

Student Services Newsletter

FEBRUARY 2023

KEEP YOUR MOMENTUM GOING

Welcome to the Spring 2023 semester! We are in the third week and I hope that you have found all of the resources that you need to feel prepared and ready to learn as much as possible. Now is the time to dig in and get organized. Get to know your instructor! The faculty at UNM-LA are hard-working people who want to know how they can help you be successful. Ask them about their work, take advantage of their office hours, or ask for an informal meeting. You don't have to have a problem to initiate a conversation but if you do feel stuck on something, reach out. We know that you have a lot on your plate, but making time to study should also be a priority. Come to campus early and often to take advantage of free WiFi and study areas. The Learning Resource Center/Library was recently renovated and is a great space for settling in and focusing. Grab a planner from the Student Services office and organize your due dates and exam dates. Planning ahead will give you more flexibility and reduce stress. Let us know how we can help support you! Enjoy the semester.

—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.

February 3: Last day to drop and receive 100% refund; last day to drop without a grade or W.

March 12-19: Spring Break; campus open.

April 14: Last day to drop via LoboWeb.

Mid-April: Registration for Summer and Fall semesters opens.

May 5: Last day to drop a course with permission (contact an advisor).

May 8-13: Final exams.

June 5: Summer semester begins.

2023 UNM CAREER EXPO FOR ALL MAJORS

UNM's Office of Career Services invites you to the **2023 UNM Career Fair** scheduled on **Thursday, February 9**. Over 125 employers will be attending and want to connect with you! This in-person fair will be held from **10 am-2 pm** at the **Student Union Ballrooms** on the **Albuquerque Main Campus**, and it is open to students and alumni from all New Mexico higher education institutions. This is a great opportunity for

students, staff, faculty, and alumni to connect and engage with local, regional, and national employers from various industries and all major fields.

Need help with your resume and/or interview skills ahead of time? Make an appointment with a career advisor in Student Services: 505-662-5919.

Register to attend today!

Career Expo
Thursday, Feb 9
10-2pm SUB Ballrooms



Internships
&
Jobs

UNM CAREER SERVICES




SO WHAT'S NEXT?

RSVP is preferred, but not required.
ess.unm.edu/events > February
or through our web-app: succESS

Start ups, patents, and publications
with
Dr. Kenneth Armijo
Sandia National Laboratories

Thursday, February 2, 2023
5 - 6 pm
Food included
Synchronous
in-person (STAMM Room - CENT 1044)
and <https://goto.unm.edu/esszoom>

Career and Professional Development Event

STUDENT SPOTLIGHT

Name: Andrew and Sarah Ford
Hometown & High School: Tacoma, WA & Stadium High School
Major: Andrew is going for his BSME and likely Masters in Physics. Sarah currently has her BSN, but is going back for Pre-Med classes to apply to UNM's School of Medicine to become an MD.

Favorite Class: Andrew is really enjoying chemistry and the lab so far, and he's enjoying being back in a classroom with students and professors. Sarah is enjoying physics and the flexibility of online school.

Dream Job: Andrew would love to work in R&D for new technologies. Sarah wants to be able to help people and have a greater voice as a doctor. But that's the whole reason we are here: both of us already worked in these fields and know our dream jobs require more education!

Plans for After Graduation: Both of us will be doing school for a while, and we are trying to enjoy the journey! But we will definitely celebrate once we accomplish what we have set out to do.

Hobbies: We love our dogs Marble and Amaya, we enjoy hiking, road trips, national parks, cooking, video games, and pretty much anything else as long as we're doing it together!

Favorite Team: Both of us are Seattle fans since that's where we grew up. Andrew has also become a fan of New Mexico United FC after watching them play a few times!

Top of My Playlist: Both of us love music. The top of Andrew's list right now is "I Was Sad Last Night I'm OK Now" by Tobi Lou. Sarah's top of the list is

"Dandelions" by Ruth B.

Red or Green: Christmas because how can we choose?? Both are just so delicious.



WELCOME BACK DAY

On January 25, Student Services sponsored **Welcome Back Day** for students as a fun way to kick off Spring semester. Students enjoyed free snacks and drinks, including a hot chocolate bar perfect for a cold day, and picked up UNM-LA hoodies and other fun swag. Students also learned about spring internship opportunities at the CIC Meet & Greet and enjoyed pizza too. Thanks to all who dropped by! If you missed it, keep an eye out for future events sponsored by your friendly Student Services staff.



You have the **technical** skills, but do you have **ALL** the skills you need to **succeed** in your career?

