Weekly ESS Center Announcements

Week of June 25, 2024

Please share as you feel appropriate.

These weekly announcements are sent out on Tuesdays.

If you would like us to include your information, please send it to yadeeh@unm.edu by Friday at 5 PM.

ESS HOTLINE: 505-277-4354 | E-mail: ess@unm.edu | Website: ess.unm.edu

Food for Thought: Courage to Continue
All of our events are FREE and you can...

WIN a gift card. GAIN experience. BUILD your skill set. ENHANCE your resume.

Upcoming Engineering Student Success Center Events and opportunities

This Week

- Finishing up the first half of the summer session.

New Announcements

- ESS Summer Bridge Sessions: Week 1 (each session is held 10 – 11:15 AM MDT)
Learning, Studying, & Test Taking (Mon. 7/22)
Tutoring, Teamwork & Study Group (Tues. 7/23)
Time Management (Wed. 7/24)
Growth, Development, & Goals (Thurs. 7/24)
Impostor Syndrome (Fri. 7/25)

Next Week

- Enjoy the short week (UNM closed for 4th of July)

Coming Up

- ESS Summer Bridge Sessions (10 AM daily, July 22 – Aug. 9)
- Fall semester course. FYEX 1110: Exploring Engineering, Computer Science, & Construction Management: Imagine, Design, Engineer, Build! (T/R 2 – 3:15 pm)
- ESS Fall Line-Up

Reminders

- ESS tutors are here to help you with your summer courses

SOE News & Info

Job/Research Opportunities/Scholarships

Including but not limited to:

- Apply for our SoE Internal Scholarships each semester
- Join our Internship Programs
Other UNM opportunities and news for STEM students

Community news and opportunities

Stay informed via our web app:
“engineering your succESS”
SUCCESS.UNM.EDU

Shortcut “download” instructions:
https://success.unm.edu/menu/howToInstall/

Follow us on Social Media

https://outlook.office.com/mail/inbox/id/AAQkADJiYjc0NTFmLTY0MWEtNGQ5NC1hZjFmLTY0NjQ2ZjgwZjcxMwAQAOxGVVr6IEJTs91dZUrUY%3D
We have additional resources for Future Students [HERE](#).

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**June is LGBTQ+ Pride Month.**

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**Engineering Student Success Center Events**

_All students are welcome to attend. You belong._

More information can be found at [https://ess.unm.edu/events](https://ess.unm.edu/events) or through our web app (succESS)

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**This Week**

_{Finishing up the first half of the summer session._}
New Announcements

Learning, Studying, & Test Taking

Our intent for this session is to make adjusting to the University classroom setting and expectations a little easier.

- **What:** Summer Bridge Sessions
- **Partners/Presenters:** ESS Center's very own Yadéeh Sawyer and Nada Abdelhack
- **Where:** Synchronous in-person (in the ESS suite - CENT 2080 - Albuquerque Main Campus) and virtual via Zoom (https://goto.unm.edu/esszoom). All sessions start at 10 am MST and typically go until 11:15 am, with a few sessions lasting longer. See specific session information below.
- **When:** Monday, July 22, 2024. 10 AM - 11:15 AM.

RSVP HERE
Tutoring, Teamwork & Study Group

Our intent for this session is to help make your desire to go to tutoring increase, shift your reaction to the idea of a group project into a positive one, and motivate you to join or form a study group.

- **What:** Summer Bridge Sessions
- **Partners/Presenters:** [ESS Center’s very own](https://outlook.office.com/mail/inbox/id/AAQkJADjiYjyc0NTFmLT00MWtGQ5NC1hZJFmLT00NjQzJjgwJjcMwAQAOxGVVr6IEjtss91dZUrUY%3D) Yadéeh Sawyer and Nada Abdelhack
- **Where:** Synchronous in-person (in the ESS suite - CENT 2080) and virtual via Zoom ([https://goto.unm.edu/esszoom](https://goto.unm.edu/esszoom)).

