

# **SPH SURVIVAL GUIDE**

Written for and by the students of the  
University of Texas School of Public Health

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## **Welcome from your Student Leaders**

This guide was written by leaders of the School of Public Health International Student Organization (SPHISO) and the School of Public Health Student Association (SPHSA). For more information about SPH student organizations, please visit [this page](#).

## **Content Disclaimer**

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While every effort has been made to ensure the accuracy of this document, we cannot guarantee 100% accuracy. If you find any errors within this document, please contact us at [sphsa@uth.tmc.edu](mailto:sphsa@uth.tmc.edu).

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## **How to Use this Guide**

This document is intended for students of the University of Texas School of Public Health. We advise students to first read this guide prior to starting the semester. The knowledge gained from this guide will assist with your transition into the school.

## **Numbers to save on your phone**

- UTH Financial Services - 713-500-3860
- UTH Police Non-Emergency/24-hour Escort Service: 713-792-2890
- UTH Recreation Center - 713-500-8420
- SPH Student Affairs – 713-500-9032
- UTH Registrar – 713-500-3361

## **Wear your ID badge at all times!**

Protect it with a cover. UT Police may ask for your badge on campus to verify you are a student. You also need it to ride the UT shuttle, get the 10% student discount at the French Corner Café, enter the Rec Center, and check out books from the SPH library.

## **Getting to and from the airport**

### **Super Shuttle**

Upon arrival at the airport, look for the Super Shuttle desk in the baggage claim area (<http://www.supershuttle.com/>). To avoid delays, you can also book your ride before your arrival to Houston. Estimated cost is \$30, and the Super Shuttle van will take you to the location you indicate in the reservation.

### **Car rentals**

You may rent a car from the airport, either online in advance or on the spot. Shuttles will take you from the airport to the car rental company car lots. Some examples of car rental companies: Enterprise, Budget, Thrifty, Alamo, Fox etc. You can compare prices among companies using [priceline.com](http://www.priceline.com), or [kayak.com](http://www.kayak.com).

### **Taxicabs**

Estimated costs to the Texas Medical Center would be \$40-\$50 from Bush Intercontinental Airport (IAH), or \$25 from Hobby Airport (HOU). Heavy luggage may incur additional charges. Taxi drivers are usually tipped (usually 15% of the fare). The drive from Intercontinental Airport should take about 45 minutes and the drive from Hobby Airport should take about 25 minutes. These taxis should also be able to get you around the Texas Medical Center:

- Yellow Cab (713-236-1111)
- Fiesta Cab Company (713-225-2666)
- Liberty Cab Company (713-695-6700)
- Square Deal Cab Company (713-659-7236)
- United Cab Company (713-699-0000)

## Places to live around campus

### UT Housing

If you have received your letter of acceptance, apply to UT Housing ASAP. There is usually a long waiting list. See their webpage [here](#). In most cases, newly admitted students will be put on the waiting list for UT Housing, and will thus need to seek alternative housing ASAP.

### Other apartment complexes

Parkview, Montreal Place, Holly Hall, Scotland Yard, Harvest Hill, Crossing on Kirby, Fannin Street Station, The Lanesborough Apartments, AMLI at the Medical Center, Equinox, 7100 Almeda, 7901 Cambridge St. (The Park on Cambridge) are among some of the apartment complexes that can be found around University Housing. There are many more in the area - see [this link](#). Some of these apartments are safer, nicer and more desirable than others. You may find advertisements about places for rent at the UT shuttle stops or in some of the UTSPH lobby areas.

You may also use a real estate agent to find an apartment ([har.com/](#)). This service is free to you, as the apartment complexes pay the realtor fees. You can contact the real estate agent by email before coming to Houston and specify the area where you would like to live (Medical Center), the type of apartment you're interested in (two bedroom/one bath, one bedroom/one bath etc.), a price range, and other issues that are important for you (such as a gated complex, a washer/dryer inside the unit, etc.). The real-estate agent will email you updates with potential rental places, with photographs and descriptions, so that you can make a decision before your arrival to Houston. You will probably be asked to put down a security deposit and first month's rent, so you will need to send a check or pay by credit card online.

