

Make sure you full explore our website for the many opportunities and resources we offer:

<https://ess.unm.edu/>

❖ **In addition to information listed in the bullets below, ESS Center has...**

- Many free stand-alone holistic, co-curricular events and workshops throughout the semester. Check them out at ess.unm.edu/events
- Engagement Opportunities:
 - Mentoring Program
 - Research Program
 - Internship/Career Development Program

❖ **“UNM is an R1” – Research One School – Ways to “Jump Into” research:**

- ***Talk to your professors.***
- Use the “Finding a Research Mentor” handout from the STEM Mentoring Program documents page.
- School of Engineering students: ESS Centers Student Research Experience and EPICS @ UNM Programs (<https://ess.unm.edu/programs/current-students/research-programs/index.html>)
- ESS Center Internship database (SoE students): <https://ess.unm.edu/programs/current-students/internships-jobs/index.html>
- First Year Research Experience (FYRE) through the College Enrichment Program
- Research 101 Class Spring Semester
- El Puente Scholars
- Latin American Iberian Institute (LAI)
- McNair Scholars

❖ **Scholarship Opportunities**

- School of Engineering has many of these available. Explore the site: <https://ess.unm.edu/programs/current-students/scholarships/internal.html>
- Scholarship Office: scholarship.unm.edu
- Resource Centers on campus have scholarship opportunities. ***Explore your options.***

❖ **Exploring Majors, Career Services, and Internships**

- School of Engineering students: ESS Center has many internships available. Explore the site: <https://ess.unm.edu/programs/current-students/internships-jobs/external-internship-job-opportunities/index.html>
- Office of Career Services: career.unm.edu or 505-277-2531 – they can help with resumes, cover letters, interviewing, and much more. All for FREE.
- 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.
- Employers seek students who are career ready (<https://unm5.unm.edu/>), so seek out opportunities to develop these skills.

❖ 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.

❖ 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.**

❖ Check-List for Professional Email

- Use the “Writing a professional email” handout found [HERE](#).
- 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.

❖ UNM Resource Centers

- **Engineering Student Success Center:** ess.unm.edu or (505) 277-4354
- Men of Color Initiative (MOCI): menofcolor.unm.edu or 505-277-7000
- Women’s Resource Center (WRC): women.unm.edu or 505-277-3716
- Lesbian, Gay, Bisexual, Transgender, Queer Resource Center (LGBTQ): lgbtqrc.unm.edu or 505-277-5428
- Manzanita Counseling Center: Free Counseling 505-277-7311
- Accessibility Resource Center (ARC): arc.unm.edu or 505-277-3506
- Veterans Resource Center (VRC): vrc.unm.edu or 505-277-3181/3184
- Ethnic Centers:
 - 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

❖ Academic Services

- Engineering Student Success Center has on-site tutors for many courses. Open to all students. Check our website for specific schedule: <https://ess.unm.edu/services/tutoring/index.html>
- Your major advisor (SoE Advisor list: <https://engineering.unm.edu/advising/engineering-advisors.html>)
- 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/tutoring.php or 505-277-4613
- Ask A Librarian: library.unm.edu/help/askus.php
- IT: Information Technologies: <http://it.unm.edu>
- UNM Online – online degree programs: <http://online.unm.edu/online-programs/index.html>
- UNM Placement Testing Center: Located in the Casas Del Rio – Main Campus. For information call 505-277-5346, fax at 505-277-6042 or make a request via email. <http://test.unm.edu/>
- College Enrichment & Outreach Services (CEP) <https://cep.unm.edu/about-us/index.html>
- Ethnic Center tutoring. See below.
- SHAC Workshops (Time Management and Anger Management Workshops). See below.
- GPA Calculator. <https://students.unm.edu/lobo-learning-hacks/index.html>

❖ Self-Care

- ***Be your own advocate.***
- Student Health and Counseling (SHAC): shac.unm.edu or 505-277-3136
- Behavioral Assessment & Response Committee (BARC). 505-277-SAFE
- Campus Office of Substance Abuse Prevention (COSAP). 505-377-2795
- Johnson Center: recsvcs.unm.edu or 505-277-0178 (Free for all full-time students)
- LoboRESPECT. <https://loborespect.unm.edu/>
 - SMART: Sexual Misconduct and Assault Response Team. [Smart.unm.edu](https://smart.unm.edu)
- Crisis support:
 - AGORA Crisis Center: www.agoracares.org or 505-277-3013 or 866-HELP-1-NM
 - National Suicide Prevention Lifeline: 1-800-273-8255
 - Crisis text line: 741-741
 - NM Crisis & Access Line: 1-855-662-7474
 - UNM Psychiatric Center: 505-272-2920
 - Rape Crisis Center of Central NM: 505-266-7711 (24 hour hotline)
- ***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).***

❖ 24 Hour Resources. Call 911 if you are in immediate danger!

- Get to a safe space.
- If an assault occurred, preserve all physical evidence (including digital).
- Write down every detail you can remember, even if you don't want to file a claim. You might change your mind.
- Get help – police, a trusted friend, a hospital, a resource or advocacy center.
- UNM Police Department. <https://police.unm.edu/> 277.2241
 - On campus escorts. 277-2241
 - UNM Security 277-6059
 - UNM Hospital Security (North Campus) 277.2160

❖ Other Campus Services and Opportunities

- Get connected – Run with Your Pack. <http://students.unm.edu/find-your-pack/index.html>
- Dispute Resolution. 505-277-2993
- Office of Equal Opportunity (OEO). <https://oeo.unm.edu/> 277-5251
 - *We highly encourage you to report ANY form of discrimination or harassment, either experienced or observed.*
- Division of Equity and Inclusion (DEI). <https://diverse.unm.edu> 277-3323
- Resident Advisors. 505-227-2606
- One-Stop. <http://allaccess.unm.edu/> 277-8900
- Bookstore. <http://bookstore.unm.edu/> 277-5451
- Popejoy Hall. <http://popejoypresents.com/> 277-8010
- Student Union Building (SUB). <http://sub.unm.edu/> 277-2331
- La Posada Dining Hall. <https://www.dineoncampus.com/unm> 277-4590
- Lobo Food Pantry. Offered by the LoboRESPECT Advocacy center. 277-2911
- UNM Food. <https://food.unm.edu/>
- NE Student Resource Page. <https://ne.unm.edu/undergraduate/student-resources.html>
- PAW - Professional & Academic Workshop. <https://grad.unm.edu/resources/paw-site/home.html>

❖ UNM Campus Map: https://ess.unm.edu/programs/current-students/semester-long-programs/stem-mentoring-program/cec_campusmap.pdf

Side Note: If riding a bike on campus, use a U-Lock. A cable lock can be cut too easily.

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