

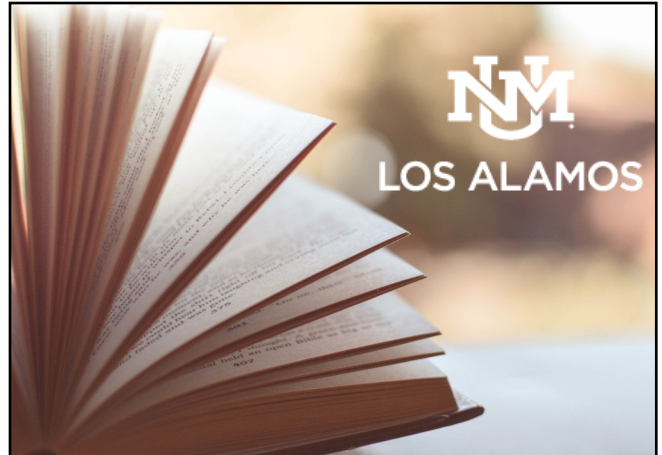
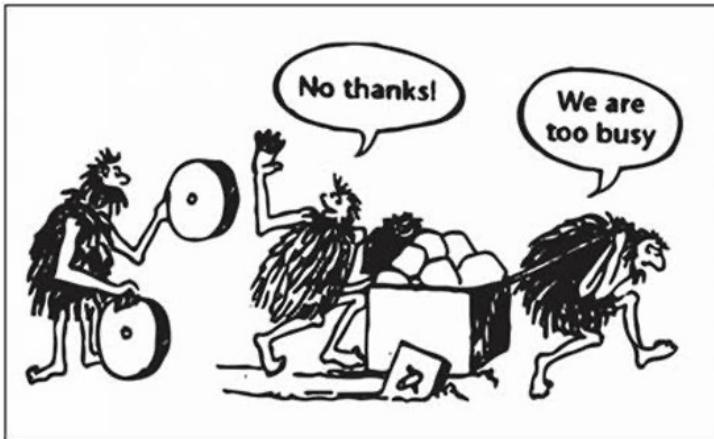
Student Services Newsletter

MARCH 2022

MID-TERMS ON THE HORIZON

Mid-terms are just around the corner but it's not too late to be proactive! If you're feeling overwhelmed and too busy, take a minute to come up with some ways to work smarter, not harder. Reduce stress by planning ahead and mapping out the rest of the semester. We have calendars and planners to help with that. Focus on the first step and spend energy on the things that you can control. Need help? Your Student Services advisors are a great resource for strategizing. We can help provide the tools you need to feel more in control.

—Kathryn Vigil, Director of Student Services



IMPORTANT DATES FOR SPRING

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

- March 14-18:** Spring Break, no classes.
- April 15:** Last day to drop via LoboWeb.
- Mid-April:** Registration for Summer and Fall semester begins.
- 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.
- June 6:** Summer Semester begins.



SAVE THE DATE

VIRTUAL CAREER FAIR FOR MINORITY SERVING INSTITUTIONS

Tuesday, March 1
2-8pm ET
<https://careereco.com>

Represent the diversity of America to the world. The U.S. Department of State offers careers, internships, and fellowships in the United States and abroad for students and alumni from all academic backgrounds, including STEM, international affairs, operations and management, public affairs, federal law enforcement, and much more. Numerous paid and unpaid student internships, fellowships, study abroad, and career pathway programs are available. This event is offered for students and alumni of minority serving institutions.

U.S. citizenship is required. An equal opportunity employer.

Join the



ENGINEERING STUDENT SUCCESS CENTER

and the UNM ESPORTS CLUB

playing

ROCKET LEAGUE

on twitch

Answering your questions about UNM Engineering & Computing!

Wednesday, March 9, 2022. 7 - 8 PM

twitch.tv/unmesports

Learn more or RSVP (preferred but not required) at ess.unm.edu/events > March or through our app > success




STUDENT SPOTLIGHT

Name: Nayeli Rojo
Hometown: Pojoaque
High School: Pojoaque Valley High School
Major: Liberal Arts, leaning toward Business
Favorite Class: History of Modern Latin America
Dream Job: Work for people in need in South America or work for a gaming company
Plans for After Graduation: Travel as much as I can!
Hobbies: Binge watch movies and shows, and spend time with my cousins
Favorite Teams: Denver Broncos
Top of My Playlist: Karol G and Bad Bunny
Red or Green: Definitely green!