You can also search [ULoop](#) for posted announcements. If you have student friends at other Houston universities, you may ask them to send mass email their server lists with your request for a roommate or for an apartment to rent. You can also post roommate requests on the [UTSPH Fall 2012 Entering Class Facebook page](#). Alternatively, you can use [padmapper.com](#).

## Temporary housing/hotels

- In the Medical Center area: [Google Maps](#)
- Around IAH (Bush Intercontinental Airport): [Expedia](#)
- Around Hobby Airport:
  - Econo Lodge Hobby Airport - 8381 Broadway Street, Houston, TX 77061. Tel: 713-645-1333. The average price of a room is \$69/night, plus tax. Free continental breakfast.
  - Days Inn Hobby Airport - 1505 College Ave., Houston, TX 77587. Tel: 713-946-5900. Room prices range from \$45.90 to \$64/night, plus tax.
  - Hilton Hobby Airport - 8181 Airport Blvd., Houston, TX 77061. Tel: 713-645-3000. Rooms cost between \$119 and \$139/night, plus tax.

## Getting to and from campus

Depending on your means and where you live, commuting to campus may involve driving, bicycling, riding the Metro (see [page 8](#)), or using the UT Shuttle.

Campus parking is limited and expensive. For some cheaper alternatives available to students near the Medical Center, see [this link](#).

## UT Shuttle

This gets you to various locations in the Medical Center and to be eligible to ride, you have to present your UT ID Badge. Get live updates at [uthscshuttle.com/](http://uthscshuttle.com/). Since you will not have a badge prior to registering for classes, you will receive a temporary shuttle permit for use during Orientation Week.

## Free parking near campus

Free street parking is available on El Paseo Street, between Knight Rd. and Cambridge St. (see [Google Street View](#)). We advise against parking here during busy times, as the street gets full. Watch out for the “No Parking” signs! You would not want your car to get towed.

## Getting around Houston

### METRO Bus



The Houston Metro's [Q card](#) allows students to receive a 50% discount on your ride. You will receive more information about this during orientation. Before being a registered student, you will not be able to get your Q card. So for the first few days in Houston, you will ride the bus using exact change in cash. You may pay this one-way fare when you get on any bus (there is a machine by the driver). (Image credit: [Houston Transtar](#))

If you live in UT Housing or Parque View, and need to go to SPH during the weekends, take [Route 87](#) (Sunnyside/TMC) going **NORTHBOUND**. The bus stop is on the Parque View side, right next to the Mexican flag ([Google Street View](#)). There is also a southbound Route 87 bus, which will take you elsewhere, so do not take this one! The bus stop for the southbound bus is the same stop for the UT Shuttle. Both stops are on opposite sides of the street.

If you live elsewhere, you may use [Google Transit](#) to determine the route(s) to take to reach SPH. The school's physical address is 1200 Herman Pressler, Houston, TX 77030.

### METRO Light Rail



The 50% Metro discount using the Q Card is also valid on the Light Rail. However, should you need to pay the full fare, the ticket machines are located at each platform. Keep your ticket with you at all times while on the Light Rail. (Image credit: [Ed Schipul](#))

### Private cars

Multiple car dealerships are located around the Houston/Texas Medical Center area if you would like to purchase your own new or used car. Here are useful guides for car buying: <http://www.usa.gov/topics/travel/cars/buying-used.shtml> and <http://www.consumerreports.org/cro/cars/car-buying-advice/index.htm>.

## Driving

This Rice University page has useful information on driving, including the procedure to obtain a Texas Driver's License: [Click here](#).