- **When:** Tuesday, July 23, 2024. 10 - 11:15 AM.
Time Management

Our intent for this session is to help you in all aspects of your life by giving you practical skills to make your time management more effective. There will be quite a few places for open discussion and sharing. There is no pressure to do so, but we encourage you to. As you share, others will relate and that open discussion can help give you other ideas, too.

- **What:** Summer Bridge Sessions
- **Partners/Presenters:** ESS Center's very own Yadéeh Sawyer and Nada Abdelhack
- **Where:** Synchronous in-person (in the ESS suite - CENT 2080) and virtual via Zoom ([https://goto.unm.edu/esszoom](https://goto.unm.edu/esszoom)).
- **When:** Wednesday, July 24, 2024. 10 - 11:15 AM.
Growth, Development, & Goals

Our intent for this session is to teach you practical approaches you can take to make any change, growth, or accomplishment through goal setting. And, to give you an intro to understanding how to accomplish your goals by meeting your basic needs and understanding your personality types to better customize your action plans to achieve those goals.

- **What:** Summer Bridge Sessions
- **Partners/Presenters:** ESS Center’s very own Yadéeh Sawyer and Nada Abdelhack
- **Where:** Synchronous in-person (in the ESS suite - CENT 2080) and virtual via Zoom ([https://goto.unm.edu/esszoom](https://goto.unm.edu/esszoom)).

**When:** Thursday, July 25, 2024. 10 - 11:15 AM.
Impostor Syndrome

Our intent for this session is to not only help see yourself as a competent and capable STEM person, but to help build your self-efficacy, which can make adjusting to the University classroom setting and expectations a little easier.

- **What:** Summer Bridge Sessions
- **Partners/Presenters:** ESS Center’s very own Yadéeh Sawyer and Nada Abdelhack
- **Where:** Synchronous in-person (in the ESS suite - CENT 2080 - Albuquerque Main Campus) and virtual via Zoom (https://goto.unm.edu/esszoom).
- **When:** Friday, July 26, 2024. 10 - 11:15 AM.
Summer Bridge Series

Impostor Syndrome
See yourself as a competent and capable person in STEM

Friday, July 26, 2024
10 - 11:15 AM
Synchronous in-person (in the ESS suite - CENT 2080) and virtual via Zoom (https://goto.unm.edu/esszoom)

WIN a gift card*, GAIN experience, BUILD your skill set. ENHANCE your resume.
*School of Engineering students only

RSVP is preferred, but not required.

Next Week

Enjoy the short week (UNM closed for 4th of July)

Coming Up

https://outlook.office.com/mail/inbox/id/AAQkADJiYjc0NTFmLTY0MWEtNGQ5NC1hZjFmLTY0NjQ2ZgwZjcxMwAQAOxGVVr6IEJTs91dZUUrUY%3D
ESS Summer Bridge Sessions

Nervous about starting at a University setting in the Fall?

Want to improve your experience from last semester?

Want to feel confident entering your Fall courses?

Then this opportunity is for you.

The goal of these workshops are to provide students with foundational skills to better support them through their academic journey at UNM. Mastering these skills will equip students to handle challenges they may face along the way.

- Open to both incoming and continuing students
- Daily, July 22 - August 9, 2024.
- Monday - Friday from 10 - 11:15 am MST (with a few sessions with extended times)
- Synchronous in-person (in the ESS suite - CENT 2080 - Albuquerque Main Campus) and virtual via Zoom (https://goto.unm.edu/esszoom)
- Visit ess.unm.edu/events > July and August

Series Content (order varies)

- Basic Excel
- Career Readiness
- Critical Thinking & Pop-Science
- Engineering in the Real World & Spatial Reasoning
- How to get into a research lab & Ethics
- How to talk to Instructors
- Impostor Syndrome
- Learning & Studying
- Metrics & Scientific Notation
- Personal Growth, Student Development, and Goal Setting
Possible Career Pathways & the Scientific Method

Technical Reading and Writing, including Citations

Time Management

Tutoring, Team Work, & Study Groups

UNM Resources & Advisement
Fall semester course: FYEX 1110. Exploring Engineering, Computer Science, & Construction Management: Imagine, Design, Engineer, Build!

