

NEWSLETTER



THE CENTER FOR STUDENT EMPOWERMENT (CSE)



CSE targets key groups such as first-generation, low-income, and justice-impacted students but supports all students. With over \$15 million in scholarships awarded, CSE helps prevent minor issues from becoming major obstacles, contributing to a 3.02 average GPA among first-generation recipients. CSE continues to empower students for academic and personal success and beyond.

The Center for Student Empowerment (CSE) at the University of Houston provides free holistic services to support student academic, personal, and financial success. Key offerings include Academic Support: personalized guidance for improved performance; Service Connections to vital resources; Well-Being Psychoeducation; Programs to enhance mental health; Personal Development Workshops for self-growth and skill enhancement; and Scholarships: financial aid to reduce educational costs.



COMMUTER AMBASSADOR SPOTLIGHT

Meet Leilany, a sophomore majoring in Psychology and a mentor to fellow commuter students, she understands the value of finding community and support on campus. She recommends events like Cats Back as perfect opportunities for students to explore organizations that align with their career goals. She encourages joining a club related to one’s career path, as it can open doors to valuable connections and opportunities to help students reach their goals. University Career Services also offers essential resources, from resume workshops and job fairs to guidance on choosing the right major. These services have enhanced her communication and teamwork skills and helped her balance school and life better.



Leilany, Commuter Mentor



UH Veterans Day Appreciation Week, held from November 11th through 14th, was a heartfelt celebration of the sacrifices and dedication of those who have served in the armed forces. Throughout the week, a series of events provided both fun and meaningful ways to show gratitude. The Bowling at the Game Center offered a fun and casual opportunity for everyone to bond, while the Veterans Day Breakfast served as a special moment to honor veterans over a warm meal and shared stories.



UH VETERANS DAY APPRECIATION WEEK

The festivities kicked off with a Veterans Day BBQ, where veterans, students, and faculty gathered for a delicious meal in a relaxed, community-oriented atmosphere. The Bowling at the Game Center offered a fun and casual opportunity for everyone to bond, while the Veterans Day Breakfast served as a special moment to honor veterans over a warm meal and shared stories. These events helped create a meaningful and festive week, showing the UH community’s appreciation for the service and sacrifices made by veterans.

UPCOMING EVENTS: LUNCH & LEARN

FEB
13

Residential students

12pm – 1:15pm
Student Center South
Midtown Room.

APRIL
10

Students in Students Organizations

12pm – 1:15pm
Student Center South
Bayou City Room

Our Associate Vice President for Student Affairs and Dean of Students, Donelle Young has provided tips for the success of all UH students

MARCH
27

Students with Disabilities

12pm – 1:15pm
Student Center South
Downtown Room

MAY
1

Transfer Students

12pm – 1:15pm
Student Center South
Bayou City Room

DEAN'S TIPS



Dean Young

Our Associate Vice President for Student Affairs and Dean of Students, **Donell Young** has provided tips for the success of all UH students :

- **Identify your Why:** It's essential to reflect on your "why," the core motivation that gives you a strong sense of purpose and well-being. Once you clearly define this in a personal mission statement, you'll find greater fulfillment, develop increased confidence, and make a more positive impact in the lives of others.
- **Seek Mentorship:** Having a mentor is invaluable. It's not about setting and achieving goals; it's about having someone in your corner who can provide valuable feedback, encouragement, and support to help you grow both professionally and personally.
- **Success Demands Sacrifice:** To achieve significant success in any area of life, you often need to be willing to sacrifice something be it time, comfort, personal pursuits, or even relationships to fully dedicate yourself to your goals.
- **Your Journey is Your Journey:** Focusing on your journey, rather than comparing yourself to others is crucial. This perspective allows you to appreciate your unique path, find fulfillment in the growth process, and avoid the unnecessary stress that comes from measuring your process against those who may be at different stages. Embracing your individual journey ultimately leads to greater self-worth and satisfaction with your life.



Skyla, Student Assistant

STUDENT ASSISTANT SPOTLIGHT

Meet Skyla, a dedicated Strategic Communications major. Skyla is the Vice President for Lifelines Outreach and the Director of Marketing and Public Relations for the Black Student Union. Skyla appreciates the positive culture among her colleagues, which facilitates discussions on serious topics. Through her diverse experiences, she has honed her professional communication skills, leadership abilities, and conflict-resolution strategies. Looking toward the future, Skyla aspires to establish and lead a successful public relations firm specializing in strategic communication and brand development aiming to make a meaningful impact in her field.

TRIVIA

Which of the following services is NOT typically provided by the Dean of Students Office?

- A) Conflict resolution
- B) Academic tutoring
- C) Student conduct processes
- D) Campus resource referrals

What is the primary function of the Dean of Students Office at the University of Houston?

- A) Provide academic advising
- B) Oversee campus dining services
- C) Support student success and address student concerns
- D) Manage university finances

Where is the Dean of Students Office located?

- A) University Library
- B) Student Center South
- C) Engineering Building
- D) Academic Building

The Dean of Students Office offers support specifically for commuter students.

- A) True
- B) False

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**