ACED@UNM

ADVISORY COUNCIL FOR ENGINEERING DEVELOPMENT

Engineering careers are largely focused on creating technical solutions, but in order to thrive, engineers also need a holistic skillset. Helping engineering and computer science students who are upper-level undergraduate or graduate students learn these "soft skills" is the mission of **ACED@UNM**.

SPRING 2023 SESSIONS

(All sessions are 9-11 a.m. Mountain Time)

- **February 4. Career planning workshop and coaching**
Presented by Golará Haghtalab
- **March 4. Bid evaluation and value engineering**
Presented by Melvin Berrios Soto
- **March 25. Effective verbal and written communication**
Presented by Alejandro García
- **April 29. Introduction to project management**
Presented by Tennille Bernard

Join us on Zoom: <https://unm.zoom.us/j/97377022577>

LEARN MORE AT <https://goto.unm.edu/aced> or aced@unm.edu



LOS ALAMOS

UNM ENGINEERING



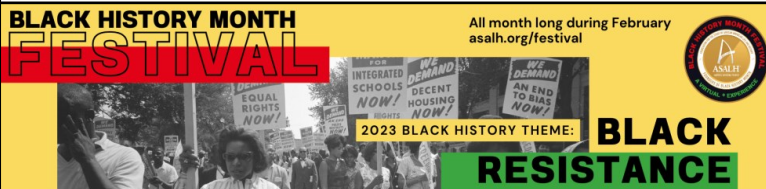
SCHOLARSHIPS
for undocumented students
and DACA recipients

Visit: unitedwedream.org/resources/scholarships

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.

CELEBRATE BLACK HISTORY MONTH

Black History Month, celebrated since 1926 and formally recognized by President Gerald Ford in 1976, was established to recognize the contributions of African-Americans to U.S. history, culture, and society. This year's theme is "Black Resistance." According to the Association for the Study of African American Life and History, "By resisting Black people have achieved triumphs, successes, and progress as seen in the end of chattel slavery, dismantling of Jim and Jane Crow segregation in the South, increased political representation at all levels of government, desegregation of educational institutions, the passage of the Civil Rights Act of 1964, the opening of the Smithsonian National Museum of African American History in DC, and increased and diverse representation of Black experiences in media. Black resistance strategies have served as a model for every other social movement in the country; thus, the legacy and importance of these actions cannot be understated." To learn more, visit: asalh.org.



INTERESTED IN AN INTERNSHIP?

Did you know that the Community Internship Collaboration (CIC) program has **27 available internships with local businesses** for Spring semester? With opportunities in so many different fields including auto mechanics, marketing, conservation, non-profits, and project management, there is something for everyone. Internships are unique opportunities to "try on" a job or a specific field. They also help you start building your professional network. Visit: losalamos.unm.edu/cic.

Even if the CIC program isn't right for you this semester, summer internships are equally valuable. With snow on the ground, it's hard to think about what you'll be doing in June. However, now is the time to start considering summer internship possibilities. Take the first step and stop by Brittany Carpenter's office in Student Services. Together we can start exploring your options! Email brcarpenter@unm.edu.

ASC SPRING SCHEDULE

Need help in math or English? The **academic coaches at the Academic Support Center (ASC)** have you covered! Visit: losalamos.unm.edu/asc.

Math: Ayla Attanasio (virtual & in person)

Tuesdays & Thursdays: 10 am–12 pm
Wednesdays: 10 am–12 pm and 1–5 pm

English: Pamela Livingston (virtual)

Mondays & Tuesdays: 8 am–11 am
Wednesdays: 8 am–11 am and 4 pm–5 pm

JOB FAIR TIPS

Spring is the season for job fairs! Here are some tips to help you prepare for virtual or face-to-face fairs.

Preparing for a virtual job fair:

- If using a virtual platform, like Handshake, create your profile in advance, fill it out as completely as possible, and make it public
- Register for the event early to select good interview timeslots
- Wear professional attire
- Find a neutral background and quiet environment
- Have your resume nearby for reference
- Test your camera and microphone
- Practice looking at the camera, not the screen, while talking and listening

Preparing for a face-to-face job fair:

- Wear professional attire, one level more professional than the position you're interested in
- Bring several copies of your updated resume
- Brush your teeth or use a breath mint beforehand (not gum!)
- Practice eye contact, good posture, and firm handshakes
- Practice talking briefly about your experience, skills, and goals to share with employers—about 4-6 bullet points

COVID-19 INFO & VACCINE APPOINTMENTS

Get the COVID-19 vaccine: Everyone 6 months 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 Kathryn Vigil, kaguilar@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.

FOLLOW US ON SOCIAL MEDIA

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lobo-la



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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 on line 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.