



Stay informed and connected with *The Phoenix Pulse*, your monthly source for news, events, and housing updates at UChicago!

Housing & Residence Life Updates

Thanksgiving Break
Monday, November 24 - Friday, November 28, 2025
Residence halls are open during the break. Residents are welcome to remain on campus without requesting additional permission.

Dining hall hours may vary, please check the [UChicago Dining website](#) for the most up-to-date information.

Winter Break Housing Reminder
The majority of residence halls are closed during winter break and residents are expected to travel home or make alternative housing arrangements. The deadline to submit a Winter Break Housing Request is Sunday, November 16.

If you need to remain on campus for any portion of the break, please submit your request through the [myHousing Portal](#) (*Applications > Winter Break 2025-2026*) by the deadline of Sunday, November 16.
Late requests will not be accepted.

Winter Break Dates
Residence halls close on Sunday, December 14, 2025 at 12 PM
Residence halls re-open on Saturday, January 3, 2026 at 8 AM
Early arrival requests are not granted.

Student Wellness



timelycare
Care Anytime, Anywhere

Download the TimelyCare app or get started at [timelycare.uchicago.edu](#)



safer sex supplies

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



ART THERAPY

A CREATIVE ALTERNATIVE TO TALK THERAPY

- Art therapy is a form of psychotherapy that uses creative expression and the art-making process to explore thoughts, emotions, and life experiences.
- No art skills are needed, just an openness to create and reflect in a supportive and non-judgmental environment.

Office of Sustainability



OCTOBER 14-28
**ENERGY STAR®
2025 BATTLE OF
THE BUILDINGS**

**BATTLE OF THE BUILDINGS
2025 CHALLENGE**

THE UNIVERSITY OF CHICAGO
OFFICE OF SUSTAINABILITY

THE UNIVERSITY OF CHICAGO
FACULTY SERVICES

Congratulations International House!
International House won in both categories! They reduced water usage by 54.1% and energy usage by 3.9%! [Read the rest of the results!](#)

Campus Resources

[2025-2026 Academic Calendar](#)

[UChicago Dining](#)

[Mental Health Services](#)

[Campus Safety & Security](#)

[College Academic Advising Office](#)

[The College](#)

