
Student Services Newsletter

JANUARY 2022

NEW YEAR'S RESOLUTIONS

Happy New Year! Many of us are thinking of January as a time to break old habits, try something new, or simply do a little better than before. Resolutions for improvement are valid and worthwhile. The most successful people take steps toward improving every single day. Sometimes we have success and sometimes we fail but it is the persistence that teaches us the important lessons and makes us stronger. Martin Luther King Jr. said, "Take the first step in faith. You don't have to see the whole staircase, just take the first step." When we are standing at the bottom of the staircase, the view to the top can be overwhelming, but if you take one step at a time, it won't be long before you are looking back at all that you have accomplished. Whether the top of the staircase is passing a class, conquering the semester, or graduating college, focus on the next step and bring us along with you. Your instructors and Student Services staff are here to shine light on the path and help you break down the hurdles.

—Kathryn Vigil, Director of Student Services

WINTER FUN IN LOS ALAMOS

Winter in Los Alamos is cold! But don't let that keep you inside. Here are some unique offerings you can take advantage of right in UNM-LA's backyard.

- The **LA County Ice Rink** is set in Los Alamos Canyon along West Road. Go watch local teams compete in hockey or rent some skates and try something new.
- The **Larry Walkup Aquatic Center** holds the world's highest elevation Olympic-sized pool. Enjoy lane swimming or inflatables during Warm Water Weekends. You can also rent snowshoes at the Walkup Center and enjoy a hike after a snowstorm. Call ahead to check schedules and availability: 505-662-8170. There may be COVID-19 restrictions.
- **Pajarito Mountain** offers 280 skiable acres with terrain for beginners, experts, and everyone in between. It is located on the north side of the Valles Caldera, so you can say you've skied or snowboarded a volcano! Check their website for opening dates: pajarito.ski.

Enjoy the winter months and Los Alamos' special location!



IMPORTANT DATES FOR FALL & SPRING

Be sure to note these important dates below. Schedule an appointment with an advisor to register for Spring Semester today!

December 20–January 16: Winter Break; Intersession courses.

December 23–January 3: Campus closed.

January 3–7: Free shipping on books from the UNM-LA bookstore.

January 17: MLK Day, campus closed.

January 18: Spring Semester begins.

March 14–18: Spring Break, no classes.

Mid-April: Registration for Summer & Fall semester begins.

May 9–14: Spring Semester finals.

June 6: Summer Semester begins.



STUDENT SPOTLIGHT

Name: Christopher Maestas
Hometown: Española
High School: Los Alamos High School
Major: Digital Arts/Gaming
Favorite Class: Drawing
Dream Job: Video Game Designer
Plans for After Graduation: Apply to video game studios in California
Hobbies: Hang out with friends and family, and play video games
Favorite Teams: Miami Dolphins
Top of My Playlist: Dayseeker
Red or Green: Red



LOS ALAMOS

SAFE ZONE TRAINING

As part of UNM-LA's commitment to supporting students of all backgrounds and identities, **Safe Zone training is coming in February!** The Zoom session, open to all students, faculty, and staff, will be hosted by the UNM LGBTQ Advocacy Center. The four-hour training covers topics such as Intersections of Identity, Microaggressions, the Coming Out process, creating equitable spaces for Transgender Individuals, and more. Kathryn Vigil, director of Student Services, comments, "The training empowers students, staff, and faculty to be agents of change against issues faced by individuals across the gender, sexual, and romantic spectrums. Join us in reinforcing the UNM-LA commitment to be an equitable, diverse, and safe campus." Check LoboMail for scheduling information, or for more details visit lgbtqrc.unm.edu.

CAREER SERVICES: WHYS AND WHEREFORES

What is your "why"? What is it that has brought you to college? It is often easy to work on interesting assignments for classes you enjoy, but what continues to drive you when classes get tough?

Give yourself a few minutes to think about these questions. The answer has to be personal—not something that someone else decided for you. Your motivation has to come from inside you to push you through tough times.

- Is your "why" to get a better job? Each class moves you closer to your degree, which moves you closer to that goal.
- Is your "why" to please someone else? What will your success mean to them? What does that relationship mean to you?
- Is your "why" to discover your passion? Come talk with your advisor to see what classes might line up with your interests. Even better, take the MBTI personality tool to learn what fields might hold real meaning for you long-term.

Keep your "why" at the front of your mind throughout each semester. Write it on your mirror. Post it next to your study area. Tell yourself why it is still important to you. Share it with others and ask them to remind you, too. Use this "why" to keep going, even in the hard times. It can help drive you all the way to success.

STUDENT GOVERNMENT NEEDS YOU!

Student Government sponsors social and cultural events on campus, gives away academic planners and UNM-LA t-shirts, and more. They have funded campus projects, including the library online search tool, biology equipment, 3D printers, computers for study areas, and other tools to improve student learning. They also coordinated necessity drives for local charities that serve our students' communities.

