**FYI from the UAC: Online Major Degree Plan Request**

In a continued effort to go paperless and provide great service to our students, the Undergraduate Advising Center is happy to announce our major degree plan request is now available online! Students should submit their major degree plan request once their major is officially declared and by the time they have completed 60 hours of coursework (usually towards the end of their sophomore year.) If you meet these requirements and are ready to submit your major degree plan request, visit this page and complete the form. If you have any questions, please contact the Undergraduate Advising Center at (713) 743-2626 or contact your academic advisor directly.

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**Spotlight: Get LinkedIn to NSM!**

NSM has a newly launched official LinkedIn group for our students and alumni! Join us on LinkedIn to connect with fellow NSM Cougars and alumni, find potential job opportunities, and begin building your professional profile.

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**Campus Connection: Campus Recreation & Wellness Center**

Has stress started to get to you, or are you starting to feel a little less in shape than you have in the past? It might be time to head over to the Campus Recreation & Wellness Center (CRWC) for a workout! The CRWC is the gym you’ve always wanted: climbing wall, multiple basketball courts (with volleyball and badminton available), racquetball & squash courts, indoor and outdoor pools, martial arts space, fitness classes, indoor track, and plenty of weight and cardio equipment. There’s a little something for everyone, whether you’re a hardcore athlete or just a fan of lounging next to a pool on a hot day. Best of all, access to the CRWC is free to all enrolled students; you just need to present your student ID to enter. They also have information about outdoor trips and intramural sports if you prefer your exercise in a team or outdoor setting. Be sure to visit the CRWC (across from the Welcome Center, on University and Calhoun) to work out some of your stress and keep yourself in good physical and mental shape!

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**Meet your Advisor: Customer Service Representative Lamieka Walker**

**Name:** Lamieka Walker  
**My Position at UH:** Customer Service Representative for the Undergraduate Advising Center  
**Educational Background:** Currently a student at Lone Star Community College obtaining an Associate of Arts. After that, I will be attending University of Houston in Fall 2014 for a degree in Graphic Communications.  
**Likes:** I absolutely love art! I would say my favorite type of art is abstract art because it is so random, but my favorite piece of art work is “Starry Night” by Vincent van Gogh. My very favorite food is spaghetti (I could eat it every day all day) and my favorite colors are blue and hot pink.  
**Dislikes:** There aren’t too many things I don’t like except for: math, people who eat from the pot/plate before I’ve finished cooking, and people who try to drink out of my glass or eat off my plate. GET YOUR OWN!  
**Favorite thing about UH:** I would say my favorite things about UH are the diversity and the school spirit, especially on Cougar Fridays when everyone wears red. It is so cool to see students so proud of their school and proud to be a Cougar.  
**You May Not Know:** I have always wanted to work for Disney as animator because one of my favorite things to do when I was young was watch cartoons with my dad. Things have changed a lot since then; I saw how tedious animation could be, so I shifted my focus to graphic design, but one of my goals is still to work for Disney one day by creating logos, doing advertising art, or as a User Experience Designer. Currently I am working on trying to create a web page featuring things that I have created like art work, invitations, wedding pieces, and party décor.  
**Accomplishment I’m most proud of:** I have two accomplishments that I am most proud of. The first one is staying in school and sticking with a major that makes me happy, and the second accomplishment I’m most proud of is losing weight and getting healthy.