## Major highways in Houston

It would be wise to be familiar with the major highways and neighborhoods of Houston:



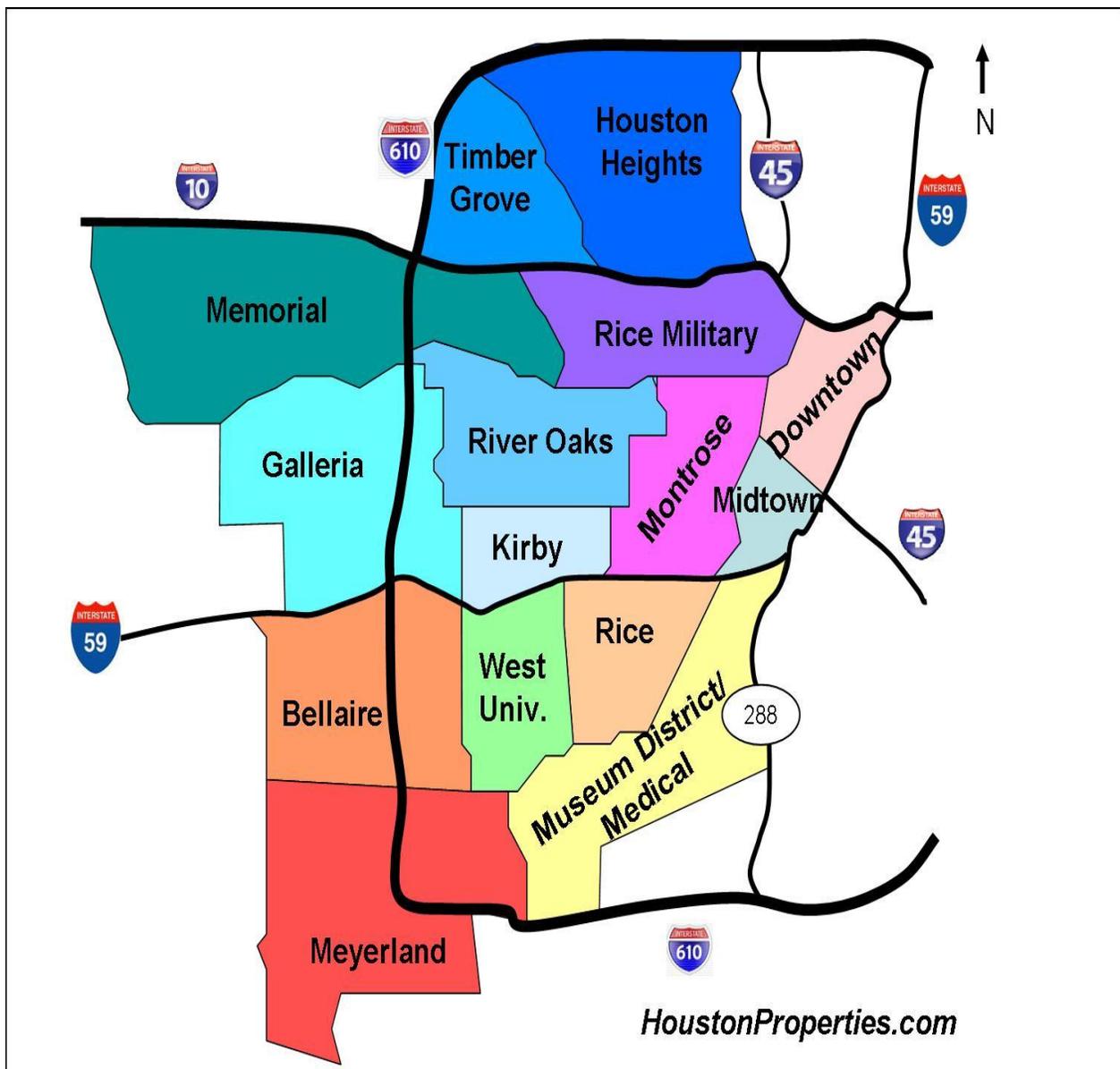
(Original Image credit: [MD Anderson](#))

