



# LOS ALAMOS

## Student Services Newsletter

December 2023

### MEET ALEX ASHCRAFT

He has a rather low-key demeanor, so I bet you didn't know that there are few people who have their finger on the pulse of the Nuclear Age like Alex Ashcraft.



Alex's father was in the military, so he has lived many different places, but he considers Canton, Georgia to be his home. Alex started his own career in the Navy, serving six years as a reactor operator on an aircraft carrier. His years of experience handling control rods caught the attention of Los Alamos National Laboratory, which recruited him to work at the Los Alamos Neutron Science Center, where he operates the particle accelerator. If you're like me and think that particles generally move too darn slowly, you'll be glad that Alex is doing something about it. He likes the chill nature of the work, but is hoping to eventually move into something that is more exciting and that doesn't require him to do shift work. Also, he has spent most of his life in "suburb-like" areas, and he longs to live in the city. He hopes to pursue a degree in Nuclear Engineering after graduating from UNM-LA, then moving on to a bustling metropolis.

Alex has a well-developed sensitivity to wonder. He once travelled to Iceland to see the aurora borealis. He missed the aurora, but he had an opportunity to walk on a glacier (until the group he was with started to question whether it was safe). In Hawaii, he was moved by the sight of the glowing red light on the horizon caused by a volcano. If you know of a place where the beauty of nature will stir the soul, Alex would love to hear about it.

Alex has an eclectic taste in music, and his favorite genre is 1990s alternative. In addition, he has been cultivating a taste in country and has developed a minor obsession with AI-generated Sponge Bob raps.



### IMPORTANT UPCOMING DATES

**December 7:** Last day to withdraw with approval of Student Services (contact an advisor)

**December 9:** Last day of Instruction

**December 11-16:** Final Exam Period

**December 22-January 1:** Winter Break (Campus Closed)

**January 15:** MLK, Jr. Day; campus closed

**January 16:** Spring semester begins



# College Cents Night

## COME LEARN ABOUT

- The new FAFSA
- The Opportunity Scholarship
- Financial Literacy 101, a free tool for UNM-LA students

GRAB SOME SNACKS AND UNM-LA SWAG!



JANUARY 22, 2024

6:00 PM

Student Center Lecture Hall  
Building 2, room 230



Questions? Please contact Financial Aid Officer  
Jenny Duran for more information.

[jenduran@unm.edu](mailto:jenduran@unm.edu)  
505-662-0341



## STUDENT SPOTLIGHT: DOMINIQUE SANDOVAL

**Hometown & High school:** Los Alamos & Los Alamos High School

**Major:** Master in Business Administration

**Plans for after graduation:** Put my degree into full use and start my own business.



**Dream Job:** To be traveling the world and executing business in a professional and fashionable manner wherever it may be.

**Hobbies:** Walking the boys (my 3 dogs), hiking, fishing, driving/ working on my car, crafts/Art.

**Favorite sports teams:** Dallas Cowboys/ LA Dodgers

**Top of my playlist:** Elton John currently (Don't Go Breaking My Heart)

**Favorite class:** The Blue Planet Environmental Science class with Dr. Mark Green

**Red or green:** Red or Both

## MEET PAUL ALCAZAR



Meet Paul Alcazar, one of UNM-LA'S CIC student interns. As a Project Manager for Village Arts, Paul was tasked with improving their outdoor space, including discovering possible uses for a donated school bus. Through his internship, Paul was able to experience many different aspects of Project Management. He even facilitated a meeting with county officials and his mentor Ken Nebel. There are so many different ways to gain professional experience through the CIC program. Spring 2024 internships will be posted mid-January. Take a look because you never know when the perfect opportunity will be right around the corner.

"The most effective way to do it, is to do it." — Amelia Earhart

## FOLLOW US



## TIPS FOR FINALS



December 11 – 16 is Finals Week! Here are some tips that will help you prepare:

1. Start preparing early. While it is possible to memorize some terms at the last minute, it takes a while to process information and to understand concepts. Cramming can also increase anxiety and interfere with sleep. Which leads us to...

2. Get some sleep! Your brain works better when you have adequate sleep. Recall and abstract thinking both are much better among students who have slept more than seven hours the previous night.

3. Meet with your teacher. If your teacher has office hours, take advantage of them. Some students who are unclear about the material wait until the last minute to try to get their minds around it. This is very risky, as there may be no one to ask the night before a test.

4. Put your phone away. Ideally, shut the phone completely off and put it somewhere where you can't see it. Getting a text message can distract you to the degree that it will take more than 20 minutes for your full attention to return to your work. If you are getting text messages every 10 minutes or so, your attention will not be 100% on your studying for the duration of the review session. Even seeing your phone can reduce your focus.

5. If you study with friends, be sure you are focusing on the work.

6. Taking practice tests may be the best way to review. If you can't find a practice test online, get together with other students in the class to write a test.

## CONFIRM LOBOALERTS INFO

LoboAlerts is an opt-out system and all faculty, staff, registered students, affiliates of UNM, and all UNMH employees are automatically enrolled. Information is initially fed from Banner, and thereafter maintained by the user on the LoboAlerts site. All users should review their contact information and add additional emergency contact information as necessary. [Login now to confirm your contact information.](#)

Receiving text communications from LoboAlerts is voluntary. You will not receive unsolicited advertising via this system; it will only be used to provide you with safety and weather alerts, or notification of any event which may pose a threat to the University's ability to conduct regular activities. For your protection, it is strongly recommended that you consider maintaining this option as a fast and reliable means of receiving emergency communications. However, if you choose to opt-out of text alerts, you can do so by logging into the system and un-selecting the text option. See [FastInfo answer #6263](#) for instructions on how to opt out. If you opt out, you will NOT be notified via text messaging in the event of a campus emergency.

The University emergency notification system is tested at the beginning of each semester, and individuals are expected to share the information with those nearby in case they didn't receive it, and to follow the instructions provided.

## ADA STATEMENT

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.

# 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](mailto:kaguilar@unm.edu)



**Coco Rae**  
Student Success Manager  
505-661-4692  
[cocorae@unm.edu](mailto:cocorae@unm.edu)



**Jenny Duran**  
Financial Aid Officer  
505-662-0341  
[jenduran@unm.edu](mailto:jenduran@unm.edu)



**Jef Bateman**  
Sr. Student Success  
Specialist  
505-553-3406  
[jbateman1@unm.edu](mailto:jbateman1@unm.edu)



**Grace Willerton**  
Sr. Student Success  
Specialist  
505-663-3402  
[gwillert@unm.edu](mailto:gwillert@unm.edu)



**Lori Tepley**  
Branch Registrar  
505-662-0332  
[ltepley@unm.edu](mailto:ltepley@unm.edu)



**Brittany Carpenter**  
Community Internship  
Collaboration (CIC)  
Coordinator  
505-661-4682  
[brcarpenter@unm.edu](mailto:brcarpenter@unm.edu)



**Ingrid Goldsmith**  
Sr. Student Enrollment  
Associate  
505-661-4698  
[lgoldsmith@unm.edu](mailto:lgoldsmith@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](http://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 Director of Student Affairs 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.