



UChicago Housing & Residence Life



The Phoenix Pulse is our monthly e-newsletter filled with news, upcoming events, and awesome resources! Stay informed, connected, and in the know about the happenings on campus!

Housing & Residence Life Updates

House Life Survey

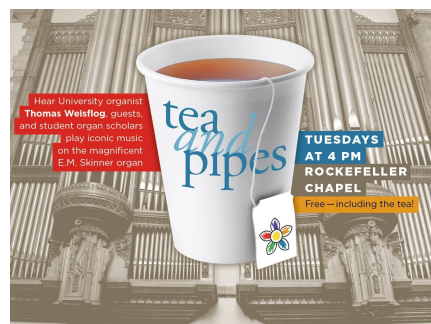
We want to hear from you! We're dedicated to enhancing the on campus housing experience and your feedback is essential in that process. We encourage you to complete the survey by next Tuesday, April 15. A link to the survey can be found in your email.

End of Year Move Out

It's time to start preparing for moving out. Non-graduating students must move out by **3 PM on Saturday, May 31** and graduating students must complete their move out by **3 PM on Sunday, June 8**.

More details on the move out process will be shared via email soon.

Rockefeller Memorial Chapel



the University of Chicago Guild of Carillonists presents

THE BEST VIEW ON
CAMPUS HERE!

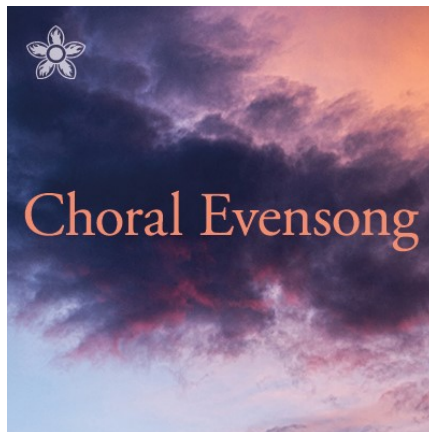
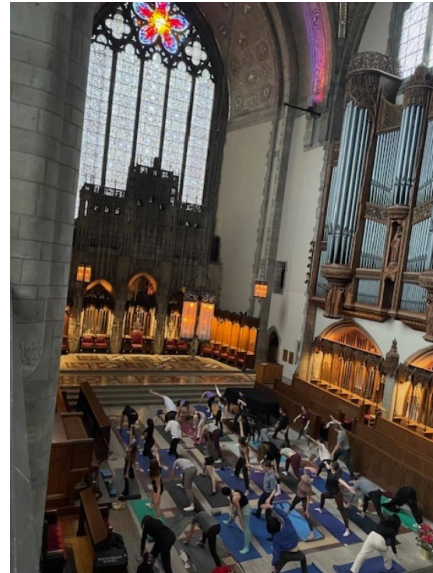
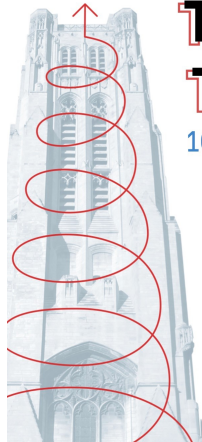
CARILLON TOWER TOURS

100 tons of bells.
100 tons of fun.

@ Rockefeller Chapel
Tuesdays - Fridays
11:30 AM / 4:30 PM
resume April 1, 2025

Subject to weather and special events:
[https://events.uchicago.edu/all/
groups/Carillon%20Tower](https://events.uchicago.edu/all/groups/Carillon%20Tower)

Enter via the entrance facing
the Midway and meet at the
Rockefeller front reception.
Tours last 45-60 minutes.

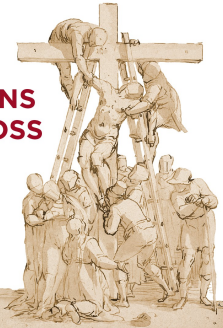


THE UNIVERSITY OF CHICAGO
ROCKEFELLER
MEMORIAL CHAPEL

Marcel Dupré's THE STATIONS OF THE CROSS

Le Chemin de la Croix, op. 29

THOMAS WEISFLOG
Organist
POEMS BY PAUL CLAUDEL
REV. KENJI KURAMITSU
Reciter



ROCKEFELLER CHAPEL
GOOD FRIDAY, APRIL 18 | 7:30 PM | FREE



MINDFUL BREATH

TUESDAYS | 6-7:15 PM | IDA NOYES 034

Focus on supporting community, and learn the art of living in harmony with one another and with the earth. 30 minutes sitting and 10 minutes walking meditation, followed by sharing and discussion.

GOOD SOIL
A Conversation
with Jeff Chu

CONVERSATION AND BOOK SIGNING WITH THE AWARD-WINNING JOURNALIST AND AUTHOR

WEDNESDAY, MAY 7 | 7 PM | BOND CHAPEL
FREE and open to all | Space is limited!