## Highway nicknames

Here are some of the nicknames of the highways to know ([Source](#)):

- **Interstate 610:** “The Loop,” often preceded by North, South, West, and East
- **Interstate 45 South:** Gulf Freeway
- **Interstate 10 West:** Katy Freeway, West Freeway
- **Interstate 10 East:** East Freeway
- **Beltway 8:** Sam Houston Tollway
- **U.S. 59 North:** Eastex Freeway
- **U.S. 59 South:** Southwest Freeway
- **Texas 6:** Highway 6

## Houston neighborhood map



(Image credit: HoustonProperties.com)

### Texas Medical Center map

Click [here](#) for a detailed Texas Medical Center map. Alternatively, you can search for a building or landmark here: [tmcmaps.info](http://tmcmaps.info)

### Traffic

As the fourth largest city in the US, Houston is notorious for its traffic. 4:00 - 6:30 p.m. is the busiest traffic time for the medical center. Expect delay if you travel during this time.

## Food, groceries, and banking

### Food options at the Texas Medical Center

For the map of these locations, visit <http://tmcmaps.info/>.

Name	Location	Hours	Type of Food Served
French Corner	School of Nursing building	M-F 7am-3pm	Hot entrées, salad bar, soups, sandwiches, pizza
Lantern Café	Pickens Tower, 3rd Floor	M-F 7am-3pm	Hot entrées, salads, sandwiches, burgers, sushi
Light Bytes	Pickens Tower, 3rd Floor	M-F 6am-6pm	Starbucks coffee, pastries, soups, sandwiches, salads
Waterfall Café	Mays Clinic, 2nd Floor	M-F 6:30am-3pm	Hot entrées, burgers, sandwiches, soups, salads
Cool Beans Café	Cancer Prevention Building, 2nd Floor, near elevator Q	M-F 6:30am-5pm	Coffee, frozen smoothies, yogurt parfaits, salads, sandwiches, pastries
Café Anderson	MD Anderson Main Building, 1st Floor	M-F 6am-8:30pm Sat/Sun 7am-7:30pm	Hot and cold entrées, sandwiches, pizza, Chick-fil-A, soup, burgers, salad bar, sushi/stir fry
Café 24/7	MD Anderson Main Building, 1st Floor	Daily 24/7	Coffee, snacks, salads, sandwiches, Smoothie King smoothies Grilled items for late-night service: Tuesday-Saturday, 12:30am-3am

Cool Beans Café	MD Anderson Main Building, 1st Floor, near the Aquarium	M-F 7am-7pm	Coffee, frozen smoothies, yogurt parfaits, salads, sandwiches, pastries
Espresso in the Park	MD Anderson Main Building, 2nd Floor in The Park	M-F 7am-3:30pm	Coffees, snacks, salads, sandwiches, soups
Express Eatery	MD Anderson Main Building, 5th Floor	M-F 7am-3pm	Sandwiches, salads, soups
The Commons	Medical Center Commons 6550 Bertner Ave	M-F 11am-3pm <i>Starbucks: M-F 6am-6pm</i>	Burgers, sandwiches, salads, Mexican food, pizza, barbeque, sushi, Vietnamese/Chinese food, Starbucks Trevisio: Italian; 6th floor of The Commons ( <i>M-F 11am-10pm; Sat 5-10pm</i> )
McDonalds	Texas Children's 6720 Bertner Ave	Daily [closed 3-5am]	Burgers, salads, snacks, smoothies, coffee, dessert
Market Place	Methodist Hospital	Daily 6:30am-8pm	Breakfast, hot entrées, burgers, sandwiches, soups, salads
Market Best	Rotary House International	M-Th 7am-9pm, F 7am-4pm, Sun 3-9pm	Burritos, tacos, hamburger sliders
Rotary Café	Rotary House International	M-F 6am-5pm	Starbucks coffee, pastries, Dryer's Ice Cream
Fresco's	Rotary House International	M-Th 10am-4pm, F 10am-3pm	Salad bar, sushi, sandwiches, Pizza Hut
Murphy's Deli	St. Luke's Medical Tower 6624 Fannin	M-Th 6:30am-5:30pm, Fri 6:30am-4:30pm	Sandwiches, salad bar, soups
Chipotle	6600 Fannin	Daily 11am-10pm	Burritos, salads, tacos
Subway	6618 Fannin	M-F 9am-10pm, Sat/Sun 10am-9pm	Sandwiches

