832) 842-2273

uh.edu/cougar1card

10 | Counseling & Psychological Services (CAPS)

(713) 743-5454

uh.edu/caps

11 | Dean of Students Office

(832) 842-6183

uh.edu/dos

12 | Health Center

(713) 743-5151

(866) 315-8756 [After Hours Nurse Line]

uh.edu/healthcenter

13 | Information Technology

(713) 743-1411

uh.edu/infotech

14 | Meal Plans

Dining Services

(832) 842-5989

dineoncampus.com/uh

15 | Office of Scholarships & Financial Aid

(832) 842-1010, option 5

uh.edu/financial/undergraduate

16 | Parking & Transportation

(832) 842-1097

uh.edu/parking

17 | Student Centers

(832) 842-6260

uh.edu/studentcenters

18 | Student Housing & Residential Life

(713) 743-6000

housing.uh.edu

19 | Tuition, Fees, Student Accounts

(713) 743-1010

bursar@uh.edu

20 | University Career Services

(713) 743-5100

uh.edu/ucs

21 | Veteran Services

(832) 842-5490

vets@uh.edu

22 | Vice President for Student Affairs & Enrollment Services

(713) 743-5390

uh.edu/dsaes

IMPORTANT DATES & DEADLINES

↘ **24** AUGUST, 2026 **FIRST DAY OF CLASSES**

↘ **31** AUGUST, 2026 **LAST DAY TO ADD A CLASS**

↘ **07** SEPTEMBER, 2026 **LABOR DAY HOLIDAY**

↘ **18** NOVEMBER, 2026 **LAST DAY TO DROP A COURSE OR
WITHDRAW WITH A 'W'**

↘ **25-29** NOVEMBER, 2026 **THANKSGIVING HOLIDAY**

↘ **08-14** DECEMBER, 2026 **FINAL EXAMINATION PERIOD**

↘ **14** DECEMBER, 2026 **OFFICIAL CLOSING OF THE SESSION**

↘ **17-18** AUGUST, 2026 **COLLEGE COMMENCEMENTS**



Cougar Parent &
Family Engagement Center
Division of Student Affairs

FAMILY WEEKEND

TOGETHER. **STRONGER.** COUGARS.



**OCTOBER
16 – 18, 2026**

Save the Date!



RSVP

BY
AUGUST 24, 2026

TO RECEIVE A SPECIAL

UH Family Pin!



QUALITY TIME
WITH YOUR STUDENT



MEMORIES
THAT LAST



TRADITIONS
THAT UNITE



ONE
COUGAR FAMILY

**BECAUSE EVERY COUGAR
HAS A VILLAGE.**