

November Newsletter

Fall is Here!

DEAN OF STUDENTS

Dear students,

It's hard to believe that the semester is almost over. Halloween was this past Saturday and Thanksgiving is only in three weeks. Now is the time to start preparing for your finals and to remember that it's not how you start but how you finish. Be sure to get plenty of rest, eat right and take advantage of the many resources that are available to you here on campus. If you have any questions or concerns, please feel free to come by the Dean of Students office and connect with myself or one of the members of the DoS staff team. Have a great November!

Your Dean,

Tomás



CAMPUS SUPPORT

COSAP NOVEMBER EVENTS

DOLLS Presents: Paint Your Heart Out!

COSAP is holding their second annual Diary of a Lady Lobo (DOLLS) event on Wednesday, November 18th from 6:00 pm to 8:00 pm in the SUB Atrium. Come paint with COSAP and join the discussion of positive change concerning women's bodies and alcohol use. This Paint-By-Wine style event is completely FREE to students, but has only 50 spots available, so come to the COSAP office to reserve your spot Monday, November 2nd through Wednesday, November 4! Reservations are first come, first serve. For more information on the event, contact COSAP at cosap@unm.edu.

Program for Students in Recovery

To be a college student in recovery from drug/alcohol addiction can be tough, but COSAP is here to help! A laid-back drop-in space has been established for students in recovery to study, enjoy complimentary snacks, and meet other students in recovery. This program is just getting started, so your participation is vital in creating a program that best fits the wants and needs of the UNM recovery community. The drop-in space is open Mondays 12:00-2:00pm and Thursdays 3:30 pm to 5:00 pm in Mesa Vista Hall room 3058. Feel free to stay a while or just drop in!



STUDENT HEALTH

Student Health & Counseling (SHAC)

FLU SHOT CLINICS: If you are 18 years or older, get your free flu shot from SHAC and avoid getting sick this fall!

When: Mon., Nov. 2 and Tue., Nov. 3, from 10:00 AM-2:00 PM.

Where: SUB Atrium

For more information, visit <http://shac.unm.edu/wellness/influenza.html>.

COUNSELING WORKSHOPS: The following workshops are offered at NO CHARGE to UNM Students. Sign up online at <http://shac.unm.edu/forms/counseling-workshops.html>. NOTE: Students must notify SHAC if they cannot attend to avoid a \$5.00 no-show fee on their Bursar's account.

* Coping With Stress, Anxiety & Depression: Wed., Nov. 4, 3:30-5:00 PM, SHAC

* Anger Management: Fri., Nov. 6, 3:00-5:00 PM, SHAC

* Laughter Yoga: Wed., Nov. 11, 11:00 AM-1:00 PM, El Centro de la Raza

* Coping With Endings: Wed., Nov. 11, 3:00-5:00 PM, SHAC

* Healthy Relationships: Tue., Nov. 17, 3:00-5:00 PM, SHAC

THANKSGIVING - SHAC Closure: SHAC will be closed on Nov. 26 and 27. See After-Hours Healthcare Options at <http://shac.unm.edu/about/after-hours-links.html>

COMMUNITY OUTREACH

LOBO FOOD PANTRY

The Lobo Food Pantry continues this month on Wednesday, November 25, 2015, from 10:00 am to 12:00 pm! Students will have the opportunity to receive free groceries. Just bring your student ID, grocery bags and boxes, and even friends or family to help you carry your groceries. We'll be at the UNM South Parking Lot on the southwest corner of Avenida Cesar Chavez and Buena Vista. We look forward to seeing you there! Visit the [website](#) for up-to-date information.



FINANCIAL ASSISTANCE

SHORT TERM/EMERGENCY LOANS

UNM understands that unexpected financial situations can happen. Therefore, the Dean of Students Office offers students short term loans for emergency situations. We can provide students with loans of up to \$800. To be eligible you must have a GPA of 2.0 or higher, be enrolled in at least 6 credit hours, not have a past due balance of more than \$200, and repay the loan within 45 days. For more information, visit the [Advocacy Site](#) or drop by our office to apply for a loan.



TRAVEL

NATIONAL STUDENT EXCHANGE

If you've considered studying abroad but don't want to venture too far from home, check out National Student Exchange. You can study on exchange at another university in the United States and U.S. Territories for a semester or up to a year! If you'd like to learn more, you can attend one of our info sessions on November 3rd at 3:00 pm or November 18th at 3:30 pm in the Dean of Students Conference Room in the University Advisement and Enrichment Center. You can also visit our website at nse.unm.edu for more information.