Starbucks	6600 Fannin	M-F 5:30am-10:30pm, Sat/Sun 6:30am-9:30pm	Coffee, pastries, snacks
Au Bon Pain	6400 Fannin, Suite 218	M-F 6am-5pm	Breakfast, sandwiches, soups, pastries
Salata	6620 Fannin	M-Sat 11am-9pm	Salads
Wanfu	6609 Main St	Daily 10am-9pm	Chinese
Cliff's Grill	6605 Main St	M-Sat 7am-8pm	Breakfast, soups, sandwiches, salads, baked potatoes, burgers

For the map of these locations, visit <http://tmcmaps.info/>.

### Places to eat on a budget

You can get discounts via deal aggregators like [MyDealBag](#), which includes deals from Groupon and Living Social. Sign up on the website to get daily Houston deal emails.

Also, remember to get your 10% discount card from the Student Affairs Office at the School of Public Health. Presenting this discount card makes you eligible for a 10% discount on some major restaurants around the Medical Center. Please note the discount card will expire on August 31, 2012, and we do not know whether the university will renew its contract with the discount card company.

### Grocery shopping

[Click here for a Google Map of these stores](#)

- **Fiesta** is a major grocery near the Medical Center that offers huge variety of International food items. There are other Fiesta locations in Houston
- **H-E-B** – one on Bissonnet and Buffalo Speedway, and one in Montrose on W Alabama and Dunlavy
- **Kroger** – one on Old Spanish Trail and Cambridge (right next to the Dental School), and another one on Main St. and Kirby.
- **Target** – near Main St. and Old Spanish Trail
- **Wal-Mart** – closest one is on 610 and Post Oak Rd. Avoid going here at night.
- There is a big **Chinatown** (Bellaire Boulevard): Chinese Supermarkets (Jusgo, Welcome), and good restaurants.
- **Ranch 99**: a large supermarket selling Asian foods and goods and housing a few affordable Asian restaurants

- **Sam's Club:** a large warehouse where you can buy goods in bulk. You will need an annual membership card to purchase merchandise there. The closest Sam's is on Fannin, just south of 610.
- There is a huge **Indian Grocery market** on Hillcroft
- **Costco:** like Sam's Club, it requires an annual membership card.
- **H mart** (with great and cheap Korean foods)
- **Hong Kong market**
- **Phoenicia** Middle Eastern and Mediterranean food, 12141 Westheimer
- **African Food Stores** (11332 Fondren Road Houston, TX)
- Southwest Farmer's Market (9801 Bissonnet St, Suite U, Houston, TX)
- **Makola Imports** (10814 S Gessner Dr, Houston, TX)

### Banking

There are many different banks in the area that include, but are not limited to Chase, Bank of America, and Wells Fargo. You can open a checking account with any of these banking institutions in the area. ATM fees are charged any time you use an ATM that is not from your bank.

## Things to do in Houston

### Useful links

- [Things to do in Houston](#), courtesy of the BCM Graduate Student Council
- [VisitHoustonTexas.com](http://VisitHoustonTexas.com) - Official Houston Visitor Site
- <http://freethingstodoinhouston.com/>
- <https://www.facebook.com/365Houston>
- [Living Social](#) – deal website for outdoor events in Houston

### Special events in Houston

Here are some of the events for which Houston is famous. The most famous is the Rodeo! For more special events, view the [Mayor's Office of Special Events website](#).

