

Student Services Newsletter

APRIL 2022

SPRING UPDATE: GREAT CHANGES ARE COMING

As we enjoy the warmer springtime weather, we can see changes taking place on campus. The grass is just a little greener than the week before, some of our trees and plants are showing signs of blooming, and the snow that hides in the shade is melting away.

Along with the changes outside, there are changes taking place inside the walls of the UNM-Los Alamos campus. Our Library or Learning Resource Center renovation is nearly complete. We are awaiting miscellaneous items and final inspections before our grand re-opening (details to come!). Included in the LRC will be a new Career Services Center, where students can find job postings, research career fields, and get one-on-one help creating or updating cover letters and resumes.

Additionally, UNM-LA was recently awarded a grant to help our campus create a combined Food Pantry and Clothing Closet, which is currently being developed, so stay tuned for the grand opening of this as well.

We encourage you to take advantage of these resources, as they are being created for the benefit of the UNM-LA community.

—Tony Gallegos, Student Success Manager



IMPORTANT DATES FOR SPRING

Be sure to note these important dates below. Contact an advisor if you need assistance.

April 11: Registration for Summer and Fall semesters begins.

April 15: Last day to drop via LoboWeb.

May 6: Last day to drop with permission (contact your advisor). Last day to change grade mode.

May 9-14: Spring Semester finals.

May 13: Last day to report removal of Incomplete.

May 13: Commencement.

June 6: Summer Semester begins.

July 1-4: Independence Day holiday, campus closed.

August 1: Summer Semester ends.

August 22: Fall Semester begins.

ME COHORT MEETING APRIL 8

Calling all Mechanical Engineering majors! Join fellow students and faculty for a fun and informative meeting on April 8 from 2:30-4 pm in the Robotics lab. Contact Coco Rae, cocorae@unm.edu, for details.

LOOKING FOR SCHOLARSHIPS?

Don't miss the deadlines!

Incoming freshmen

DEADLINE: FEBRUARY 1

Undergraduate summer scholarships

DEADLINE: MAY 20

College-wide and transfer scholarships (open to undergraduates and graduate students)

DEADLINE: JUNE 1

Questions? Contact Elsa Maria Castillo at 505.277.5064 or scholarships@unm.edu



Stress & Anxiety Toolbox

Zoom Workshop for Students

Tuesday, April 5, 1:00-2:00 PM

OR

Wednesday, April 20, 12:00-1:00 PM

RSVP: studentcounseling@unm.edu
One Business Day Before Workshop

STUDENT SPOTLIGHT

Name: Anna Yarrow
Hometown: Portland, Oregon
High School: I was homeschooled
Major: Emergency Medical Services
Favorite Class: Biology lab
Dream Job: My current job: hiking and skiing with a 91-year-old mountaineer!
Plans for After Graduation: Work as an advanced EMT
Hobbies: Photography and writing
Favorite Teams: I'd rather play basketball than watch
Top of My Playlist: Into the Wild
Red or Green: Christmas!



MENTAL HEALTH: TAKING CARE OF OTHERS

Over 20% of adults 18 and over experience mental health or substance use challenges every year, according to the National Survey on Drug Use and Health. Even if you aren't experiencing these kinds of things right now, you likely know someone who is. Here are some tips for supporting people who may be struggling.

- Keep inviting them to activities with you, even if they often decline.
- Give them respect, listen with focused attention, try to understand their point of view, and acknowledge the truth of their feelings.
- Offer some practical help with regular tasks like getting groceries and household chores, things that might be overwhelming right now.
- Give them hope that, with time and support, they will feel better again. Point out the bright spots in their lives—not just a silver lining, but a truly positive future.

If you or someone you know need extra support or resources, visit UNM's Mental Health website: mentalhealth.unm.edu or reach out to Student Services for local connections: 505-662-5919.

WHY GET INVOLVED ON CAMPUS?

