TRANSITIONING BACK TO CAMPUS LIFE

Learn about the resources that are available to students as you transition back to campus after COVID-19.

Monday, September 20th, 2021
It’s clear to anyone paying attention: the majority of college students look forward to more carefree days. Over all, those who have returned “are happy to be on campus, no matter how you slice or dice that,” says Mary DeNiro, CEO and executive director of ACUHO-I, the Association of College and University Housing Officers - International.
HOW TO STAY MOTIVATED WHEN YOU RETURN TO CAMPUS!

- **Remind Yourself Why You Care.**
  - The same drive and purpose you’ve always had are still inside you, even if school doesn’t feel as important right now.

- **Set Small Daily Goals.**
  - Goals give us direction. They’re best when they’re concrete and achievable. Aim for five daily to-dos.

- **Pair your work with something fun and interesting.**
  - Sometimes the things you have to do just aren’t fun … but there might be ways for you to make them slightly more interesting.

- **Think about how you can go on autopilot.**
  - Building up habits is easier when you don’t have to decide to do them over and over (and over) again.

- **Take a Breath**
  - Sometimes taking a break and coming back to something helps you face it more easily. Maybe you need a few days to just take care of yourself.
HOW TO BE SUCCESSFUL IN CLASS

- **Understand the various learning formats for your course.**
  - Asynchronous/ Synchronous learning
  - Hybrid
  - Split In-Person Classrooms
  - Blackboard

- **Communicate with your faculty.**
  - Visit with your Professors during office hours (Either virtually or in-person)
  - Get to know the other students in your class.
  - Be accountable for assignments
  - Ask a lot of questions
HOW TO PROTECT YOUR HEALTH AND YOUR FAMILY!

- When in class or at on campus events or services wear a mask.

- Wash your hands and use sanitizing stations as much as possible.

- Stay home if you do not feel well.

- Get tested
The Student Success Center works cooperatively with UHCL students, faculty, and staff to build and maintain learning support programs that are able to address the constantly changing needs of a diverse student body. In addition, the Center promotes a dynamic system of academic support that enables students to become active, responsible learners.

**Services provided:**
- Success Coaching
- Embedded Tutoring
- Tutoring (Chem, Acct., Biology, INST, Finance)
- Academic Success Workshops

**STUDENT SUCCESS CENTER**
S3.101
281-283-2450
Services provided:

- Crisis Assistance
- Therapy Services
- Psychiatric Services
- Self-Help Resources
- Referral Services
- We continue to offer all of our services remotely in a confidential virtual format as well as in-person Monday through Friday, 8 a.m. to 5 p.m.

- In-person therapy sessions are offered by appointment only, dependent upon current campus protocols. To book your appointment, please call 281-283-2580.

- If you are in need of additional support services, or have questions or concerns not related to Counseling Services, please contact the Dean of Students Office.

COUNSELING SERVICES
S3.103
281-283-2580
Online Consultations
The Writing Center offers appointment and drop-in consultations with peer writing consultants. In these sessions, you can have a conversation with your consultant about your writing for up to 45 minutes at a time.

Make an appointment: Visit the Scheduling Website
Drop-in consultation: Visit the Online Writing Studio

Face-to-Face Consultations
In addition to online writing consultations, the Writing Center now has face-to-face appointment options available at the Clear Lake campus. To schedule a face-to-face appointment, please visit our scheduling website.

To minimize health risks, group consultations are not available on campus at this time.

We ask that you bring two copies of any documents you would like to share with your consultant for a face-to-face session. Please note that only 3 visitors may be in the Writing Center at the same time. Social distancing will be required at all times.
Need Assistance?

We know many may be facing challenges due to the winter storm or the current COVID-19 pandemic. Let us know how we can help.

Dean of Students Office - Assistance Request Form

- Hawk Emergency Assistance Grant
- Hawk Pantry
- Online Learning Assistance

DEAN OF STUDENTS OFFICE
S1.201
281-283-2567
Important Update: We're Open!

The Math Center is currently supporting students through in-person, drop-in tutoring! Due to in-person demand, our virtual options are accessible by appointment only at this time. Our physical location on campus is Bayou 2127; no appointments are necessary to meet with a tutor. Simply stop by during our times (9 a.m. – 6 p.m.) and tell us what you’re working on. See you soon!

Virtual Appointments

The Virtual Math Center is available via Zoom from 9 a.m.-6 p.m., Monday through Friday by appointment.

Launch Virtual Math Center

MATH CENTER
B2.127
281-283-2460
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Purchase a Parking Permit
Purchase parking permits online at www.uhcl.edu/parking
Hangtag permits are mailed. A printable, temporary permit will be provided at the time of purchase to be used until the permanent hangtag permit arrives.

Visitor Parking
Purchase a temporary visitor’s permit at the parking pay station. Display the temporary permit on your dashboard and park in Lot R, or one of the curb spaces throughout campus (marked as visitor’s parking). The Student Parking lot serves as overflow visitor's parking.

Parking Contact Information
Email: parking@uhcl.edu
Phone: 281-283-CARS (2277)
Questions???