Event	Date
<a href="#">Auto Show</a>	January
<a href="#">Houston Livestock Show and Rodeo</a>	Late February - Early March
<a href="#">Bayou City Art Festival</a>	March & October
<a href="#">International Festival</a>	April
<a href="#">Art Car Parade</a>	May

<a href="#">Pride Parade</a>	June
<a href="#">Houston Greek Festival</a>	Early October

(Information taken from [UT Dental School website](#))

## Other things to do

### Paid:

- [Houston Zoo](#) – has admission discounts throughout the year, so be on the lookout for those
- Sports: Houston Rockets (NBA), Houston Texans (NFL), Houston Astros (MLB), Houston Aeros (Hockey), Houston Dynamo (Soccer)
- [Alley Theatre](#) and [Hobby Center](#) to watch plays
- [Space Center Houston](#)
- [Aquarium at Downtown](#) (although a bit smaller than other aquariums)
- [Froberg's Farm](#): Strawberry and other fruits picking
- [Battleship Texas](#) – see the San Jacinto Battleground, Monument, and battleship (30 minute drive from Houston)

### Free:

- Houston Zoo on Holidays (or the first weekend every month with Bank of America card)
- [Miller Outdoor Theater](#) – live performances while you relax on the lawn!
- [Museums](#) (Fine Arts, every Thursday; Natural Science, every Tuesday after 2pm)
- [Memorial Park](#), [Hermann Park](#) – go jogging
- UTHHealth Recreation Center – see [page 21](#) (free for registered UT students only)

## Things to do in Texas

For more places to visit, see the [official Texas visitor's website](#).

### Within 45-60 minutes' drive from Houston

- [Kemah Boardwalk](#) – walk along the pier and visit the amusement park
- [Alvin Bayou Wildlife](#) – take a tour of the wildlife park and get to feed the animals (ostriches, llamas, camels, giraffes & others)
- [Brazos Bend State Park](#) – park with alligators. You may also go hiking, and biking, horseback riding. Also check out the [George Observatory](#), which is open during the weekends.

### **Galveston Island (1 hour drive)**

- Go fishing or crab catching, swim at the beach, eat at restaurants
- [Moody Gardens](#) – Rainforest, Aquarium, IMAX Theater
- [Schlitterbahn Water Park](#)
- [Pleasure Pier](#) – rides and games

### **San Antonio (3.5 hour drive)**

- [Riverwalk](#)
- [SeaWorld](#)
- [Six Flags Fiesta Texas](#)
- [Schlitterbahn Water Park](#) (in New Braunfels)

## **Technology**

### **Access the school's network from a remote location**

You can connect to the school's network to use STATA or other programs. This [link](#) shows you how to connect.

(If this link does not open, go to the [IT Services website](#).)

### **Software**

1. **Microsoft Word, Excel, and PowerPoint 2010** (there are free training tutorials on [Office Online](#)) In Word, make sure you know how to use the track changes/review feature.
2. **Google Docs** - a lot of students use Google Docs for group collaboration work.
3. **Internet Explorer**
4. **RefWorks** - for works cited sections of your research papers. Know how to import references to add to your works cited. Here is an [SPH Library Guide to RefWorks](#).

### **Become a Google Search Pro**

There are Google search strategies with which you should be familiar. Complete [this short tutorial](#) to learn them.

### **Some tips for creating PowerPoint Presentations**

- 1) **No more than 6 lines per slide.** Avoid overwhelming your audience with numerous lines of text. The focus of the presentation should be YOU, not the PowerPoint.
- 2) Maintain eye contact with your audience. Treat it like a conversation - the slides are just there to guide you. Don't look at your slides too often - you should have a good grasp of the content on your slides.
- 3) Keep your presentations on time! Going overtime may cause the audience to lose interest in your presentation.