Research has shown that college students who engage with activities and organizations on their campus are more likely to be successful in completing their degree programs. Students develop more connections with their instructors and staff members, who support them and provide resources more quickly when students have difficulties. Students build relationships with fellow students in their programs or others that share their interests, which can be a resource when struggling with a course. Students also develop stronger communication, collaboration, and leadership skills, which are common skills to see on almost every job application, regardless of the field of work. Instructors and advisors for student organizations are also great references for letters of recommendation for scholarships, specialized programs, and first jobs after college. To learn more about how to get involved, contact Grace Willerton, gwillert@unm.edu.

CALLING ALL WOMEN STUDENT LEADERS!

The local chapter of the American Association of University Women (AAUW) may be able to provide funding for students to participate in their **National Conference for College Women Student Leaders (NCCWSL) May 24–26, 2022**. This virtual conference will connect hundreds of college women from around the country for leadership training, inspiration, and networking. Attendees will benefit from skill-building workshops, be inspired by groundbreaking women guest speakers from a range of fields, and make connections with other women academic and community leaders. To learn more and apply for this and other opportunities, contact Maryjane Giesler, mgiesler@unm.edu. Visit: www.aauw.org/resources/programs/nccwsl/about/ for details about the conference.

EXPANDED OPPORTUNITY SCHOLARSHIP

In February, the New Mexico Legislature passed the NM Opportunity Scholarship Act and it was signed into law by Governor Michelle Lujan Grisham. This expansion of the Opportunity Scholarship will enable thousands of New Mexico students to attend college for free, whether they are pursuing career training certificates, associate's degrees, or bachelor's degrees. More students than ever are eligible for this funding, and no application is necessary. To learn more, visit: www.freecollegenm.org. UNM–Los Alamos is proud to be part of this initiative. For questions about the scholarship and whether you qualify, contact Jenny Duran: jenduran@unm.edu.

NEW MEXICO
HIGHER EDUCATION
DEPARTMENT



Fostering Student Success from Cradle to Career

The University of New Mexico–Los Alamos is committed to the recognition and the proactive pursuit of compliance with the Americans with Disabilities Act of 1990 (ADA). The University makes reasonable accommodation for religious observances, national origin practices of a student and to the known physical or mental limitations of a qualified student, unless such accommodations have the end result of fundamentally altering a program or service or placing an undue hardship on the operation of the University. Qualified students with disabilities should contact Student Services for information regarding accommodations in the academic and/or employment setting. If you have a special need and require an auxiliary aide and/or service, please contact Student Services at (505) 662-5919.



JOIN US FOR THE 2022 HEALTH PROFESSIONS SYMPOSIUM

Visit: hps.unm.edu



WHAT IS HPS?

HPS is an event designed to provide any student who is interested in the health professions an opportunity to explore their passions, and to discover various pathways into the field of their choice.



WHAT CAN I EXPECT?

A day of workshops and information sessions covering the spectrum of careers in healthcare and how to attain them. Sessions addressing a variety of issues related to healthcare will also be presented.



WHEN IS HPS 2022?

April 9, 2022. Register NOW at hps.unm.edu and plan to attend!

REGISTRATION BEGINS APRIL 11

Now is the time to start planning your class schedule for Summer and Fall 2022! **Registration begins April 11**, so schedule an appointment with your advisor to discuss your degree plan, pick appropriate classes, and get your hold lifted. To meet with your advisor, book an appointment in LoboAchieve or call 505-662-5919. Classes fill up quickly, so be sure to register as soon as possible so that you get the courses you need. Check out the Summer and Fall 2022 course offerings here: losalamos.unm.edu/academics/class-schedule.html.

SPRING 2022 GRADUATES

Are you graduating this spring? Check your UNM email frequently for important information about **Commencement**, which will be held **May 13 at 6:00 pm** in the Duane Smith Auditorium. Be sure you have submitted a Graduation Petition to your advisor as well, or your diploma may be delayed. If you have any questions or need assistance, contact your advisor or Student Services: 505-662-5919.

N3B SCHOLARSHIP WINNERS ANNOUNCED

N3B, a contractor to Los Alamos National Laboratory, has announced the recipients of their 2022 Danny Nichols and Dennis Huddleston Memorial Scholarship, which seeks to attract talented students into the environmental remediation, radioactive waste management, and energy industries.