CAMPUS EVENTS

CAMPUS SAFETY WALK

Would you like to know how to be safer on your campus? If so, look no further than The Campus Safety Walk! This event is on Tuesday, November 10th from 7:00 pm to 8:00 pm. The event will start in Ballroom B of the SUB with a presentation on safety. Then, you'll have a chance to explore a section of the campus with a flashlight and clipboard to discover potential safety hazards. This is an excellent way to create safety awareness and support crime prevention at UNM, so come out and walk with us!



CAMPUS INVOLVEMENT

UNM MOBILE APP

Do you enjoy playing games like Call of Duty, World of Warcraft, or Clash of Clans? If so, we need your help! UNM is currently developing a mobile application to help students succeed and our team is looking for students who enjoy gaming, strategy, and who have an interest in app development. No prior development experience is necessary, just be sure to have an open and creative mind! If this sounds like something you'd like to take part in, please contact Leonel Diaz Jr. at ladiaz@unm.edu.



CAMPUS EVENTS

WOMEN'S RESOURCE CENTER

We are featuring student art in our center during the month of November! We will have a reception on November 17th at 4:00 pm in our center to celebrate the artists.

We are also having two more Lobo Women's Heart Health Workshops: Diet and Nutrition on November 6th at 3:00 pm in Johnson Gym Room 124K and CPR Training on November 20th at 1:00 pm in Johnson Gym Room B102. These programs are free to attend! Just email Kristi at krendon@unm.edu to secure a spot.

Finally, there will be a Brown Bag speaker to the Leaders with Passion Series on November 12th from 12:00 pm to 1:00 pm in the Women's Resource Center Group Room. Ph.D. student and instructor Noorie Baig will be speaking about her experiences teaching at UNM as an "Othered" Junior Educator of Colour.



COMMUNITY EVENTS

EXTRA LIFE GAMING FUNDRAISER

The gaming organization Extra Life is teaming up with UNM to fundraise for the UNM Children's Hospital! Starting November 7th, the students of UNM are being challenged to take a pledge to game a total of 24 hours during the month of November. Sponsors can donate to support your pledge and help you reach your fundraising goal. Visit www.extra-life.org

CAMPUS EVENTS

VETERAN'S APPRECIATION DAY

Show your appreciation this Veteran's Day and give thanks to our Nation's Veterans at the University of New Mexico on November 10, 2015 from 9:00 am to 2:00 pm in SUB Ballroom B! There will be many guest speakers, such as Horses for Heroes, Women Veterans of NM, and the New Mexico Museum of Military History. The event is free to attend, so come out to thank our Veterans for their service and listen to some great speakers!

Also, Student Veterans of UNM will be holding their annual Miles of Coins event outside in Smith Plaza. This year's proceeds will be donated to Healing America's Heroes and The New Mexico Autism Society. A collection jar will also be available at the Veterans Resource Center if you cannot make it to the event.



CAMPUS RESOURCES

OFFICE OF CAREER SERVICES

Fall Diversity Networking Event

Join us on Wednesday, November 4th, 2015 from 5:30 pm to 7:30 pm in the Career Services Conference Room for this great event! The purpose is to help students learn how to network with employers in a comfortable and inviting way. In order to attend, you must RSVP on Lobo Career Connection at <http://career.unm.edu>. Food and drinks will also be served.

Public Service Career Showcase

Join us on Thursday, November 5th, 2015 from 9:00 am to 2:00 pm in the SUB Ballrooms. Institutional representatives from federal Government Agencies and Public Services across the country will be there to showcase their career opportunities at this year's event! Please RSVP on Lobo Career Connection at <http://career.unm.edu>.



FRESHMAN EVENT

FRESHMAN WEEK

Freshmen Week will be November 9th-13th, 2015. This is a great time for freshmen students to come out and celebrate their first semester at UNM!

November 9: Student Organization Fair, 11am-1pm at the Student Union Building Atrium

November 10: Financial Literacy Day, 11am-1pm, Student Union Building Atrium

November 11: Wear Your Orientation Shirt Day/ Workshops with CER, 11am & 12pm, Dean of Students Conference Room

November 12: Banner Unveiling, 11am-1pm, Student Union Building Atrium

November 13: ACC Sponsored Freshmen Social

Visit nso.unm.edu for more information.



DEAN OF STUDENTS OFFICE

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