Here are other style guidelines for presentations:

[http://www.lib.utexas.edu/services/instruction/tips/tt/tt\\_present.html](http://www.lib.utexas.edu/services/instruction/tips/tt/tt_present.html)

Presentation workshops are offered to students free of charge by [Dr. Ronald Johnson](#). Email him for more information.

### **Email etiquette**

Email etiquette is as important as social etiquette in the professional world. Please keep the following guidelines in mind when using email:

<http://www.101email etiquettetips.com/>

In general:

1. Keep email succinct
2. Use descriptive subject lines
3. Be mindful about the tone you use in your email. Anything you write can be used against you.

### **Useful websites to bookmark**

1. [Doodle.com](#) - Want to schedule a group meeting? Use this website to figure out the time that works best for everyone!
2. [Pro Writing Aid](#) - this website proofreads your papers for free!
3. [CiteFast](#) - for creating APA works cited pages
4. [Purdue Online Writing Lab](#) – for all your APA citation questions

### **The importance of UTH webmail**

Your UTH email account (accessed at <http://webmail.uth.tmc.edu>) is the official communication vehicle for the school. Please be active in checking your email to keep track of important dates and job/practicum opportunities. You should check it several times daily.

### **Organize your UTH webmail**

Configure Webmail to organize your incoming messages into folders. Here is how you do it:

1. Once you login, click on **Options**.
2. On the left menu, click on **Rules**.
3. Click on **New Rule**.
4. You may customize the rules any way you like. Note: Due to the university's privacy policy, you may not forward messages from your UT email to your personal email.

## Facebook pages to “like”

Like these pages to receive important updates and information:

### SPH Organization Pages

- [SPH International Student Organization \(SPHISO\)](#)
- [The Board @ UT SPH](#)
- [SPH Student Society for Global Health](#)
- [SPH Student Epidemic Intelligence Society \(SEIS\)](#)
- [SPHSA \(Student Association\)](#)

### University Pages

- [The University of Texas School of Public Health](#)
- [UTSPH Entering Class of 2012 page](#)
- [UTHealth](#)

### Career Services

- [MD Anderson Careers](#)
- [The University of Texas Health Science Center at Houston Careers](#)
- [University of Texas-School of Public Health: Career and Alumni Services](#)

## Academics

### A note about plagiarism

The university takes cases of plagiarism very seriously. Plagiarism can be intentional or unintentional. If you use someone else’s ideas, please cite them properly. Please see the [Academic Affairs website](#) for more information.

### Bookstores

1. Bookstore at School of Nursing
  2. Online stores like Amazon or Half.com (use [www.dealoz.com](http://www.dealoz.com) to compare prices)
- Note: When buying online, make sure you are buying the correct edition. Some online vendors sell international editions at lower prices, but these editions can have different page numbers or problem sets.

### Course reviews

Access students’ end-of-semester reviews of professors and courses [here](#).

## Places to study

- [Fondren Library @ Rice University](#)  
Usually open to the general public 7am to midnight Monday-Thursday, 7am to 10pm on Friday, 9am to 10pm on Saturday, and noon to midnight on Sunday. Check the website for seasonal hours.
- [MD Anderson Library](#)  
On the 21st floor of the Pickens Academic Tower next to SPH. Has great views of the Houston area! Open M-F 7:30 a.m. – 7:00 p.m. Closed on weekends.
- [TMC Library](#) – see website for hours
- School of Nursing Student Lounge
- SPH is generally open 24/7, but you will need your student ID to enter the building during the evenings and weekends. Again, have your ID handy at all times, as UT Police may ask for it to verify your student status.

Students also study at coffee shops or restaurants that offer Wi-Fi. Examples include:

- Panera Bread - 3151 West Holcombe Boulevard
- [Agora](#) - Open 9am - 2 am daily. 1712 Westheimer Road
- Barnes and Noble – 3003 West Holcombe Boulevard
- Starbucks - [Rice Village](#). There are two locations in Rice Village.

