



# Cougars in Recovery

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## Division of Student Affairs

### Cougars in Recovery Scholarship Application

#### Incoming Freshmen

Cougars in Recovery incoming Freshmen students will apply in the summer for consideration as a scholarship recipient for the upcoming Fall and Spring semesters. The scholarship application and essay are to be submitted **on or before Aug 8, 2025 by 11:59 PM (CST)**. **Applications submitted after the deadline will not be considered.**

#### Eligibility Criteria:

- Enrolled at the University of Houston as a full-time student (minimum of 12 credit hours).
- Six months of continuous abstinent based recovery from addictive and/or compulsive behaviors.

Program participation expectation:

- **Community Check-In Attendance**
  - Attending 100% of scheduled Community Check-In's for Fall 2025 and Spring 2026 semesters
- **Source of Strength Leadership Program**
  - Participating as a mentee in the Source of Strength program by working with a mentor throughout the Fall semester with option to continue into Spring
- **Social component**
  - Attending CIR Recovery Tailgates in Fall semesters
  - Participating in the CIR Community Photo
  - Attending scheduled Community Gatherings in Fall and Spring semesters
- **General participation**
  - Utilizing the lounge space
  - Connecting with CIR staff and community members (*Including, but not limited to: Community Check-In's, Outdoor Adventure Learning Experience, off campus fellowship, etc.*)
  - Engaging with the CIR recovery community and the recovery community at-large (*Including, but not limited to: Annual ARHE Conference, chairing meetings on and off campus, etc.*)
  - Participating in 10 hours of community service per semester with CIR community and/or off-campus resources

#### Scholarship Requirement:



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☐ **Two-page Essay** describing how applicant meets criteria and how you plan to exhibit a strong commitment to your academics, CIR, recovery, and community

☐ **Two Letters of Recommendation**

### Student Information:

Name: \_\_\_\_\_  
Last First Middle

Phone #s: \_\_\_\_\_  
Cell Home Other

Email: \_\_\_\_\_

myUH ID: \_\_\_\_\_

### Eligibility Criteria:

Are you a U.S. citizen? YES \_\_\_ NO \_\_\_ Texas Resident? YES \_\_\_ NO \_\_\_

Recovery Date: \_\_\_/\_\_\_/\_\_\_\_\_

Average GPA for the Fall and Spring semester: \_\_\_\_

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Please email this completed form and other requirements to **on or before Aug 8, 2025 by 11:59 PM (CST)** Email: [rkriddel@central.uh.edu](mailto:rkriddel@central.uh.edu)

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I hereby acknowledge that the above information is true and correct. I understand all deadlines and eligibility requirements regarding the scholarship for which I am applying. I also understand that if I am selected, I must be enrolled full-time (12 credit hours as an undergraduate) during the Fall and Spring semesters in which I receive the scholarship award. I understand the scholarship will be split between Fall and Spring semester and the Spring amount is dependent on meeting the scholarship requirements for the preceding Fall. I also understand that I must maintain continuous recovery and membership in the CIR program as well as attend 100% of community check-ins.

\_\_\_\_\_  
Signature of Applicant

\_\_\_/\_\_\_/\_\_\_\_\_  
Date