NEW YEAR’S RESOLUTIONS

Happy New Year! Many of us are thinking of January as a time to break old habits, try something new, or simply do a little better than before. Resolutions for improvement are valid and worthwhile. The most successful people take steps toward improving every single day. Sometimes we have success and sometimes we fail but it is the persistence that teaches us the important lessons and makes us stronger. Martin Luther King Jr. said, "Take the first step in faith. You don’t have to see the whole staircase, just take the first step." When we are standing at the bottom of the staircase, the view to the top can be overwhelming, but if you take one step at a time, it won’t be long before you are looking back at all that you have accomplished. Whether the top of the staircase is passing a class, conquering the semester, or graduating college, focus on the next step and bring us along with you. Your instructors and Student Services staff are here to shine light on the path and help you break down the hurdles.

—Kathryn Vigil, Director of Student Services

WINTER FUN IN LOS ALAMOS

Winter in Los Alamos is cold! But don’t let that keep you inside. Here are some unique offerings you can take advantage of right in UNM-LA’s backyard.

- The LA County Ice Rink is set in Los Alamos Canyon along West Road. Go watch local teams compete in hockey or rent some skates and try something new.

- The Larry Walkup Aquatic Center holds the world’s highest elevation Olympic-sized pool. Enjoy lane swimming or inflatables during Warm Water Weekends. You can also rent snowshoes at the Walkup Center and enjoy a hike after a snowstorm. Call ahead to check schedules and availability: 505-662-8170. There may be COVID-19 restrictions.

- Pajarito Mountain offers 280 skiable acres with terrain for beginners, experts, and everyone in between. It is located on the north side of the Valles Caldera, so you can say you’ve skied or snowboarded a volcano! Check their website for opening dates: pajarito.ski.

Enjoy the winter months and Los Alamos’ special location!
CAREER SERVICES: WHY'S AND WHEREFORS

What is your “why”? What is it that has brought you to college? It is often easy to work on interesting assignments for classes you enjoy, but what continues to drive you when classes get tough?

Give yourself a few minutes to think about these questions. The answer has to be personal—not something that someone else decided for you. Your motivation has to come from inside you to push you through tough times.

• Is your “why” to get a better job? Each class moves you closer to your degree, which moves you closer to that goal.
• Is your “why” to please someone else? What will your success mean to them? What does that relationship mean to you?
• Is your “why” to discover your passion? Come talk with your advisor to see what classes might line up with your interests. Even better, take the MBTI personality tool to learn what fields might hold real meaning for you long-term.

Keep your “why” at the front of your mind throughout each semester. Write it on your mirror. Post it next to your study area. Tell yourself why it is still important to you. Share it with others and ask them to remind you, too. Use this “why” to keep going, even in the hard times. It can help drive you all the way to success.

STUDENT GOVERNMENT NEEDS YOU!

Student Government sponsors social and cultural events on campus, gives away academic planners and UNM-LA t-shirts, and more. They have funded campus projects, including the library online search tool, biology equipment, 3D printers, computers for study areas, and other tools to improve student learning. They also coordinated necessity drives for local charities that serve our students’ communities.

Student Government needs you! Build your leadership skills and gain experience for your resume. Members receive a $100 stipend each semester. Students must have a 2.5 GPA and be enrolled in at least 6 credits this spring. Please submit a candidate declaration form to Student Services by Friday, January 28.
LIBRARY RENOVATION NEARLY COMPLETE

The renovation of the Learning Resource Center is nearly complete! The new space is bright and airy, with updated floorplans to accommodate study groups, meetings, the new Career Services Center, and much more. New furniture and equipment is expected to arrive over the coming months, and a grand reopening is tentatively scheduled before the end of Spring semester. UNM-LA is looking forward to welcoming everyone to this wonderful space!

COMMUNITY INTERNSHIP COLLABORATION NEWS

After her fall internship with the Los Alamos County Economic Development Division, Jennifer Jenson was appointed to the LA County Lodgers’ Tax Advisory Board, which helps allocate funds for tourism marketing and visitor services in Los Alamos. Lucilynn Quintana spent her fall internship with Hartway & Breshears CPAs, and after her project was completed she accepted their job offer and has now joined their staff as a paid employee. UNM-LA is very excited for both of these exceptional students and grateful to their mentors for such wonderful support.

Want to earn college credit, gain job experience, and get a stipend? Interested in the opportunities that an internship can provide? Spring CIC internship positions are available now! Visit losalamos.unm.edu/cic to see open internship positions, and check back frequently to see new listings. To learn more about the program, attend a Student Info Session on either January 24, from 4-5 pm, or February 1, from 1:30-2:30 pm. Applications are available online and must be submitted by Friday, February 4. Apply today!

COVID-19 INFO & VACCINE APPOINTMENTS

Get the COVID-19 vaccine: Everyone 5 years of age and older is now eligible to get a COVID-19 vaccine. Visit: cvvaccine.nmhealth.org.

For current health guidelines, be sure to follow advice from trusted, accurate sources.
CDC: www.cdc.gov/coronavirus/2019-nCoV.
NM Department of Health: cv.nmhealth.org.

If you think you are sick: Contact your doctor for medical advice. Do not go to a medical clinic until you are instructed to do so, to avoid potentially infecting others. Additionally, please contact Tony Gallegos at tgallegos@unm.edu.

For testing: Free testing is available at home and around the state. Visit: cvprovider.nmhealth.org/directory.html.

If you are not sick: Practice social distancing, wash your hands, cover coughs and sneezes, and disinfect frequently touched surfaces daily. Most importantly, please wear a mask. Even asymptomatic or pre-symptomatic people can still spread COVID-19. People who are at higher risk are depending on all of us to help reduce transmission—and save their lives.

FOLLOW US ON SOCIAL MEDIA

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STUDENT SERVICES

Student Services is a central hub of information for prospective, current, and former students to find assistance and answers to questions about admissions, financial aid, registration, academic advising, career services, and other resources on campus.

Admissions

The Office of Admissions can help if you have questions or are ready to apply to UNM-Los Alamos. The Office of Admissions can provide application instructions for degree-seeking, non-degree, dual credit/concurrent, international, senior, or transfer students. Complete details can be found on the Admissions page: losalamos.unm.edu/admissions.

Financial Aid

The Office of Financial Aid provides information on financial resources available to degree-seeking students. These resources may include scholarships, grants, and loans from the federal or state government, independent organizations, and/or UNM-LA itself. UNM-LA determines financial aid eligibility from the FAFSA, so please take time to file this document online every year. Don’t assume you are ineligible—there are many opportunities to pursue.

Enrollment Services

The Office of Enrollment Services at UNM-LA processes high school and other college transcripts for admissions and maintains transcripts of current and former students. The registrar can also answer questions about dual credit and concurrent enrollment, VA benefits, and graduation requirements.

Academic Advising & Student Success

Academic advisors can provide guidance through the admission process, degree and course selection, and registration. Advisors also assist with changing a major, following up instructors’ early alerts, filing graduation petitions, and planning for baccalaureate work. Advisors can also help resolve registration errors. Degree-seeking students must meet with an advisor before registering for each semester to check that their chosen classes will continue to make progress toward their degrees and to have their advising hold lifted. The Academic Student Success Manager coordinates ADA accommodation services for students, and oversees academic advisement, student retention, and success initiatives.

Career Services

Student Services offers career services to assist students with self-exploration, selecting a major, and opportunities for gaining experience in their chosen fields. Career services also include resume reviews, internship connections, job fairs, quantifying or translating skills, sharing job postings, and building connections between employers and our students.