



# LOS ALAMOS

## Student Services Newsletter

JULY 2024

### MID-SEMESTER TIPS



The summer semester is half over, so here are some tips to help you stay on track.

**Contact your professor.** Are there concepts you are struggling with? Are there assignments you don't completely understand? While it can be hard to reach out when you have questions, research has shown that students who email their professors or meet with them after class are much more likely to be successful.

**Work a little every day.** Students who take online classes often do the bulk of their work one day a week. While some finish the assignments on the first day, it is more common to rush through them at the last minute. The most successful students, however, plan to do some work every day. This reduces the stress that comes with procrastination, and it also results in better quality work.

**Connect with other students.** Forming a study group often helps students review difficult concepts. You can also have somebody proofread your assignments before you turn them in. Students sometimes feel that they are the only ones who are having a hard time, but generally there will be other people in the class who have the same questions you do. If you have a hard time clearing things up within the group, you know it's a good time to contact the professor.

**Test yourself.** Studies have shown that students who test themselves are much more successful in classes. You can make a stack of flashcards or use a flashcard-based website like Quizlet to review terms, or you can find practice problems online.

**Limit sugar and processed carbohydrates.** Even though carbohydrates can help performance in the short term, consuming an overly processed diet can reduce focus and adversely affect memory. Opt instead for proteins and whole grains.

**Get more sleep.** Research has shown that young people are chronically sleep deprived. This affects performance on mental and physical tasks. It can help to put your cell phone in a different room so you are not tempted to check your messages.

**Get some help.** During the summer, you should contact [CAPS \(Center for Academic Program Support\)](#) for tutoring help.

Regardless of how you prepare, taking your time, taking care of yourself, and finishing your assignments will definitely help you succeed.

### COME SEE US

Gregory Scargall, our branch recruiter, will be representing UNM-LA at LA ScienceFest (downtown) on July 13 and at the Del Norte LOV Foundation's back-to-school event at Carlos F. Vigil Middle School in Española on July 27 from 8:30 am - 10:30 am.

### FOLLOW US



## DISABILITY PRIDE MONTH PROFILE - LAS CUMBRES



July is Disability Pride Month. To celebrate, we are spotlighting one of the largest providers of disability services in Los Alamos and Northern New Mexico, Las Cumbres Community Services. While Las Cumbres provides services for children, teens, and adults throughout Northern New Mexico, this year I visited the Nugget Street center in Los Alamos, which provides Family Infant Toddler (FIT) and Early Intervention (EI) services for children in the community who are 0-3 years old.

FIT services are for children who have developmental delays of any kind. Children enjoy coming to the center to participate in activities like playing with Play-Doh or blowing bubbles, all designed to help them develop motor skills. If the child has other delays, there are focused



programs that help with speech, social interaction, and so on.

If you know a child who may benefit from services, please fill out [this form](#) or call 505.753.4123 for more information. You don't need

insurance – all services and activities are free.

Las Cumbres offers other resources in addition to these. The playground at the center, 1060 Nugget, is especially designed for children with sensory issues. Although it is surrounded by a fence, this playground is available to children in the community. For Halloween, Easter and Christmas, the center offers low-key holiday events for children who are likely to experience sensory overload.

Las Cumbres not only provides support for children, but has resources for families as well. Center coordinator Abbie Nelson says, "I am here because Las Cumbres was my support system when I was learning about being a

parent to children with autism." Family members can join the Special Needs / Autism Support Group which meets every Tuesday from 6 to 7 pm, and parents and caretakers who accompany their children to the center will have an opportunity to learn from professional staff who are always at hand. This includes educational specialists, speech therapists, and other professionals.

Las Cumbres Social Services for children, adults, and families throughout the region. Check out [their website](#) to learn more. In addition to an overview of programs, there are numerous information videos that will be useful for families.



Students who are interested in volunteering should call 505.753.4123 to find out what opportunities are available. To find out more about the Early Intervention program, contact Abbie Nelson at 505.795.4774 (voice or text).

### IMPORTANT DATES

**July 4:** Independence Day (campus closed/no classes)

**July 12:** Last day to drop without approval of Student Services

**July 25:** Last day to drop with approval of Student Services (contact an advisor)

**July 30:** Last day of instruction

**August 19:** Fall semester begins

**August 30:** Late registration for fall closes

## TAOS PUEBLO POW WOW



The annual Taos Pow Wow will take place Saturday and Sunday, July 13 and 14. The pow wow is open to everyone, and there is no admission fee. This year's event will feature MC James Edwards (Pawnee) and Arena Director Corey Reeder (Wichita/Cheyenne/Kiowa/Diné). New Mexicans will likely remember Edwards from the IAIA Spring Pow Wow in May, while Reeder is most well known as the arena director of the Oklahoma City Pow Wow.

The pow wow will start on Saturday around 9 am with a gourd dance. Gourd dances are non-competitive community dances dedicated to veterans. The competitive dances will start afterwards, and they will run until all the 24 categories have had a chance to perform. There will also be drum contests in the Northern drum tradition. It is not unusual for these competitions to end in the middle of the night.

Sunday's events will be somewhat less formal. There will be tiebreakers, inter-tribal dances, and tributes. Tributes are generally dances sponsored by families to honor people who have recently died.

Pow wow dances reflect the traditions of the Plains Tribes. Starting in the late 19th centuries, tribes would meet to offer dances to each other. People who attend may be disappointed not to see traditional Pueblo dances. They should be aware, however, that the Taos Pueblo is one of the few pow wows

performed outside in a traditional arbor, and the mountainous southwest setting makes this pow wow distinct.

In addition to the dances and drumming, the Taos Pow Wow will feature numerous craft and food vendors.

The pow wow grounds are north of the Overland Sheep Company. Exit right off E US Highway 64 at D Ben Romero Rd., then continue north until you see the grounds on your right.

Professional photographers must contact the Taos Pueblo Tourism office to arrange permission to take pictures. Amateur photographers can take pictures but be sure to get permission from anybody you want to photograph.



### 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.



# Everyone Welcome! Taos Pueblo

## POWWWOW

July 13 & 14

FREE  
ADMISSION

MC: James Edwards (Pawnee)

AD: Corey Reeder (Wichita/Cheyenne/Kiowa/Dine)

Head Dancers picked for each session

24 Dance  
Categories

Arts & Crafts/Food  
Booths

Host Drums

Northern: Indian Hill

Southern: Buc Wild

N & S Drum Contest

July 13

9 am Gourd Dancing 12 & 7 pm Grand Entry Drum & Dance Contest

July 14

10 am Gourd Dancing 12pm Grand Entry Contest Tie Breakers

Contact [taospueblotourism@gmail.com](mailto:taospueblotourism@gmail.com)

575.758.1028

# 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](https://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 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.

