**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.
	+ ***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!***