

# 2018 Academic Success Resources

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## **First, you need to know about UNM's Minimum Academic Standards and Policies**

UNM's Minimum Academic Standard, for good standing in any major, is a 2.0 cumulative GPA

UNM's School of Engineering has additional criteria

Pre-majors must have above a 2.3 cumulative GPA

Majors' must have above a 2.0 cumulative GPA

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## **Other Important considerations:**

- **The time to act is now!**
- If you are unable to attain the minimum cumulative GPA (2.0 majors or 2.3 pre-majors) then you must earn at least a 3.0 semester GPA while on probation, or you will be suspended. Returning to UNM after being suspended is challenging and is not guaranteed, further you will not be re-admitted into the School or Engineering.
- Be aware of Satisfactory Academic Progress (SAP). This is not just about keeping your GPA up. You also need to pass at least 67% of your attempted courses to graduate. If you are not meeting the requirement for SAP, you might also be ineligible for financial aid. The Office of Financial Aid can tell you more about SAP and where you stand.
- Are you in or heading toward the right major? Does your chosen major allow you to maximize your natural strengths? If not, you should consider letting your advisor help you find a better path for you. College is hard, but it shouldn't be pure drudgery.
- **To be perfectly clear: All of your GPAs (cumulative, major, minor and certificate) must be at or above 2.000\* to graduate.**

# Fixed vs. Growth Mindset

- 1) Think of a time you struggled with something in school. Was it a class, a test, a paper? Write down a quick summary of the experience below:

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- 2) A mindset is a way of thinking that effects or determines behaviors and attitudes. When it comes to school, what's yours? Answer the following True or False questions:

- T/F There are things that I'm naturally good at (talented)  
 T/F There are things that I'm naturally bad at (not talented).  
 T/F If I fail at something, I should probably stop trying.  
 T/F Even if I work hard at something, I may not get better at it depending on how smart I am.

- 3) The author and researcher Dr. Carol Dweck has written extensively on Growth and Fixed mindsets, and how it effects our behaviors, especially when it comes to learning. Here's a summary of her findings:

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> <li>SOMETHING YOU'RE BORN WITH</li> <li>FIXED</li> </ul>	SKILLS	<ul style="list-style-type: none"> <li>COME FROM HARD WORK</li> <li>CAN ALWAYS IMPROVE</li> </ul>
<ul style="list-style-type: none"> <li>SOMETHING TO AVOID</li> <li>COULD REVEAL LACK OF SKILL</li> <li>TEND TO GIVE UP EASILY</li> </ul>	CHALLENGES	<ul style="list-style-type: none"> <li>SHOULD BE EMBRACED</li> <li>AN OPPORTUNITY TO GROW</li> <li>MORE PERSISTANT</li> </ul>
<ul style="list-style-type: none"> <li>UNNECESSARY</li> <li>SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH</li> </ul>	EFFORT	<ul style="list-style-type: none"> <li>ESSENTIAL</li> <li>A PATH TO MASTERY</li> </ul>
<ul style="list-style-type: none"> <li>GET DEFENSIVE</li> <li>TAKE IT PERSONAL</li> </ul>	FEEDBACK	<ul style="list-style-type: none"> <li>USEFUL</li> <li>SOMETHING TO LEARN FROM</li> <li>IDENTIFY AREAS TO IMPROVE</li> </ul>
<ul style="list-style-type: none"> <li>BLAME OTHERS</li> <li>GET DISCOURAGED</li> </ul>	SETBACKS	<ul style="list-style-type: none"> <li>USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME</li> </ul>

- 4) Now, let's revisit your initial reflection in question 1. Were there elements of growth or fixed mindset?
- 5) One strategy to consider when thinking about changing your mindset is changing your language about something. Try to change the following statements into "growth" statements.

I suck at this.	→	What am I missing here?
I'm awesome at this	→	_____.
I can't do this	→	I can't do this yet.
I'm really smart.	→	_____.
I'm a failure.	→	_____.

## Self-Assessment

In order to grow as learners, we first need to understand our strengths and weaknesses. Answer the following questions as honestly as possible – after all, this is for you. No one else will see it!

For each item below, circle *Always*, *Most of the time*, *Sometimes*, *Rarely*, or *Never*.

