



ATA February Program Meeting



ATA Peer Mentors

Peer Mentors help you learn your way around UHD and how to access resources. They can show you from experience the benefits of the ATA program and how to be a successful student. They are also able to connect you to campus organizations, people, events, and resources.



Lesly Maldonado



Juliet Amponsah



Deen LeBlanc



Events

The Gator Success Center Presents

Spring 2023 Gator Success Workshops

Workshops

February 6
1 pm - 2 pm
What's Next: Entering the Second Semester:
Are you looking for ways to be successful this semester? This workshop will give you ideas on what you can do now to succeed.

February 15
2 pm - 4 pm
Goal Setting Time Management & Beyond
Do you have too much to do and not enough time to complete everything? This workshop will help you manage your time using various tools and time management strategies.

February 21
4 pm - 5 pm
Why Wait? Get Involved!
What do you want to accomplish in your time at the University? This workshop will help you answer questions on managing and getting involved at UAL.

March 2
1 pm - 2 pm
Stress & Mental Health
This workshop will provide you with information on how to keep your stress levels down and stay positive!

March 8
2 pm - 3 pm
Midterm Madness
Need help with Midterms? You will learn how to develop a reading strategy, study tips, test preparation tips, and test taking strategies.

All Workshops are offered Via Zoom U in Person 9422
Meeting ID: 844 020 3368
Password: GatorGators

The Gator Success Center Presents

Spring 2023 Gator Success Workshops

Workshops

March 24
1 pm - 2 pm
Overcoming Setbacks
Did you have an obstacle that you need to overcome? Have you had a recent setback in class? This workshop will help you to overcome those unforeseen situations.

March 29
11 am - 12 pm
How to Achieve Well-Being, Balance, & Success
Many students work full time and are also involved in campus. This workshop will discuss how you might share mental health struggles while balancing all things students are a part of.

April 6
2 pm - 3 pm
Exploring Career & Choosing Majors
Are you undecided on your career path? Don't know what major to choose? Discover the right way to take and learn more about your specific major.

April 11
3 pm - 4 pm
Study Skills: 101
You will learn techniques about our learning skills, note taking skills, how to develop a reading strategy, study tips, test preparation tips, and test taking strategies.

April 26
1 pm - 2 pm
Crossing the Finish Line: Finals Prep 101
You can get some test taking tips to do well on that next exam or the final. We will review strategies to help you with test tips, multiple choice, and essay exams.

All Workshops are offered Via Zoom U in Person 9422
Meeting ID: 844 020 3368
Password: GatorGators

Virtual In Person

Spring 2023 Main Career Center Events

JAN

Activating Your Jobs4Gators Account
Thursday 15
10 AM - 1 PM
GMB 3rd Floor Hallway

Rapid Resume Review Workshop
Tuesday 31
11 AM - 1 PM
GMB 3rd Floor Hallway

Nonprofit Industry Virtual Job Fair
Thursday 28
3 - 5 PM
Jobs4Gators Gator.ly/jobs4gators

Link Up with LinkedIn - Headshot
Monday 30
11 AM - 1:30 PM
Hard Area

Rapid Resume Review Workshop
Monday 27
3 - 5 PM
ZOOM ID: UMGAREER | PW: 8982

Rapid Resume Review Workshop
Tuesday 28
11 AM - 1 PM
GMB 3rd Floor Hallway

All Industries Internship Fair
Thursday 28
11:30 AM - 1:30 PM
A106

MAR

UHD Health Fair Career Check-Up
Wednesday 08
9 AM - 1 PM
A700

Link Up with LinkedIn - Headshot
Wednesday 22
11 AM - 1:30 PM
Main Career Center (GMB 5-602)

APR

Texas Job Fair
Tuesday 04
10:00 AM - 3 PM
University of St. Thomas

Navigating a Virtual Job Fair
Wednesday 01
3 - 5 PM
ZOOM ID: UMGAREER | PW: 8982

Jobs4Gators **UHD** Main Career Center

Crown x Glory

Healthy Mind, Healthy Body, Healthy Life
Black History Month Edition
February 28, 2023
10:30 am - 1:00 pm
GMB 307
(Miles and Travis Rooms)

Events

IMMERSING YOURSELF IN A NEW WORLD

The Office of Study Abroad & Center for Diversity & Inclusion
co-presents to you...
A fun, interactive workshop about how gaining cultural
intelligence via studying abroad supports diversity and
inclusion.

Tuesday, February 28th, 2023
11:30 AM - 1:00 PM
A300 - Special Events Area
One Main St. Houston, TX 77002

RSVP on CampusGroups!



