



March 27, 2023

Leadership Opportunity with GPSA for 2023-23. Interested in leadership experience? The [Graduate and Professional Student Association \(GPSA\)](#) at UH is seeking applications for officers for the 2023-2024 academic year. If you are interested in serving as an officer, please complete the Qualtrics link [here](#). We encourage ALL graduate and professional students to apply/nominate by April 17 at 11:59pm!

Spring 2023 Lunch and Learn Series for Graduate Students (#1)-virtual event

Topic: Introduction to Graduate Student Professional Development

In this virtual session offered over the lunch hour, you will learn about the resources available to you as a graduate student at the University of Houston.

Date/time: Friday, March 31, 12-1:00 pm. Register [here](#).

How to Complete Your Grad Student Tax Return (and Understand It, Too!) (Tax Year 2022) The purpose of this virtual, asynchronous workshop is to teach graduate students about the federal higher education tax benefits available to them, including how to tabulate, calculate, and report their funding and education expenses. This workshop is specifically for students who are employed as graduate assistants. The [tax workshop](#) is asynchronous and includes videos and worksheets. Register [here](#) for free access for the first 100 registrants. After you register you will receive a link to the workshop materials.

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

Next week, UH celebrates our graduate and professional students and the many contributions that you make to UH! We would love for you to take advantage of 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.

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 COOGS!