Jeff Chu is the University of Chicago's invited welcome author. Jeff Chu will read from his new book and engage in conversation with Rev. Kanyo Karamito, Associate Dean for Community Life at Rockefeller Memorial Chapel, in a moderated discussion with the audience. Tickets are free but limited and admission is open to all. Doors open at 6:45pm and the event is 7-8:30pm. RSVP here: <https://bit.ly/GoodSoilMay7>

Books will be available for sale onsite through Seminary Co-Op Bookstores. For more information and to reserve a spot, scan the QR code below.

Good Soil by Jeff Chu. A profound meditation on racism, heritage, and belonging, from an accomplished journalist who left New York City for life on a working farm.

BOND CHAPEL
1025 East 58th Street,
Chicago, IL 60637

THE UNIVERSITY OF CHICAGO
SPIRITUAL LIFE

University of Chicago Hindu Sangam
presents

SWARA SUDHA
CELEBRATING RAMA NAVAMI
SOUTH INDIAN CLASSICAL CONCERT

Ramana Balachandhran, veena
Akshay Anantapadmanabhan, mridangam
G. Chandrasekara Sharma, ghatam

FRIDAY
04.25.25
Rockefeller Chapel
6:00PM-8:30PM
5850 S. Woodlawn Ave, Chicago, IL 60637

RSVP Now!

THE UNIVERSITY OF CHICAGO
Division of the Humanities
SOUTHERN ASIAN LANGUAGES AND CIVILIZATIONS

THE UNIVERSITY OF CHICAGO
COMMITTEE ON SOUTHERN ASIAN STUDIES
SACMS
SOUTHERN ASIAN CLASSICAL MUSIC SOCIETY

Samatha Meditation
MONDAYS | 5:15-6:30 PM | IDA NOYES 034

Samatha means calm. Samatha meditation is a practice in the Buddhist tradition which cultivates calm concentration in preparation for insight to arise, this is a structured system of meditation practice which takes several weeks to learn. Classes include instruction and a half-hour of sitting practice, followed by dharma discussion.

CHAN/ZEN MEDITATION
WEDNESDAYS | 5:30-6:40 PM | ROCKEFELLER

Please arrive between 5:20-5:25 PM.
UChicago Buddhist Association's weekly meditation.
Half hour of sitting meditation, followed by an optional dharma teaching.

Office of Sustainability

THE UNIVERSITY OF CHICAGO

APRIL 15 - 30

**ENERGY STAR® 2025
BATTLE OF THE BUILDINGS**

Residence hall communities will compete to conserve as much energy and water as possible!

The winning residence hall, determined by the greatest percent reduction in energy and water usage, gets an engraved trophy!

• TASK LIGHTING • SCREEN SAVERS • LOWER BLINDS • SHORTER SHOWERS
• REPORT LEAKS • FULL DISH LOADS • ENABLE CLEAN ENERGY PHONE CHARGING
• FULL LAUNDRY LOADS • UNPLUG UNUSED APPLIANCES • REPORT HOT/COLD ROOMS

THE UNIVERSITY OF CHICAGO
OFFICE OF SUSTAINABILITY

THE UNIVERSITY OF CHICAGO
FACILITIES SERVICES

BATTLE OF THE BUILDINGS
TEAM CHALLENGE
EPA's NATIONAL BUILDING COMPETITION

The battles continue! Help galvanize eco-awareness and positive impacts on campus GHG emissions in this data-verified competition. [See what you can do to save energy and water.](#)

You can also join initiatives for reuse, recycling, conservation, and education led by the Sustainability Ambassadors throughout April Earth Month.

Student Wellness



 **UChicago** Student Wellness

BEYOND THE GRIND

A skills-focused program that empowers College students to improve academic performance and psychological health.

For questions, please contact: Tab Shamsi, PsyD (tshamsi@uchicago.edu)



 **UChicago** Student Wellness

Restorative Yoga

Mondays | 3:00-4:00PM | Student Wellness Center 840 E. 59th Street
All mats and props provided.
No prior registration required - drop in and try out a class!

 **UChicago** Student Wellness

Winter Quarter

THERAPY GROUPS

are now open.

Visit wellness.uchicago.edu/therapygroups for more information and to sign up.

UChicago Student Wellness | wellness.uchicago.edu | 840 E 59th Street | 773.834.9355


Care Anytime, Anywhere



Download the TimelyCare app or get started at timelycare.com/uchicago.



*12 visits per year

STUDENT RECOVERY GROUP

WINTER QUARTER WEEKLY MEETINGS:

Mondays from 12:00 - 1:00pm
Student Wellness Center (840 E 59th St)

 **UChicago** Student Wellness



safer sex supplies

 **UChicago** Student Wellness

Pick up supplies from select offices and departments on campus or order supplies for pick up at the Student Wellness Center.



 **UChicago** Student Wellness

Free, informal, and confidential drop-in counseling sessions

