Student Information

UH ID Number
Last Name
First Name
Middle Name
Date of Birth
Recovery Birthday
Gender
Ethnicity

Permanent Address

Permanent Phone
Local Address
Local Phone

Email Address

Emergency contact information
Name Relationship Number
Name Relationship Number

Parent/guardian number

Parent/guardian address


Academic Information

What is your primary reason for applying to the University of Houston? _______________________________________

Did you choose to attend the University of Houston because of Cougars in Recovery? Yes__ No___

Are you currently enrolled or have you previously been enrolled at the University of Houston? Yes___ No____

If yes: Hours completed ________________ Cumulative GPA ________________

Last semester attended ________________________________

When do you plan to return to UH? ________________________________

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Are you currently living on campus at UH? If so, where? ______________________________________________________________

Have you ever lived on campus at UH? If so, when and where? ______________________________________________________________

What is your major? ______________________________________________________________

Are you an undergraduate student? If so, what is your classification? ______________________________________________________________

Are you a graduate student? If so, what year are you? ______________________________________________________________

Two most recent colleges and universities attended:

1. ___________________________ Hours _______ GPA _______ Last Attended _________

2. ___________________________ Hours _______ GPA _______ Last Attended _________

What is your anticipated graduation date? ______________________________________________________________

Briefly, what do you want to do with your college degree? ______________________________________________________________

List any activities, interests, honors, and/or special talents or skills that might be of interest to the Cougars in Recovery staff: ______________________________________________________________

**Mental Health and Recovery**

List your primary drugs of choice and addictive behaviors:

1. ______________________________________________________________

2. ______________________________________________________________

3. ______________________________________________________________

Are you currently attending any recovery related meetings? Yes_____ No_______

If yes, what meetings?

____________________________________________________________________

What recovery programs are you currently working?

____________________________________________________________________

____________________________________________________________________
Please list your mental health diagnoses

Please list any treatment programs, halfway houses, prisons, and/or mental hospitals that you have attended:
1. Facility ___________________________ Dates ___________________________
   Diagnosis or reason for stay ___________________________
2. Facility ___________________________ Dates ___________________________
   Diagnosis or reason for stay ___________________________
3. Facility ___________________________ Dates ___________________________
   Diagnosis or reason for stay ___________________________
4. Facility ___________________________ Dates ___________________________
   Diagnosis or reason for stay ___________________________

Attach to this application a biographical narrative (maximum of two pages, typed, and double spaced) that includes the following information:

- Your addiction and recovery experience. (Include when you started using, main reasons you used, number of times relapsed, etc.)
- What recovery means to you and how it plays a role in all areas of your life.
- How you are connected to your current recovery community. (Home group, treatment center alumni, church fellowship, counseling center, etc.)
- How you see academics enhancing your recovery.
- Why you feel as though you would be an asset to the CIR program.

Return application via email at ljsinger@uh.edu or in person to:

Leah J. Singer, M.Ed., LPC
Moody Towers
4401 Cougar Village Drive, Room 103
Houston, TX 77204
713.743.1026
ljsinger@uh.edu

Signature ___________________________ Date ___________________________

Print ___________________________
Thank you for your interest in Cougars in Recovery! Cougars in Recovery (CIR) is comprised of various walks of life and recovery. As such, we celebrate all recovery and are an abstinence based program. This means that our program does not follow a particular approach to recovery, as a means to make our community inclusive to the various approaches leading to and maintaining recovery.

Being a member of Cougars in Recovery comes with access and eligibility to:

- 24/7 lounge space, exclusive to members only
- Study space with free printing
- Priority registration*
- Recovery housing*
- Recovery scholarships*
- Hiking and camping activities*
- Cougars in the Community student organization
- On-campus AA meetings
- Sober fellowship
- Recovery tailgating
- Monthly community gatherings
- Mentorship initiative*
- Leadership program*
- Professional development
- Attendance to national conferences*
- Volunteering opportunities
- Individualized support from CIR staff
- Liaison to on and off campus resources
- Recommendation letters*

*Includes eligibility requirements. Please connect with CIR staff

Membership to CIR is a privilege that is earned by those who are fearlessly dedicated to their wellness in recovery. As such, the only requirements to being a member of the CIR community includes a commitment to yourself to maintain abstinence and a commitment to the CIR community. This commitment looks like attending a weekly Community Check-In meeting. There are seven offered and held at the same time each week. We ask that you commit to one of these seven meetings throughout the semester. Members are expected to attend 85% of their Community Check-In held throughout the semester. Extenuating circumstances should be discussed with CIR staff. Also, 85% of Community Check-In attendance grants you priority registration for the following semester.

Expectations of Participants

Please initial each statement to indicate you have read and understand the agreement. By enrolling in Cougars in Recovery, I acknowledge that:

___ I commit to community within CIR by:
- Understanding that if I become aware of another community member’s relapse I will hold him/her accountable by:
  - Speaking directly to the other student encouraging him/her to disclose the relapse to a CIR staff member.
  - Speaking directly to a CIR staff member to notify him/her that I have knowledge of a community member’s relapse
  - Understand that my failure to report a community member who is suspected of using or who is using mood-altering substances will result in me being subject to sanctions as determined by the CIR staff.
- Building relationships with the CIR fellowship and staff

___ I commit to civility within the CIR community and program by:
- Being mindful, respectful, and accepting of CIR community members. Since the CIR community is comprised of individuals from various walks of life and identify with various communities (LGBTQIA, etc.), respectful language is integral to the community feeling safe and inclusive.

___ I commit to being courteous with the CIR community lounge space by:
- Ensuring that the lounge space consists of CIR members only (i.e., the lounge space is for CIR community members only).
- Being courteous of the shared space by picking up after myself and tidying up the space as I see fit.

___ I will attend one check-in meeting each week to get the support that I need and to support my peers.

___ I will actively participate, to the best of my ability, in being involved in the opportunities available through CIR, (chairing and/or participating in the 12 step meeting of AA, attending community gatherings, etc.) the UH campus, and the local.

I have read and understand by my signature, each point indicated above. I am agreeing to actively participate in the Cougars in Recovery Community. Once you have signed this document, you are agreeing to the expectations of Cougars in Recovery and will be asked to act accordingly.

Signature: ___________________________ Print Name: ___________________________ Date: ________________

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