1. I prioritize activities that fit in with my ultimate goals & eliminate those that do not.  
*Always, Most of the Time, Sometimes, Rarely, Never*
2. I find out what my professors expect from me and use it to adequately complete assigned tasks.  
*Always, Most of the time, Sometimes, Rarely, Never*
3. I take care of myself in a way that lets me effectively deal with the stress and demands that come with college life.  
*Always, Most of the time, Sometimes, Rarely, Never*
4. I make connections between what I already know and what I need to learn.  
*Always, Most of the time, Sometimes, Rarely, Never*
5. I pick out important information from textbooks and articles and take notes skillfully.  
*Always, Most of the time, Sometimes, Rarely, Never*
6. I pick out important information from lecture and take notes skillfully.  
*Always, Most of the time, Sometimes, Rarely, Never*
7. I prepare differently for different test formats (multiple choice, short answer, etc.).  
*Always, Most of the time, Sometimes, Rarely, Never*
8. I can evaluate test questions in my courses and determine what kind of response is most appropriate.  
*Always, Most of the time, Sometimes, Rarely, Never*

9. I balance school-related activities (such as studying) with other activities necessary for my overall well-being.  
*Always, Most of the time, Sometimes, Rarely, Never*
10. I use strategies to help me remember information from readings and lecture.  
*Always, Most of the time, Sometimes, Rarely, Never*
11. I use strategies to figure out what I know and what I don't know, such as asking myself questions about readings & notes.  
*Always, Most of the time, Sometimes, Rarely, Never*
12. I break up my time so that I complete assignments before the deadlines.  
*Always, Most of the time, Sometimes, Rarely, Never*

Based on your answers, are there any patterns emerging?

My strengths are: \_\_\_\_\_

\_\_\_\_\_

I can grow in these areas:

\_\_\_\_\_

\_\_\_\_\_

Which area would you most like to grow in? Create a quick action plan in the boxes below:

I would like improve:

What are some specific steps I can take to improve?

Resources?

How will I know when I get there?

# Learning vs. Studying

Consider the following questions. Discuss with the person next to you.

- *Does learning only happen when you study?*
- *When you study, are you always learning?*

When it comes to college, long-term learning is the goal. The more you can make information stick in your brain, the better. But how do we do that?

Make sure that when you are studying, you are learning.

## Create a study plan:

First, list your study materials/resources. It could be book chapters, lecture notes, supplemental readings, worksheets, or online videos. Then estimate about how much time each resource will take to review. Finally, add up your total study time. Now you can plug study hours into your existing schedule!

## My Study Plan

TEST DATE: \_\_\_\_\_ CLASS: \_\_\_\_\_ POINTS: \_\_\_\_\_/\_\_\_\_\_

*Additional Instructor Notes:*

	What? Which ones?	Total #	Estimated review time (in minutes)	Total time needed for review
Chapters:				
Lectures:				
Problem sets:				
How will you be asked to use the content? (ex. solve problems, short essay, etc.)			Time needed to practice <i>using</i> content	
			 <i>Add the last column.</i> <i>Divide by 60.</i> This is the total # of hours needed to review.	

## The Power Hour

<b>15 minutes</b>	<b>Big Picture</b>	<ul style="list-style-type: none"><li>• What do I want to accomplish in this study session?</li><li>• How does this material fit into the course overall?</li><li>• How will I judge when I've achieved my study/learning goal?</li></ul>
<b>45 minutes</b>	<b>Specifics</b> <i>Use different methods!</i>	<ul style="list-style-type: none"><li>• Do practice problems.</li><li>• Teach the material to a friend</li><li>• Make a diagram or concept map</li><li>• Write your own test questions</li></ul>

After each power hour, schedule yourself a break! At least 20 minutes between power-hours for full brain recovery. And make sure to reward yourself, too! When you reward yourself after a study session, over time, your brain will come to associate studying with a positive outcome, making it an easier and more pleasant experience overall!

## Reflection

What is your main reason for being at UNM right now?

What do you hope to contribute to society in your lifetime?

Probation could lead to academic suspension. What would your back-up plan be if you had to leave UNM?

# UNM Resources

UNM Campus Support Systems:

[http://www.golobos.com/sports/2015/5/12/GEN\\_20140101528.aspx](http://www.golobos.com/sports/2015/5/12/GEN_20140101528.aspx)

