



CoogsCARE Summer Edition

In this special summer edition of CoogsCARE Monthly, we take you inside the new Cougar Cupboard, which is available to all UH students. Learn a few hacks on how to get career ready, and peruse summer safety tips that are relevant to all Coogs!



Cougar Cupboard's New Home

The Cougar Cupboard has launched its larger, upgraded space and now it offers expanded services to better support the UH community. UH student Alexa Emmons gives a tour of the Cupboard's new University Lofts location.

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 [Featured Article](#) 



Unlocking Your Potential in the Gen Z Era: Three Tips for Building Your Future Career

Jamie Belinne, associate dean for career and industry engagement in the C. T. Bauer College of Business, offers three tips on how Gen Z students can better prepare for future career success.

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Featured Article





Summer Safety Tips

To ensure a memorable and enjoyable summer, here are a few tips to prioritize your health and safety.

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Pro Tip



Building Resilience

Arbaz Ali, licensed professional counselor at Counseling and Psychological Services (CAPS), shares advice on how to manage life during periods of high stress.

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Faculty/Staff Event





How to Deal With Anxiety in the Midst of Stressful Situations

Learn practical strategies for managing anxiety, including self-talk, emotional expression and seeking support. Attend a session from UH's Employee Assistance Program on Wednesday, May 29.

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Resources

For a list of mental health resources available to UH students, faculty and staff, visit the [CoogsCARE website](#).

Need Support Now?

If you or someone you know is struggling or in crisis, help is available. Call CAPS crisis support 24/7 at 713-743-5454, or for the National Suicide and Crisis Lifeline call or text 988, or chat online at **988 Lifeline Chat and Text**.



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