



# ARMY ROTC



## HOUSTON BATTALION

UNIVERSITY OF HOUSTON - CENTRAL / DOWNTOWN / CLEAR LAKE  
RICE \* TEXAS SOUTHERN \* ST. THOMAS \* HOUSTON BAPTIST \* TEXAS WOMAN'S \* HCC

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## DIVERSITY IS OUR STRENGTH

The University of Houston - Army ROTC program hosts nine additional top-tier collegiate institutions to include Rice, Texas Southern, Houston Baptist, and University of Saint Thomas. It is no surprise that Houston Battalion is a well diverse program consisting of Cadets who not only come from different universities, but also different ethnic backgrounds. With such a diverse program, Cadets constantly bring their own experience, critical thinking, and creativity to the table. This gives the ability for each individual to learn new cultures, languages, religions, and traditions. Not only have they found friendship amongst each other, but have strengthened the program's greatest asset - its people.



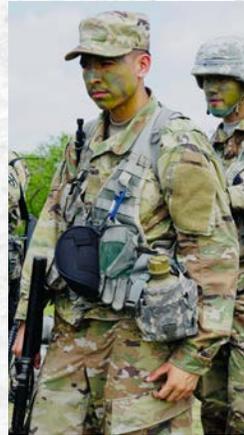
# DIVERSITY IS OUR STRENGTH

CONTINUED....

## HERE'S WHAT OUR CADETS HAVE TO SAY ABOUT THE DIVERSITY AT UH ROTC

I really appreciate the diversity in ROTC because it gives me a chance to hang out and learn about other people and how their backgrounds differ from mine. Pretty much everyone has an interesting story that I like to learn about, since I'm from California and I haven't lived in Texas all my life. I think the diversity in the program speaks well about how inclusive the Army is as a whole, and I'm thankful to be a part of this unique team in Houston.

- **CDT Aaron Lin**



Diversity at its finest can be seen within the ROTC program at UH. The UH BN creates an environment composed of various perspectives, backgrounds, thoughts and ideas. The Army's mission wouldn't be possible without the merging of different problem solving skills at various levels of leadership. I have witnessed during Cadet/Staff meetings a diversified team working together towards the same goal, achieved through a collaboration among different individuals. The program wouldn't be what it is without the cultural diversification of key individuals who have each brought reputation and uniqueness to our battalion. We are brothers and sisters learning from each other even during the most complex situations we have been put in. Diversity is what allows for the fulfilling of the Army statement, which is to defend this nation and win its wars through land dominance.

- **CDT Williams Mora**

I love the diversity of backgrounds. Everyone has a unique story and path of how they got to where they are. It's very intriguing to learn from people of different backgrounds. I love how everyone is different and how ROTC has become a family.

- **CDT Lauren Meyer**



Being part of a ROTC program and university so diverse is a wonderful thing. It allows you to gain many new perspectives from yours because, ultimately, our backgrounds shape how we view the world and the people living in it. I have been lucky enough to be part of a very diverse college and ROTC program where I have learned a great deal about other cultures, religious beliefs, and viewpoints on the world in a way that schools simply can't teach. Being in an environment with a variety of races and cultures allows a person to learn, understand, and grow. I am proud to be part of our UH Army ROTC and our university because only when we stand together, regardless of our background, can we start to change the world.

- **CDT Alec Rodenbaugh**

I love the diversity of the ROTC program because it is a way to meet so many different people from all walks of life. We have cadets from Green To Gold programs, prior enlisted, and cadets born outside the US, etc. I believe it is this mix of perspectives and backgrounds that make the program such an enriching experience. With Houston being such a diverse city, it is refreshing to see such a diverse set of people all working towards a common goal.

- **CDT Taylor Nguyen**



# Summer WORKOUTS

Here are a few workouts to help stay in shape during the summer. Training never stops!

**"The only bad workout, is the one you didn't do!"**

**Repeat 3 times**

15 squat jumps  
5 push-ups  
25 high-knees  
7 burpees  
10 lunges  
7 squats  
5 push-ups  
7 squats  
15 squat jumps  
1 min wall sit  
5 push ups

4 laps around the track  
sprint straightaway, slow jog or walk curve

**Pyramid Drill**

(Do as much as you can w/o taking a break)

Push ups  
Crunches  
Calve raises  
Flutter Kicks  
Jumping Jacks  
Bicycle Crunch  
Air Squats  
Russian Twist

Round 1 - 2 min EACH of above workout

\*jog 1 lap\*

Round 2 - 1:30 EACH of above workout

\*jog 1 lap\*

Round 3 - 1 min EACH of above workout

\*jog 1 lap\*

Round 4 - 30 sec EACH of above workout

**Have a  
desire to  
serve?**

**Want  
money for  
college?**

**Scholarships Available**

2 & 3 year full tuition and fees scholarships  
\$600 a semester for Text Books  
\$420 a month stipend

**Step 1**

Register for Military Science course through  
respective university/college course catalog  
(No obligation trial period)

**Step 2**

Meet eligibility requirements  
(We will help you get there)

**Step 3**

Sign contract to become an Army Cadet  
(This starts all benefits, scholarships)

**Step 4**

Commission as an Army Officer  
(Active Duty, Reserve, National Guard)

**CONNECT WITH US!**



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<https://www.uh.edu/class/military-science/>



**713-743-3883**

or

**713-743-8460**

**BY THE NUMBERS**

	<b>ENROLLED</b>	<b>CONTRACTED</b>	<b>ON SCHOLARSHIP</b>
<b>TOTAL STUDENTS / CADETS</b>	<b>119</b>	<b>67</b>	<b>47</b>
<b>UNIVERSITY OF HOUSTON</b>	<b>66</b>	<b>37</b>	<b>33</b>
<b>UNIVERSITY OF HOUSTON - DOWNTOWN</b>	<b>23</b>	<b>12</b>	<b>3</b>
<b>UNIVERSITY OF HOUSTON - CLEAR LAKE</b>	<b>2</b>	<b>2</b>	<b>1</b>
<b>RICE UNIVERSITY</b>	<b>3</b>	<b>3</b>	<b>3</b>
<b>TEXAS SOUTHERN UNIVERSITY</b>	<b>15</b>	<b>10</b>	<b>7</b>
<b>UNIVERSITY OF ST. THOMAS</b>	<b>2</b>	<b>1</b>	<b>0</b>
<b>HOUSTON BAPTIST UNIVERSITY</b>	<b>2</b>	<b>1</b>	<b>0</b>
<b>TEXAS WOMAN'S UNIVERSITY - HOUSTON</b>	<b>1</b>	<b>1</b>	<b>0</b>
<b>HOUSTON COMMUNITY COLLEGE</b>	<b>5</b>	<b>0</b>	<b>0</b>