Resource page <https://menofcolor.unm.edu/partners/index.html>

Admissions	<a href="https://admissions.unm.edu/">https://admissions.unm.edu/</a>
LoboRespect Office	<a href="http://loborespect.unm.edu/">http://loborespect.unm.edu/</a>
Dean of Students Office	<a href="https://dos.unm.edu/">https://dos.unm.edu/</a>
LGBTQ Resource Center	<a href="http://lgbtqrc.unm.edu/">http://lgbtqrc.unm.edu/</a>
Women's Resource Center	<a href="http://women.unm.edu/">http://women.unm.edu/</a>
Office of Equal Opportunity	<a href="https://oeo.unm.edu/">https://oeo.unm.edu/</a>
CAPS Tutoring Service	<a href="http://caps.unm.edu/">http://caps.unm.edu/</a>
Career Services	<a href="http://www.career.unm.edu/">http://www.career.unm.edu/</a>
ASUNM	<a href="http://asunm.unm.edu/">http://asunm.unm.edu/</a>
ANTS	<a href="http://www.unm.edu/~antsunm/about.shtml">http://www.unm.edu/~antsunm/about.shtml</a>
College Enrichment Program	<a href="http://cep.unm.edu/">http://cep.unm.edu/</a>
African American Student Services	<a href="http://afro.unm.edu/">http://afro.unm.edu/</a>
El Centro de la Raza	<a href="http://elcentro.unm.edu/">http://elcentro.unm.edu/</a>
American Indian Student Services	<a href="https://aiss.unm.edu/">https://aiss.unm.edu/</a>
Veteran's Resource Center	<a href="https://vrc.unm.edu/">https://vrc.unm.edu/</a>
Academic Affairs	
IT: Information Technologies	<a href="http://it.unm.edu/">http://it.unm.edu/</a>
CEOP	<a href="http://ceop.unm.edu/">http://ceop.unm.edu/</a>
Accessibility Resource Center	<a href="http://as2.unm.edu/">http://as2.unm.edu/</a>
One Stop/ Financial Aid	<a href="http://finaid.unm.edu/">http://finaid.unm.edu/</a>
SHAC	<a href="http://shac.unm.edu/">http://shac.unm.edu/</a>
University Housing	<a href="https://housing.unm.edu/">https://housing.unm.edu/</a>
Bursar's Office	<a href="https://bursar.unm.edu/">https://bursar.unm.edu/</a>
PATS	<a href="http://pats.unm.edu/">http://pats.unm.edu/</a>
Office of Sustainability	
Office of Parent & Family Programs	<a href="http://parent.unm.edu/">http://parent.unm.edu/</a>
Division for Equity and Inclusion	<a href="http://diverse.unm.edu/">http://diverse.unm.edu/</a>
Office of Student Academic success	<a href="http://success.unm.edu/">http://success.unm.edu/</a>
Office of Student Affairs	<a href="http://studentaffairs.unm.edu/">http://studentaffairs.unm.edu/</a>
Office of the President	<a href="http://president.unm.edu/">http://president.unm.edu/</a>
Community Engagement Center	<a href="http://communityengagement.unm.edu/">http://communityengagement.unm.edu/</a>
Office of the Registrar	<a href="http://registrar.unm.edu/contact-us/">http://registrar.unm.edu/contact-us/</a>

## Academic Resources

UNM is full of resources to help students advance and succeed.

These services are free for all UNM undergraduate students.

**Accessibility Resource Center** (2<sup>nd</sup> Floor Mesa Vista) [arc.unm.edu](http://arc.unm.edu) 505-277-3506

Supports students with documented disabilities by providing comprehensive resources to help ensure student success.

**CAPS Tutoring Services** (3<sup>rd</sup> Floor Zimmerman Library) [caps.unm.edu](http://caps.unm.edu) 505-277-7205

Offer a variety of tutoring services including supplemental instruction, online tutoring, drop-in lab tutoring, workshops, and language conversation groups. There are many different tutoring labs, including a math lab and a writing lab.

**Career Services** (2<sup>nd</sup> Floor UAEC) [career.unm.edu](http://career.unm.edu) 505-277-2531

Assist students with choosing or changing majors, assessing interests and values, clarifying career goals, writing a resume or cover letter, preparing for an interview, conducting job searches, and many more.

**Dean of Students Office** (2<sup>nd</sup> Floor UAEC) [dos.unm.edu](http://dos.unm.edu) 505-277-3361

Provide resources, programs, and advocacy for students in order to help them achieve their academic, professional, and personal goals.

**Engineering Student Success Center** (2<sup>nd</sup> floor Centennial) [ess.unm.edu](http://ess.unm.edu) 505-277-4354

Offering a variety of tutoring by your engineering peers, workshops, career services support, internships, scholarship for engineers and more.

**LoboRESPECT Office** (2<sup>nd</sup> Floor UACE) [loborespect.unm.edu](http://loborespect.unm.edu) 505-277-2911

A student advocacy center on campus, specializing in the prevention of and response to sexual assault on campus. LoboRESPECT provides a variety of resources to students, including absence notifications and tuition appeals.

