



March: Keeping Balance

Welcome to the March edition of CoogsCARE Monthly! This month, we embark on a journey to master the delicate art of balance between our academic responsibilities, social engagements and mental well-being. Join us as we delve into insightful tips and strategies to harmonize the facets of our lives and embrace the power of setting boundaries and managing our time effectively.



Meditation Mondays

Meditation Mondays are a great way to find balance and take care of your well-being. Learn more from our students about the free event that takes place at 5 p.m., every Monday, at the Cullen Fountain and Reflection Pool.

Watch Here



Pro Tip



A Guide to Balancing Academic and Social Commitments

Lyle McKinney, professor and director of the Higher Education Leadership & Policy Studies Program in the College of Education, shares his insights on the importance of balancing academic responsibilities and personal time.

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Featured Article





Spring Break Safety Tips

From travel essentials to party precautions, we've got you covered. Stay informed, make the most of your vacation and ensure a worry-free escape by following these essential spring break safety tips.

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Workshop





Why Wait? Overcoming Procrastination

What type of procrastinator are you? In this workshop, you will learn strategies to overcome procrastination that are specific to your type and general strategies for success. This virtual workshop is presented by Laura Heidel, director of LAUNCH, at 2 p.m., Thursday, March 28.

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Story of Care



Is Your Mind Stuck on Asking Why?

Caryn Honig, adjunct professor of nutritional counseling, shares her personal story of grief and how she established Poppy's Run for Life to raise funds and spread awareness about the risks of depression.

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Faculty/Staff Event



UH Day of Remembrance

Join us at the A.D. Bruce Religion Center Chapel from noon to 1 p.m., Tuesday, March 19, for UH Day of Remembrance. This annual event

honors members of our Cougar community who passed away in the previous year.

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More Resources



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