Congratulations to **Jimmy Wheeler**, majoring in Pre-Engineering, and **Daniel Tafoya**, majoring in General Studies!

In addition to a significant monetary award, awardees will be offered the opportunity to attend the Waste Management Symposia 2022 in Phoenix, Arizona. Presentations, papers, and tables offer the opportunity to learn about this field of work. Scholarship awardees will be acknowledged at the Symposia.

The scholarship is designed to support degree-seeking students at UNM-Los Alamos and Northern New Mexico College who have completed at least 15 credit hours and have a minimum GPA of 3.3. The scholarship has a focus on students pursuing STEM degrees.

COVID-19 INFO & VACCINE APPOINTMENTS

Get the COVID-19 vaccine: Everyone 5 years of age and older is now eligible to get a COVID-19 vaccine. Visit: cvaccine.nmhealth.org.

For current health guidelines, be sure to follow advice from trusted, accurate sources.

CDC: www.cdc.gov/coronavirus/2019-nCoV.

NM Department of Health: cv.nmhealth.org.

If you think you are sick: Contact your doctor for medical advice. **Do not** go to a medical clinic until you are instructed to do so, to avoid potentially infecting others. Additionally, please contact Tony Gallegos at jtgalegos@unm.edu.

For testing: Free testing is available at home and around the state. Visit: cvprovider.nmhealth.org/directory.html.

If you are not sick: Practice social distancing, wash your hands, cover coughs and sneezes, and disinfect frequently touched surfaces daily. Most importantly, **please** wear a mask. Even asymptomatic or pre-symptomatic people can still spread COVID-19. People who are at higher risk are depending on all of us to help reduce transmission—and save their lives.

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STUDENT SERVICES

Student Services is a central hub of information for prospective, current, and former students to find assistance and answers to questions about admissions, financial aid, registration, academic advising, career services, and other resources on campus.



Kathryn Vigil
Director, Student Affairs
505-661-4688
kaguilar@unm.edu



Tony Gallegos
Student Success Manager
505-663-3406
jtgallegos@unm.edu



Jenny Duran
Financial Aid Advisor
505-662-0341
jenduran@unm.edu



Melissa Torres
Academic Advisor &
Recruitment Specialist
505-661-4690
torres23@unm.edu



Grace Willerton
Student Success Specialist
505-663-3402
gwillert@unm.edu



Coco Rae
Student Success Specialist
505-661-4692
cocorae@unm.edu



Lori Tepley
Sr. Student Enrollment
Associate
505-662-0332
ltepley@unm.edu

Admissions

The Office of Admissions can help if you have questions or are ready to apply to UNM-Los Alamos. The Office of Admissions can provide application instructions for degree-seeking, non-degree, dual credit/concurrent, international, senior, or transfer students. Complete details can be found on the Admissions page: losalamos.unm.edu/admissions.

Financial Aid

The Office of Financial Aid provides information on financial resources available to degree-seeking students. These resources may include scholarships, grants, and loans from the federal or state government, independent organizations, and/or UNM-LA itself. UNM-LA determines financial aid eligibility from the FAFSA, so please take time to file this document online every year. Don't assume you are ineligible—there are many opportunities to pursue.

Enrollment Services

The Office of Enrollment Services at UNM-LA processes high school and other college transcripts for admissions and maintains transcripts of current and former students. The registrar can also answer questions about dual credit and concurrent enrollment, VA benefits, and graduation requirements.

Academic Advising & Student Success

Academic advisors can provide guidance through the admission process, degree and course selection, and registration. Advisors also assist with changing a major, following up instructors' early alerts, filing graduation petitions, and planning for baccalaureate work. Advisors can also help resolve registration errors. Degree-seeking students must meet with an advisor before registering for each semester to check that their chosen classes will continue to make progress toward their degrees and to have their advising hold lifted. The Academic Student Success Manager coordinates ADA accommodation services for students, and oversees academic advisement, student retention, and success initiatives.

Career Services

Student Services offers career services to assist students with self-exploration, selecting a major, and opportunities for gaining experience in their chosen fields. Career services also include resume reviews, internship connections, job fairs, quantifying or translating skills, sharing job postings, and building connections between employers and our students.

