

❖ “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 (LAI)
- 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.
- ***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 or (505) 277-3506

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