FREE PIZZA  AND CUPCAKE 



Free Tax Preparation from VITA (Volunteer Income Tax Assistance)


- Dates through April 15th, 2023
- \$76,000 annual income or less
- College/International Students
- Senior Citizen with any annual income amount
- Disabled

Website:

<https://www.uhd.edu/academics/business/acci/vita/Pages/default.aspx>

Email: freetaxhelp@uhd.edu

VITA Office Phone: 713-222-5328



UHD
Center for Public Service
& Community Research
Gator Advisory Board

vitalvoices
essential. primary. passionate.

**Building a Movement: The Intersection of
Social Work, Education, and Criminal Justice**
March 7th 6-7:30pm | CPS Building C-100

UHD
University of Houston Downtown
Accelerated
Transfer Academy

ATA Scholarships

Open
NOW!

ATA offers several scholarships to eligible members. To be eligible, you must meet the following criteria:

- Fall 2022 Cohort: Must have completed ALL fall 2022 or spring 2023 ATA requirements
- Spring 2023 Cohort: Must be on the incentive track and have completed ALL spring 2023 ATA requirements
- Have a completed FAFSA/TAFSA on file with the UHD Office of Financial Aid
- Be in good academic standing



Deadline
APRIL
28th

APPLY
HERE!

<https://uhd.campusgroups.com/ATA/ata-scholarships/>



Resources at UHD

The **ATA Lounge** is located in **S418** (4th Floor)

- 9 AM-7PM
- Microwave
- Snacks
- Waters
- Informative Flyers (ATA Book Voucher, Career Center information, Study Abroad etc.)
- Keurig
- Tv
- Comfy Seats/Couches
- Computer



Resources at UHD

Main Career Center

Need assistance for job searching, **headshots**, **resume**, **mock interview**, internship, or talk about grad school? Go to

OMB S402

Houston, TX 77002

Office: 713-221-8980

uhdcareer@uhd.edu

Office Hours

Monday. - Friday 8am - 5 p.m.

Drop-in Hours

Monday - Thursday 3pm - 5pm (in-person)

Monday - Thursday 3pm - 6pm (virtual)

Drop-ins are a quick 10-15 session and NOT an appointment.

Appointments available

in person, via telephone, or via Zoom.



Resources at UHD

Davies Career Center

Hours of Operation:

Monday: 8:00 AM - 5:00 PM
Tuesday: 8:00 AM - 7:00 PM
Wednesday: 8:00 AM - 7:00 PM
Thursday: 8:00 AM - 5:00 PM
Friday: 8:00 AM - 5:00 PM

In-Person/Virtual Drop-ins:

Monday: 1:00 PM - 2:00 PM
Tuesday: 6:00 PM - 7:00 PM
Wednesday: 6:00 PM - 7:00 PM
Thursday: 9:00 AM - 10:00 AM
Friday: 11:00 AM - 12:00 PM

Virtual Chat:

Monday: 10:00 AM - 11:00 AM
Tuesday: 10:00 AM - 11:00 AM
Wednesday: 2:00 PM - 3:00 PM
Thursday: 2:00 PM - 3:00 PM
Friday: 2:00 PM - 3:00 PM

(**Note:** Chats/Drop-ins are a quick 10-minute session and NOT an appointment)

Center Location:

Marilyn Davies
College of Business
Shea Building Room **B-104**
320 North Main St.
Houston, TX 77002713-221-5011

****College of Business
Students ONLY!**



Resources at UHD

Student Health Services

One Main Street, Suite **S445**

Houston, TX 77002-1001

Office: 713-221-8137

Fax: 713-223-7419

HealthServices@uhd.edu

(email monitored by Health Services and Dean of Students' Staff)

General Business Hours

Monday-Thursday 8 am -6 pm

Friday 8 am -5 pm

Clinic Appointment Hours

Monday-Friday 8 am-5 pm



Laboratory Testing	
Description	Base Price*
General Health Panel	\$43.00
Basic Metabolic Panel	\$77.00
Comprehensive Metabolic Panel	\$81.00
Lipid Panel	\$81.00
Glucose Rapid	\$5.00
Acute Hepatitis Panel	\$60.00
CBC (DIFF/PLT)	\$10.00
Iron	\$9.00
Rapid Strept	\$15.00
TSI	\$20.00
Rapid Influenza A & B	\$20.00
Urine Dip	\$15.00

Women's Health	
Description	Base Price*
HPV	\$35.00
Pap - Thin Prep	\$35.00
Pregnancy - Serum (Blood)	\$27.00
Pregnancy - Urine	\$15.00
Wet Prep (Vest/Vaginal)	\$15.00