**Office of Equal Opportunity** (609 Bueno Vista Dr NE) [oeo.unm.edu](http://oeo.unm.edu) 505-277-5251

Ensures all students, faculty, and staff have equal access and treatment, and promotes an environment without discrimination or inequity.

**Office of Student Academic Success** (Casas Del Rio) [success.unm.edu](http://success.unm.edu) 505-277-2404

A full service academic center equipped with success coaches, computer labs, and tutoring services.

## Wellness Resources

UNM has numerous resources promoting the wellness and health of its students. These resources focus on supporting the physical, mental, and emotional health of students.

**Student Health and Counseling (SHAC)** (Building 73) [shac.unm.edu](http://shac.unm.edu) 505-277-3136

A health center complete with qualified nurses and physicians for a holistic wellness experience. The SHAC accepts many student insurances, and has its own pharmacy. Services include: primary care, allergy and immunization clinics, acupuncture, laboratory services, counseling services, wellness programs, and many more.

### **Counseling Services Available Through:**

**LGBTQ Resource Center** (1919 Las Lomas Blvd) [lgbtqrc.unm.edu](http://lgbtqrc.unm.edu) 505-277-5428

A safe and confidential resource center for LGBTQ students and allies to help and support equality at UNM. Provides free, confidential counseling to students, and many other services, including Safe Zone trainings.

**LoboRESPECT** (2<sup>nd</sup> Floor UAEC) [loborespect.unm.edu](http://loborespect.unm.edu) 505-577-2911

As well as the services listed above, LoboRESPECT also offers free confidential counseling services for students.

**SHAC** (Across from the SUB, next to Johnson Gym) [shac.unm.edu](http://shac.unm.edu) 505-277-3136

Staffed with licensed counselors and psychologists, the SHAC welcomes all students in for counseling services. The SHAC strives to make its services affordable, including two free first-time sessions.

**Women's Resource Center** (Mesa Vista Hall 1160) [women.unm.edu](http://women.unm.edu) 505-277-3716

An advocacy center for women on campus to promote a gender equity culture. Has free, confidential counseling for students, as well as runs many programs on equality, safety, and activism.

### **Financial Resources**

**Bursar's Office** (Perovich Business Center, Suite 1100) [bursar.unm.edu](http://bursar.unm.edu) 505-277-5363

Generates bursar's account billing statements and processes financial aid refunds for students. Online payments can be made, and payment plans are also available for students.

**Financial Aid/Scholarships** (1<sup>st</sup> Floor Mesa Vista) [financialaid.unm.edu](http://financialaid.unm.edu) 505-277-8900

This office aims to provide students with a timely delivery of financial assistance with services such as scholarships, grants, and student loans. UNM scholarship requirements are available on the financial aid website under the scholarships tab.

**Student Employment** (1<sup>st</sup> Floor Mesa Vista) [stuemp.unm.edu](http://stuemp.unm.edu) 505-277-3511

Includes online customer service training all student employees (and works study students) must complete. On-campus job postings are available at [unmjobs.unm.edu](http://unmjobs.unm.edu).

### **Other Resources**

**ANTS (Non-Traditional Student Association)** (Bottom Floor of the SUB) [ants.unm.edu](http://ants.unm.edu) 505-277-4150

Offers programs designed to assist primarily non-traditional students in transitioning confidently and smoothly to UNM.

**Division for Equity and Inclusion** (Scholes Hall, Suite 250) [diverse.unm.edu](http://diverse.unm.edu) 505-277-2611  
Strives to make UNM an inclusive campus, through many initiatives such as the Men of Color initiative.

**Ethnic Resource Centers Include** (located at Mesa Vista Hall):

**African American Student Services (AFRO)** [afro.unm.edu](http://afro.unm.edu) 505-277-5645  
Offers culturally relevant programs designed to assist primarily African American students in transitioning confidently and smoothly to UNM.

**American Indian Student Services** [aiss.unm.edu](http://aiss.unm.edu) 505-277-6343  
Offers culturally relevant programs designed to assist primarily American Indian students in transitioning confidently and smoothly to UNM.

**El Centro de la Raza** [elcentro.unm.edu](http://elcentro.unm.edu) 505-277-5020  
Offers culturally relevant programs designed to assist primarily Raza students in transitioning confidently and smoothly to UNM.

