



## **Graduate and Professional Student Appreciation Week (April 3-7)**

This week, UH celebrates our graduate and professional students and the many contributions that you make to UH! We would love for you to join us at the events below.

### **Tuesday, April 4**

#### **Wellness Day – 11:00am - 11:45am (Student Center/Midtown Room)**

[UH Wellness](#) will host a relaxation workshop titled “**Getting to the Root of Relaxation: Managing stress in college**” to help students gain tools to process through stressful situations. Join us for the workshop and some healthy snacks.

### **Wednesday, April 5**

#### **Who’s Hungry?**

Drop-in to pick-up your complimentary box lunch (1 per person).

**Please use the [link](#) to register for the free box lunch.** (Scheduled pick up from 11-1 pm in the Graduate School Office, E Cullen, rm 102 or in Health 2). Limited to the first 500 registrants.

### **Thursday, April 6**

#### **Snack Break (1 – 3 pm)**

Head over to the Graduate School office for an afternoon snack! Pick up an afternoon snack in the Graduate School Office, E Cullen, rm 102.

#### **Graduate Professional Student Association (GPSA)-stop by to meet your GPSA officers (6 pm)**

**Where:** Axelrad – 1517 Alabama St. Houston, TX 77004. Appetizers will be served. Learn more about GPSA and if you are interested in serving as a GPSA officer, please complete the Qualtrics link [here](#) by April 17,

#### **Quick links to resources:**

[Cougar Cupboard](#)

[Counseling and Psychological Services \(CAPS\)](#)

[University Career Services](#)

[Graduate Student Ombuds- contact email: \[gradombuds@uh.edu\]\(mailto:gradombuds@uh.edu\)](#)

**General Questions?** [Contact](#) the Graduate School.

**Go COGS!**