Please note that several services **require** an appointment. These services include but are not limited to:

- preventative medical services
- general physical
- wellness exam
- birth control consult
- STD testing
- diagnosis and treatment of infections
- diagnosis and treatment of minor injuries
- laboratory testing

[Student Health Services | University of Houston-Downtown \(uhd.edu\)](http://StudentHealthServices|UniversityofHouston-Downtown(uhd.edu))

Resources at UHD

Student Counseling Services

OMB S280 & OMB S601

Houston, TX 77002-1001

Phone: 713-221-8121

Counselingservices.uhd.edu

UHDCounseling@uhd.edu

(email monitored during business hours
by Counseling Services and Dean of
Students' Staff)

Monday -Friday
8 a.m. - 5 p.m.



Counseling Services is designed to help you maximize your **mental health and effectiveness at home, school, or work**. Through their services, you will receive confidential personal support for a wide range of issues, from everyday concerns to serious problems.

Whether you want advice about a relationship, need to talk to someone about drug use, or are simply feeling overwhelmed by school life, they can help!

All records, including medical information, referrals and evaluations, are kept confidential in accordance with federal and state laws.

[Student Counseling Services | University of Houston-Downtown \(uhd.edu\)](https://www.uhd.edu/counseling-services)

Resources at UHD

Food Market S292

Free food with the maximum amount of 40 pounds per week.
Stay updated! Scan QR code below to join GroupMe or join Remind 101 to know when they restock.

You can sign up for our Remind 101 where we will send out a text notification

Join Here: https://www.remind.com/join/uhd_fm

How can I know when you will reopen on shipment days?

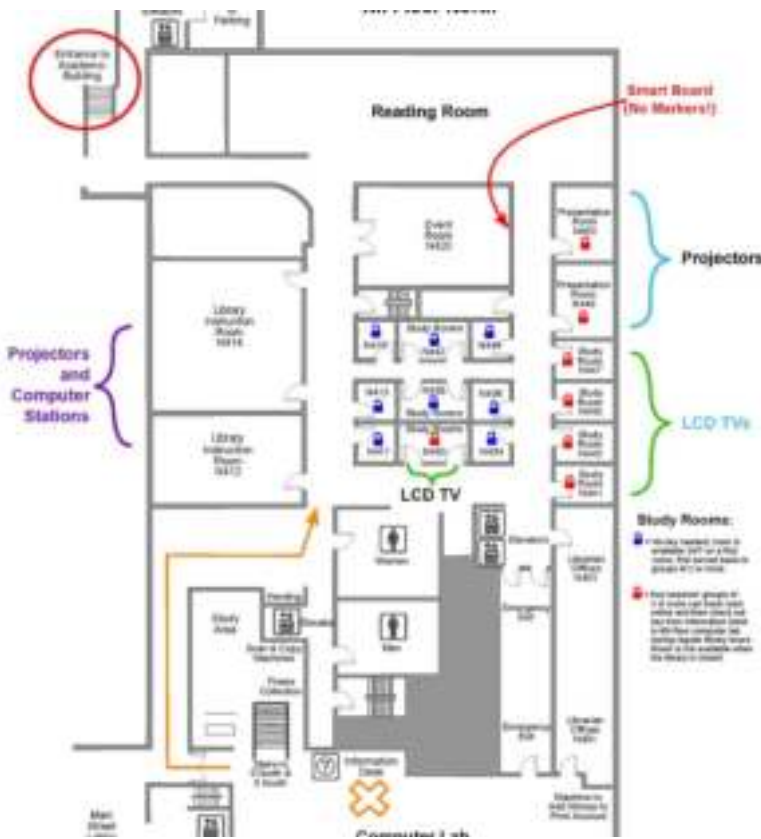
You can do a few things!