## Research and employment opportunities

### MPH students: Interested in writing a thesis?

It is important to start the process as early as possible. Refer to the student research website [here](#). Do not procrastinate on this process!

### Find faculty with the same research interests

Go to <https://sph.uth.tmc.edu/faculty/> and click on “Search.” This website contains useful student resources: <https://sph.uth.tmc.edu/research/office-of-research/student-research/>.

### Searching for job and practicum opportunities

- [Job Ops](#): The online system that UTSPH uses to allow students and alumni to search for jobs, upload multiple resumes, cover letters, reference letters and send online resume referrals to employers.
- Practicum Opportunities are posted on the school’s intranet at <https://inside.uthouston.edu/sph/>. Once you login, click on the SPH link in the “Schools” tab, and look for the “Practica” link on the left menu.

## Employment for International Students

Contact the [Office of International Affairs](#) (OIA) for more details. As an International student (with an F-1 or J-1 visa) you must contact OIA and obtain the appropriate work authorization **before** you can start to work. **You will have to leave the country or face deportation if you work even one day prior to obtaining authorization.**

Working on-campus is limited –it is considered part-time (Usually it is **20 hours or less per week** or 50% time). Contact the [Office of International Affairs](#) (OIA) for more details.

## Read practicum experiences of past students

Find out the places students have worked and what they did by reading the e-magazines [here!](#)

## The importance of networking

Networking is about building relationships *before* you need them. Networking is essential to finding job opportunities in the future. Attend the student socials for this reason!

## Important school events to add to your calendar

- Welcome Back Social – September and January
- Bimonthly socials - there will be bimonthly socials during the semester for you to meet and network with other students. Networking is essential to advance in the public health field!
- Diversity Fair - November 9, 2012
- Multicultural Dinner (sponsored by the Student Society for Global Health) - usually takes place in the Spring semester

## Public health agencies in the area

- [Houston Health Department](#)
- [Texas Department of Health \(DSHS\)](#)
- [Harris County Health Department](#)
- [Houston Health Services Research Collaborative](#)
- [The “Blue Book”](#) - contains various organizations offering HIV services

## Campus services

### UTHealth Recreation Center

All UTHealth students who have paid the current semester's tuition are granted access to the Recreation Center. The Rec Center has a weight room, cardio area, racquetball court, two tennis courts, two outdoor basketball courts, and a heated outdoor swimming pool. It also includes a leisure game area which has two ping pong tables and two pool (billiards) tables. Group fitness classes (Zumba, Yoga, Pilates, Ripped, etc.) are offered at an extra price. Click [here](#) for more information.

Information on bringing guests or purchasing memberships for family members is available [here](#).

When visiting the Rec Center for the first time, be sure to have your student ID activated and have your picture taken for their system. You should not share your student ID with others, as it can result in a loss of membership privileges.

### UT Counseling and WorkLife Services

UT offers counseling and training seminars to all UTHealth students and employees. The fee for counseling is already included in your tuition so there is no charge. [Click here](#) for more info.

### Safety

- In case of Emergency, **Call 911** Immediately!
- [University of Texas-Houston Police](#) (UT Police): 713-792-2890
- [UT-Houston Emergency Page](#)

Although the Medical Center area is relatively safe, it is important to be aware of your surroundings at all times when you are walking. UTPD offers a 24/7 shuttle service for students and employees. So if you happen to be on campus at 3:00 a.m., UTPD will gladly give you a ride back to UT Housing.

### Further inquiries

We hope you find this guide useful. If you have further questions or you would like more details about a certain topic, you may contact SPHSA ([sphsa@uth.tmc.edu](mailto:sphsa@uth.tmc.edu)) or SPHISO ([sphiso@uth.tmc.edu](mailto:sphiso@uth.tmc.edu)) or any of the [officers directly by email](#).