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](#)

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