**Spiritual Resources**

Calvary On Campus, 505-344-0880

Canterbury Campus Ministry, 505-247-2515

Christians on UNM, 505-573-5266

Hillel at UNM, 505-242-1127

Latter-Day Saint Student Association, 505-243-3637

Lobo Catholic: UNM Aquinas Newman Center, 505-506-6023

Soka Gakkai International Buddhist Club, 505-412-5661

Visit [https://unm-community.symplicity.com/index.php?s=student\\_group](https://unm-community.symplicity.com/index.php?s=student_group) for a full listing of religious organizations.

**Student Involvement and Leadership Opportunities** [sac.unm.edu](http://sac.unm.edu):

**Athletics** [golobos.com/index.aspx](http://golobos.com/index.aspx)

From football to track to hockey, UNM's athletics is a great way to get involved. Visit the website for more information on joining athletic teams or participating in events.

**Greek Life** [greeks.unm.edu](http://greeks.unm.edu)

505-277-4706

Sorority and fraternities are philanthropy-based student organizations that coordinate events and fundraise for their cause. They also enjoy plan and coordinate their own social events, often intermingling with other sororities and fraternities. There are also multi-cultural Greek organizations on campus, which are ethnic-focused sororities and fraternities.

**Student Body Government** (Bottom Floor of the SUB) [asunm.unm.edu](http://asunm.unm.edu)

505-277-5528

The Associated Students of the University of New Mexico (ASUNM) is UNM's student body government that serves the undergraduate student body through representation, services, and community engagement programs.

**Student Organizations**

UNM has over 450 student organizations to choose from, ranging in all sorts of interests and skills. If you can't find one you want, start your own! The opportunities are endless. Visit

[https://unm-community.symplicity.com/index.php?s=student\\_group&au=&ck=](https://unm-community.symplicity.com/index.php?s=student_group&au=&ck=) for a current list of UNM organizations.

**University Housing** (2700 Campus Blvd NE) [housing.unm.edu](http://housing.unm.edu) 505-277-2606  
On-campus housing is required for first-year students. There are many housing options to choose from, each location with its own charm. Financial aid is available for UNM housing, and various meal plans are available to choose from.

**Veteran Resource Center** (SUB, Suite 2002) [vrc.unm.edu](http://vrc.unm.edu) 505-277-3181  
Offers programs designed to assist veteran students in transitioning confidently and smoothly to UNM.

CEOP	<a href="http://ceop.unm.edu/">http://ceop.unm.edu/</a>
University Housing	<a href="https://housing.unm.edu/">https://housing.unm.edu/</a>
Office of Parent & Family Programs	<a href="http://parent.unm.edu/">http://parent.unm.edu/</a>
Office of Student Affairs	<a href="http://studentaffairs.unm.edu/">http://studentaffairs.unm.edu/</a>
Community Engagement Center	<a href="http://communityengagement.unm.edu/">http://communityengagement.unm.edu/</a>
Office of the Registrar	<a href="http://registrar.unm.edu/contact-us/">http://registrar.unm.edu/contact-us/</a>

## Top 2 Resources that Interest You

1. \_\_\_\_\_

2. \_\_\_\_\_

## Academic Recovery Options

### Option 1– Grade Replacement Policy (Repeat courses)

A student may repeat up to 12 credits of grade replacement. Only one grade replacement is allowed for each course, regardless of the number of times the course has been repeated. In this case, the initial course grade will be excluded from the grade point average. However, the original grade will still appear on your transcripts.

Students can initiate the process by completing a form found on <http://registrar.unm.edu/forms/index.html>, indicating which course is to be replaced.

Courses must be repeated at UNM to count for grade replacement.

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### Option 2- Courses during the summer

You may enroll in summer school at UNM to attempt to raise your grade point average. You may take new courses or repeat courses. **Summer will not count as one of academic probation terms.**

Taking summer courses at another institution will **not** raise your UNM GPA.

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### Option 3 - Academic Renewal

Academic Renewal applies to students seeking undergraduate degrees who have been readmitted to The University of New Mexico after an absence of five years or more. The procedure allows a currently enrolled student to request an academic record review for the purpose of reevaluating previously-earned University of New Mexico credits and recalculating the student's grade point average from the point of readmission.

The student must be currently enrolled in an undergraduate degree program. Additionally, college entrance requirements such as minimum hours and grade point average must still be met after Academic Renewal has been applied.

After readmission to the University of New Mexico, at least 12 earned credit hours, but no more than 36 earned credit hours, must be completed in good standing (2.00 GPA or better) before Academic Renewal can be applied.