MENTAL HEALTH: TAKING CARE OF YOURSELF

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. If you are experiencing feeling down or anxious and it is interfering with other things in your life, you are not alone. You can bounce back—this is called resilience. Resilience can be developed over time through changes in thoughts and behaviors. Here are some tips for taking care of yourself, and building resilience:

- Participate in group activities (safely), including family gatherings, hanging out with friends, spiritual practices, and more—even online interactions count!
- Get physical exercise. This helps boost endorphins.
- Keep a journal or talk with a trusted person about how you're doing.
- Create art, writings, or music, or develop a hobby.
- Learn relaxation training or mindfulness.

If you 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.

THE GRAD PROJECT AT UNM-LOS ALAMOS

Do you know a former UNM-Los Alamos student who was close to finishing their degree? Scholarships and extra support are available to help them achieve their educational goals! Visit: losalamos.unm.edu/students/gradproject.html or email Coco Rae, cocorae@unm.edu. It's never too late to graduate!



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.

NMEPSOR SUMMER INTERNSHIP OPPORTUNITY

The **STEM Advancement Program (STEMAP)** engages students from New Mexico's regional universities, community colleges, and tribal colleges in the research funded by the NM SMART Grid Center at UNM, NMSU, and NMTech. Learn key concepts such as time series processing, adversarial machine learning attacks, and blockchain technology; learn to use Python, GitHub, and Version Control; participate in science communication workshops; participate in professional development workshops addressing research presentation skills and ethics; attend weekly related webinars on various topics; present your research locally and receive travel support to present at state, regional, and national conferences; earn a **\$4000 stipend, plus a housing stipend, meal allowance, and 3 credits of independent study from NMSU**. Undergraduate students who have not yet earned a bachelor's degree, are either a US citizen or permanent resident, and are enrolled at any college in NM (except for the main campuses of NMSU, NMT, and UNM) are eligible to apply. Applicants should have successfully completed coursework in one or more of the following areas: computer science, programming, engineering, and/or mathematics. For more information and to apply, visit: www.nmepscor.org/what-we-do/programs/stemap. Applications are due **March 4**.

MARCH IS WOMEN'S HISTORY MONTH

First celebrated as Women's History Day in 1978, the month-long celebration of women's contributions to history, society, and culture was expanded in 1987 and has since been observed nationally in the United States as well as other countries, including the United Kingdom and Australia. This year's theme is "Providing Healing, Promoting Hope." According to the National Women's History Alliance, the theme "is both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic, and also a recognition



of the thousands of ways that women of all cultures have provided both healing and hope throughout history. To learn more, visit: nationalwomenshistoryalliance.org, or internationalwomensday.com. March 8 is also International Women's Day, which seeks to celebrate women's achievements, raise awareness against bias, and take action for equality.

VIRTUAL JOB FAIR MARCH 10

Local and regional employers will be waiting to meet you online! UNM-LA is hosting a **Virtual Job Fair, March 10, 11:00-1:00**, on Handshake. This fair is geared especially for UNM-LA students to find opportunities close to home, both in Los Alamos and surrounding communities. Pre-registration and a Handshake profile is required. Start now! Go to unm.joinHandshake.com to create your account and start building your profile. To learn more, see the [Student Preview & Registration](#). For help building your profile, watch this [student training webinar](#). Questions? Contact Grace Willerton, gwillert@unm.edu or call 505-663-3402.

COMMUNITY INTERNSHIP COLLABORATION

The Spring 2022 CIC program is off to a great start! Six UNM-LA students are working with six local business mentors on a variety of projects—everything from drone pilots to marketing to cybersecurity. They're also enjoying their class with instructor Claudia Ress, and learning valuable skills for the workplace. We're looking forward to seeing their final projects! To learn more about CIC, visit: losalamos.unm.edu/cic.

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 jtgallegos@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.

Fundamentals of

Friday
March 4, 2022
3 - 5:30 PM



Synchronous In-Person (ESS suite - CEC 2080)
& Zoom (goto.unm.edu/esszoom)

(Download MATLAB ahead of time:
it.unm.edu/downloads)

NM ENGINEERING STUDENT
SUCCESS CENTER



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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.



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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.

