

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 (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!