CRN 77845

Tuesdays/Thursdays, 2 - 3:15

An Academic Communities Course for students interested in discovering more about the School of Engineering.

In this course, students will explore the various fields of engineering, computer science, and construction management at UNM, as well as develop supportive skills to help them succeed in their academic journey. Students will engage in hands-on, interdisciplinary, and team work through a design experience.

Questions? Contact Yadéeh Sawyer (yadeeh@unm.edu, 505.277.9151)
ESS Fall Semester Event Line Up

- You are WELCOME to ALL events.
- All of our events are FREE.
- WIN a Gift Card. GAIN experience. BUILD your skill set. ENHANCE your resume.
- Employers seek students who are career ready (https://unm5.unm.edu/), so seek out opportunities to develop these skills. We offer many in our various events throughout each academic year.
ESS Center collaborates with various offices and departments across UNM, as well as community partners in the STEM industry to provide workshops, events, or skills that help build School of Engineering student self-efficacy, preparedness, and success. We believe in supporting student success and retention through a holistic approach to their educational experience. The goal is to better assist students in preparation for their future careers.

Check out the Line Up
Reminders

Need help in your summer courses? Our tutors are available to help you

Each semester, ESS hires School of Engineering students within each engineering discipline to provide tutoring for each subject. Schedules are posted at the beginning of the semester and include days, times and locations of every tutoring session.

You can see the schedule on our Tutoring webpage (along with Meet Our Tutors), or through the easy drop down selection through our succESS web-app.

Get tutor help

Other ESS Center/ SOE news and information

Check back next week
Scholarships and Job & Research Opportunities

(See Previous Announcements below for additional opportunities)

SCHOLARSHIPS

Please visit ESS Scholarships for a full list – many are available to all, regardless of citizenship status

Internal: https://ess.unm.edu/programs/current-students/scholarships/internal.html

External: https://ess.unm.edu/programs/current-students/scholarships/external-scholarships/external.html
JOB/RESEARCH OPPORTUNITIES

Need help with a Resume or Cover Letter?

We’ve got you covered. Please reach out to our very own Nada Abdelhack, our Job and Internship Placement Coordinator. Email: esscareers@unm.edu, Phone: 505-277-1403.

Please visit ESS Internships and Jobs for a full list – some are available to all, regardless of citizenship status

- Internal internship programs: https://ess.unm.edu/programs/current-students/internships/index.html
- External Jobs & Internships: https://ess.unm.edu/resources/career.html

This includes our SPSP Internship Program. Are you a Junior, Senior, or Graduate student in an Engineering or Computing field? Learn more at https://goto.unm.edu/internships. Students are required to participate 12 weeks, 15 hours per week and will receive a stipend. Questions about the SPSP Internship Program? Contact Nada Abdelhack at esscareers@unm.edu, 505-277-1403
UNM Events & News

Check back next week

Community Events/Opportunities
PREVIOUS ANNOUNCEMENTS

SoE News & Information

Check back next week

Job/Research Opportunities/Scholarships

Check out the ESS website pages dedicated to jobs, internships, and scholarships for more.

Scholarships announced in the monthly NM EPSCoR Newsletter

Patsy Takemoto Mink Scholarship (low-income women with children)
Details: Open to low income women with children who are pursuing their first degree at any level (tech degree – PhD). For example, applicants must be pursuing a first vocational degree/certificate; OR a first associate’s degree; OR a first bachelor’s degree; OR a first professional/master’s/doctoral degree. Amount: Up to $5K

Deadline: August 1

Chris Jackson Computer Science Education Scholarship (undergraduate students)
Details: A scholarship focused on supporting those interested in pursuing a computer science or related degree. Amount: $5,000

Deadline: October 15
UNM Events/News

Listed in Chronological Order

(Repeat/Continuous opportunities are not included)

Check back next week

UNM On-Going Resources

UNM TimelyCare

Remember that as a UNM student, you have access to free, 24/7 virtual health care services and support through UNM TimelyCare, including on-demand medical care, mental health and emotional support, basic needs assistance, and health coaching. It’s another way of providing you with a wide range of resources that will help achieve a sense of well-being, live healthier lifestyles and improve mental health. But please don’t wait until you need it; set up your account now, so the moment you do need services or support, you’ll be ready to go.

