



Campus Recreation and Wellness

www.uhcl.edu/campusrecreation

- Participate in intramural sports by signing up for free at www.imleagues.com.
- Request Personal Training.
- More to come when the new Campus Recreation and Wellness Center opens in August 2018. Follow us on Facebook @UHCLCampusRec

Career Services

www.uhcl.edu/career-services

- Read an e-book on career planning and job information.
- Use an online career exploration tool, Focus-2.
- Search for available jobs and post your resume on Jobs4Hawks.
- Find remote career appointments using Skype.

Counseling Services

www.uhcl.edu/counseling-services

- Participate in free, online anonymous screenings for depression, anxiety, PTSD, bipolar disorder, eating disorders and alcohol abuse.
- Download self-help pamphlets on many topics.
- Use and download relaxation and mindfulness exercises to help reduce stress.
- Find us on Facebook, Pinterest and Instagram for daily blogs, articles and tips on how to improve your well-being.

Dean of Students Office

www.uhcl.edu/dean-of-students

- Access the Student Life Policies handbook
- Submit a complaint, question or report if someone's safety or health is at risk.
- Find resources regarding plagiarism/correct documentation tips.
- View the drop/withdrawal checklist before dropping courses or withdrawing.
- Send inquiries for general campus information to the Student Assistance Center.

Disability Services

<http://www.uhcl.edu/disability-services>

- Register with the office.
- Request accommodations.
- Schedule tests that need accommodations.

Health Services

www.uhcl.edu/health

- Access Academic Blue – Blue Cross/Blue Shield Health Insurance information.
- Enroll for student health insurance using a credit card or a check.
- Download the form for flu vaccines.

Math Center

www.uhcl.edu/math-center

- Utilize our online tutoring – request one by calling 281-283-2460.
- Send feedback about a tutoring visit.

On-Campus Housing

www.uhcl.edu/campus-life/housing

University Forest Apartments

- Sign your lease online and secure your housing.
- Explore floor plans, features and amenities at your new home.
- Connect with your dedicated housing staff.
- Meet our residents, your future neighbors and friends.

Orientation and New Student Programs

www.uhcl.edu/student-orientation

- View orientation dates.
- Find friends and family resources.
- Access resources for new students.
- View the calendar of upcoming events.

Student Life Office

<http://www.uhcl.edu/studentlife>

- Access information about the following:
 - Student organizations, Student Government Association and Campus Activities Board events.
 - Student organization contact form, organization recognition application and SGA forms.
 - UHCL Day of Service and other volunteer opportunities.
 - Student Leadership Conference and leadership retreat.
 - Student ID Cards and UHCL courtesy shuttle bus.
- Join the CAB, SGA and Student Life social media networks on Facebook, Youtube, Instagram and Twitter.

Student Publications

www.uhclthesignal.com

- Access issues of the university's award-winning student newspaper, *The Signal*.

Student Success Center

www.uhcl.edu/student-success-center

- View and schedule tutorial appointments.
- View supplemental instruction schedule.
- Complete academic coaching referrals.
- Attend online tutoring appointments for all supported subjects/classes.

Writing Center

www.uhcl.edu/writing-center

- Make an appointment for face-to-face, phone or online tutoring.
- Register for workshops.
- Participate in synchronous chat tutoring.
- Download tip sheets, writing guides and PowerPoint presentations about many important steps in the writing process.