Student Government needs you! Build your leadership skills and gain experience for your resume. Members receive a \$100 stipend each semester. Students must have a 2.5 GPA and be enrolled in at least 6 credits this spring. Please submit a candidate declaration form to Student Services by **Friday, January 28**.

UNM THE UNIVERSITY OF NEW MEXICO
Engineering Student Success Center | CAPS

Start Your Semester Off Right

Join us for a **FREE**

Pre-Semester Prep Workshop Series

These interactive workshops will review all foundational material leading up to the specified course so you are better equipped to hit the ground running.

Synchronous in-person in the ESS suite & virtual via Zoom

Physics 1 Prep	Monday, January 10, 2022	10 AM - 12 PM
Pre-Calc/Trip Prep (College Algebra Review)	Tuesday, January 11, 2022	10 AM - 12 PM
Calc 1 Prep (Pre-Calc/Trig Review) - PM offering	Tuesday, January 11, 2022	1 - 3 PM
Chem 1 Prep	Wednesday, January 12, 2022	10 AM - 12 PM
Calc 1 Prep (Pre-Calc/Trig Review) - AM offering	Thursday, January 13, 2022	10 AM - 12 PM
Calc 2 Prep (Calc 1 Review)	Thursday, January 13, 2022	1 - 3 PM
Calc 3 Prep (Calc 2 Review)	Friday, January 14, 2022	10 AM - 12 PM

*Attend & give feedback for Physics 1, Pre-Calc/Trig, Calc 1, or Calc 2 sessions for access to a general knowledge exam.

RSVP is preferred but not required

ess.unm.edu/events > January
or through our app - succESS

UNM SUCCESS CENTER

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.

LIBRARY RENOVATION NEARLY COMPLETE

The renovation of the Learning Resource Center is nearly complete! The new space is bright and airy, with updated floorplans to accommodate study groups, meetings, the new Career Services Center, and much more. New furniture and equipment is expected to arrive over the coming months, and a grand reopening is tentatively scheduled before the end of Spring semester. UNM-LA is looking forward to welcoming everyone to this wonderful space!



COVID UPDATES FOR SPRING 2022

Students are required to be vaccinated against COVID-19, including booster shots, or to have a validated medical, religious, or online remote exemption. **Proof of booster shots must be submitted no later than January 17, 2022.** For students who have already uploaded proof of vaccination, no action is required. For students who have already received a medical or religious exemption request, continued submission of weekly COVID-19 tests is required. For students who submitted an online remote exemption for Fall 2021, a new online remote exemption request must be submitted after registering for Spring 2022 classes. New students, and returning students not enrolled in Fall 2021, must submit proof of vaccination or request a medical, religious, or online remote exemption. **Students who have not submitted proof of vaccination or been granted an exemption will be disenrolled on January 10, 2022.** Visit: bringbackthepack.unm.edu.

COMMUNITY INTERNSHIP COLLABORATION NEWS

After her fall internship with the Los Alamos County Economic Development Division, **Jennifer Jenson** was appointed to the LA County Lodgers' Tax Advisory Board, which helps allocate funds for tourism marketing and visitor services in Los Alamos. **Lucilyn Quintana** spent her fall internship with Hartway & Breshears CPAs, and after her project was completed she accepted their job offer and has now joined their staff as a paid employee. UNM-LA is very excited for both of these exceptional students and grateful to their mentors for such wonderful support.

Want to earn college credit, gain job experience, and get a stipend? Interested in the opportunities that an internship can provide? Spring CIC internship positions are available now! Visit losalamos.unm.edu/cic to see open internship positions, and check back frequently to see new listings. To learn more about the program, attend a **Student Info Session** on either **January 24**, from 4-5 pm, or **February 1**, from 1:30-2:30 pm. Applications are available online and must be submitted by **Friday, February 4**. Apply today!

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: cwaccine.nmhealth.org.

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

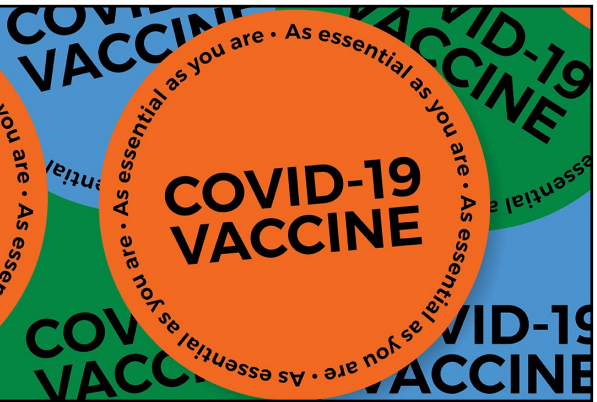
CDC: www.cdc.gov/coronavirus/2019-nCoV.

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.

