**Survive & Thrive 101**

* **“UNM is an R1” – Research One School – Ways to “Jump Into” research:**
  + ***Talk to your professors***.
  + STEM University: stemuniversity.unm.edu
  + Research Match: research-match.unm.edu
  + First Year Research Experience (FYRE)
  + Research 101 Class Spring Semester
  + El Puente Scholars
  + Latin American Iberian Institute (LAII)
  + McNair Scholars
* **Scholarship Opportunities**
  + Scholarship Office: scholarship.unm.edu
  + Resource Centers on campus have scholarship opportunities. ***Explore your options.***
* **Exploring Majors, Career Services, and Internships**
  + Office of Career Services: career.unm.edu or 505-277-2531
  + STEM University: stemuniversity.unm.edu or 505-277-0878
  + Resource Centers
  + ***Talk to your professors, advisors, mentors, graduate students, and counselors.*** You may not know what you want to do with the rest of your life right now, and that is completely okay and normal. ***Always remember to be honest with yourself about your likes and dislikes*** – a lot of starting a new program is figuring out things you don’t like, but you won’t know until you try it on.
* **Google It!**
  + Before giving up, try Google to find what you need. ***Be Self-Sufficient*.** Question: What is an “R1 School” anyway? Answer: Google it!
  + Not close to a computer? Carry a diary/notepad with you to write down ideas.
* **Check-List for Professional Email**
  + If your question is related to: assignments, class time, office hours, grades, due dates, office location or number, ***check your syllabus first***. If after checking your syllabus and you have not found your answer, follow these steps:
    - Use UNM email.
    - Subject Line filled out. Make sure it is descriptive. Give your class number, who you are, why you’re emailing etc.
    - Professional salutation and addressed to “Dr.”
    - First sentence: why are you emailing your professor? Do you need clarification on an assignment? Do you want to work in a specific lab? Are the office hours incompatible with your class schedule and you need to meet with your professor? Are you interested in research? ***Be concise.***
    - Read out loud to yourself once to check that email is: clear, succinct, and there are no grammatical or spelling errors.
    - Signed with full name.
* **Academic Services** 
  + Center for Academic Support (CAPS): caps.unm.edu or 505-277-4613 (Free in-person tutoring and online tutoring offered for all subjects!)
  + Math Tables: math.unm.edu/turtoring.php or 505-277-4613
  + Ask A Librarian: library.unm.edu/help/askus.php
* **Time Management**
  + 20 on/5 off (Study for 20 minutes, take a five-minute break, repeat.)
  + Big → Medium → Small → Sand
    - Make a list and then prioritize – what are big things vs. medium vs. small vs. sand?
      * Big things (homework) = 1; Sand (checking Twitter) = 4
  + Weekly Calendar Check-Ins
    - Make a weekly schedule and hold yourself accountable. Have a mentor who you trust to look over your calendar and help you out when you need it.
  + Combine & Conquer
  + Be smart about your extracurricular time: go out. Have fun. Party. Make friends. Live your life. Remember to do what you love and spend less time doing what you think others would want you to do. ***Be selfish with your time***.
* **Self-Care**
  + ***Be your own advocate.***
  + Student Health and Counseling (SHAC): shac.unm.edu or 505-277-3136
  + Center for Academic Program Support (CAPS): caps.unm.edu or 505-277-7224
  + Veterans Resource Center (VRC): vrc.unm.edu or 505-277-3181/3184
  + AGORA Crisis Center: www.agoracares.org or 505-277-3013 or 866-HELP-1-NM
  + Johnson Center: recsvcs.unm.edu or 505-277-0178 (Free for all full-time students)
  + LoboRESPECT is an advocate for students in a variety of situations including harassment, missing class due illness, and many more. You can reach out directly to Tina Zuniga. Her number is 505-277-2911. Email [zunigart@unm.edu](mailto:zunigart@unm.edu).
  + ***Be honest with yourself***: If you feel overwhelmed and overloaded, you are not alone, but don’t let **anyone** (advisor/peers/professors) pressure you or talk you into piling more on your plate when you know your plate is already full. ***Know your own personal normal*** ***(your personal normal may be drastically different than someone else’s).***
* **UNM Resource Centers**
  + Men of Color Initiative (MOCI): menofcolor.unm.edu or 505-277-7000
  + Women’s Resource Center (WRC): women.unm.edu or 505-277-3716
  + SHAC Workshops (Time Management and Anger Management Workshops)
  + Lesbian, Gay, Bisexual, Transgender, Queer Resource Center (LGBTQ): lgbtqrc.unm.edu or 505-277-5428
  + Manzanita Counseling Center: Free Counseling 505-277-7311
  + African American Student Services (Afro): afro.unm.edu or 505-277-5645
  + El Centro de la Raza: elcentro.unm.edu or 505-277-5020
  + American Indian Student Services (AISS): aiss.unm.edu or 505-277-6343
  + Accessibility Resource Center (ARC): [arcsrvs@unm.edu](mailto:arcsrvs@unm.edu) or (505) 277-3506

***This list is not an end-all be-all! Share what you know with friends – support each other!***