LoboEats

(developed by one of our very own CS students)

https://food.unm.edu/sustainability/lobo-eats/find-food.html

LoboEats is a brand new app that enables UNM organizations and departments to post when they have free food available to share with other Lobos. LoboEats connects UNM students, faculty, and staff with organizations and departments that have leftover food from catered events. This app will help reduce food waste and aid food-insecure individuals within the campus community.

Get LoboEats
Lobo Food Pantry Summer Hours

Food insecurity comes in many forms and impacts all aspects of your life

~30-40% of UNM students are housing/food insecure, and ~50% are first generation.

Please make sure you utilize the available resources like the Lobo Food Pantry and Student Guide tab resources: [http://goweb.unm.edu/studentguide/](http://goweb.unm.edu/studentguide/).

SHAC Workshops

**NO CHARGE! RSVP:** studentcounseling@unm.edu

**Deadline to Register:** 1 Business Day Before Each Workshop

[SHAC Workshop Webpage](https://outlook.office.com/mail/inbox/id/AAQkADJiYjc0NTFmLTY0MWEtNGQ5NC1hZjFmLTY0NjQ2ZjgwZjoxMwAQAoGVSx6IEJTs91dZUrUY%3D)
The UNM Counseling Program is excited to be offering free confidential counseling for children, adolescents, adults, couples, and families this semester on our UNM main campus clinic. This center is a training center for our advanced graduate students under supervision from our amazing UNM faculty and licensed professional counselors. These sessions will last 50 minutes and allow clients to be seen each week throughout the Fall semester. These sessions will be video recorded for supervision purposes and stored in a secure HIPAA compliant space. Appointments are available on Monday, Tuesday, and Wednesday all the way until 7 pm.

Please call us at 505-277-7311 to complete a brief telephone screening to determine that our services are best for you. We look forward to hearing from you soon!

Open Chalk Night

Even if you don’t want to present, it’s a great opportunity to learn!

Open chalk night is a monthly meetup for graduate and undergraduate students to practice presenting mathematics at a blackboard to an audience. Modeled after the Graduate Teaching Seminar presentations and open mic nights where would-be musicians play songs to a distracted audience, this event is a time for students to socialize and develop comfort communicating mathematics and recovering from mistakes.

Here’s how it works: Bring a problem, sign up to present on the sign-in sheet, wait your turn, then take the chalk and present. Problems can come from anywhere (homework, contests, etc), but please keep it to something that can be presented in 5-10 minutes.

Snacks and beverages will be provided.
Weekly UNM Nature Walks

If you've never joined us before, Nature Walk is a weekly event hosted by the Museum of Southwestern Biology. **We meet every Friday at noon at the UNM Duck Pond** for an hour-ish walk around campus to explore the nature around us. Many times, this includes teaching newcomers how to use community science apps like iNaturalist and eBird (especially during BioBlitz time), but we've also done themed walks like duck anatomy illustration, turtle counts, an arboretum tour, edible plants, and more! Further details on our [event page](#).

Bio Blog Posts

"BioBLOG is about writing and communicating science. We aim to make the cool stuff we do in Biology accessible to a broader audience and in the process become better ambassadors of science. Some of our blogs are funny, some are serious, and the topics are vast. Some are exceptionally well-written and some not so much. But they are in the student’s voices. The students are endlessly creative and new ideas for posts are always showing up," [Smith noted](#).
Community Events/Opportunities

Check back next week

We hope to see you around.

In Solidarity,

Yadéeh E. Sawyer, Ph.D. (she/her/ella)

1st and 2nd Year Experience Manager
Student Success Coordinator
(UNM Alumni; Staff Council Grade 13 Rep)
Safe, Green, and Dream Zone Certified
UNM - Engineering Student Success Center - Room 2095
yadeeh@unm.edu
505.277.9151
Schedule a meeting with me through Bookings

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