You can check our Instagram stories @uhdfoodmarket

You can join the UHD Food Market GroupMe chat

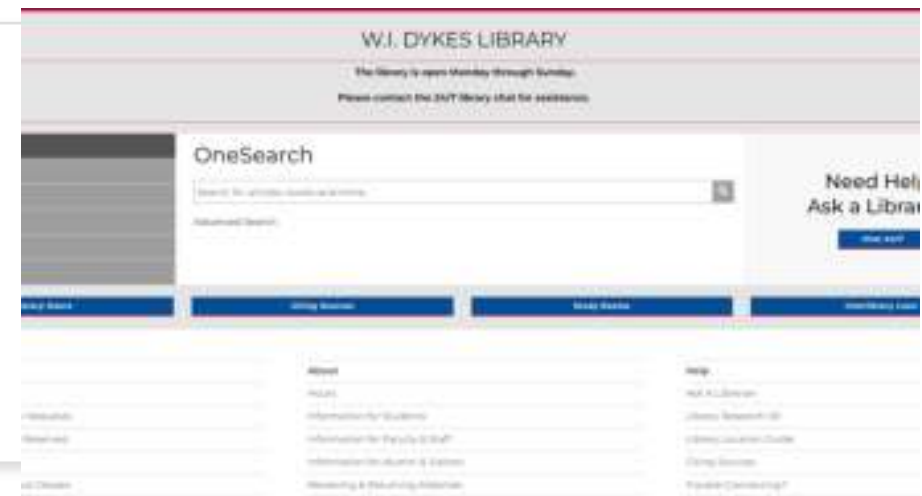
https://groupme.com/join_group/86739875/5hplogPb





UHD Library

- [University of Houston-Downtown Library | University of Houston-Downtown \(uhd.edu\)](http://uhd.edu)
- 4th and 5th Floor
- Online Library



Resources at UHD

Tutoring Services

Supplemental Instruction

Office: S405, The Learning Connection

Phone: 713-222-5338

Email: siprogram@uhd.edu

Assistant Director, Supplemental Instruction

Hellen Kailiti, Ed.D.

Email: kailitih@uhd.edu

Phone: 713-221-8985



[UHD Supplemental Instruction | University of Houston-Downtown](#)

Center for Math & Statistics Support

Location: UHD, One Main Building

Room: N925

Phone: 713-221-8669

Email: mathcenter@uhd.edu



[Center for Mathematics and Statistics Support | University of Houston-Downtown \(uhd.edu\)](#)

Writing & Reading Center

Location: UHD, One Main Building

Room: N925

Phone: 713-221-8669

Email: wrc@uhd.edu



[The Writing & Reading Center | University of Houston-Downtown \(uhd.edu\)](#)

Tutoring and Computer Lab Hours N925

Monday - Thursday

9:00 a.m. - 7:00 p.m.

Friday - Saturday

9:00 a.m. - 3:00 p.m.

Resources at UHD

Wellness and Success Center – Free gym membership, health classes and etc! **The NEW building behind the College of Science and Technology and in front of the Naylor Parking Lot.**

Time to destress! All on the 2nd floor!

Student Activities- Pool table, foosball, ping pong table, tv's, eating areas and etc.

ESports- Video games! UHD eSPORTS is the premier collegiate esports team in the city of Houston, comprised of students from the University of Houston-Downtown.

Fraternities and Sororities- Contact them for more information. Most application have closed now and open next semester in the beginning of the week (rush week) (Odiphi, SKO, Gammas, Betas...etc.)!

Student Activities

One Main St., Suite S204
Houston TX, 77002-1001
Phone: (713) 221-8573
StudentActivities@uhd.edu

Hours of Operation

Monday-Thursday
8am – 7pm
Friday
8am – 5pm
Summer Hours
Monday-Friday
8am – 5pm



Time Management

- **Non-Negotiables**
- **Priorities!!**
- **Assistance from Tech**
- **When are my days off?**
- **'Me' Time?**



Time Management

What is a Non-Negotiable??

Let's consider things that are "set in stone"

- Class!
- Work (sometimes)
- Organization meetings?
- Church?
- Dependents' schedules?



Schedule it all!



Time Management

You're on your phone anyway...

Calendar Apps -

- Microsoft Outlook Calendar
- Google Calendar
- Apple Calendar

Reminder Apps

Virtual To-Do Lists

Set Alarms... and stop using "Snooze"



Time Management

Priorities... what's MOST important?

There are things more important than school!

- Does it pay the bills?
- Does it impact your physical health?
- Does it impact your mental health?
- Will not doing it impact your academic success?

Think of school as a puzzle piece... not the entire puzzle...



Time Management

“When are my days off?...”

- “Mid-semester *breaks*” are a myth
- Days off = Semester/Term is over
- Take advantage of your “breaks”!
 - Read ahead
 - *Catch up!*



Time Management

What about 'me' time???

- Time off vs Days off
- Plan for it
- Health is wealth





QUESTIONS

Program Meeting Survey:



<https://cglink.me/2fR/s42420>

Campus Groups Office Hours

- Every Wednesday from 3:30 – 5:00 PM
- Via ZOOM: <https://uhd.zoom.us/j/84787227595>

GSC Student Satisfaction Survey

In an effort to improve our customer service and academic coaching sessions, we would greatly appreciate your answers to the following survey regarding your most recent academic coaching session.

