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.

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:

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

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:

   From Revise.org

Dweck, 1998
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.

<table>
<thead>
<tr>
<th>I suck at this.</th>
<th>What am I missing here?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m awesome at this</td>
<td>___________________________</td>
</tr>
<tr>
<td>I can’t do this</td>
<td>I can’t do this yet.</td>
</tr>
<tr>
<td>I’m really smart.</td>
<td>___________________________</td>
</tr>
<tr>
<td>I’m a failure.</td>
<td>___________________________</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>I would like improve:</th>
<th>What are some specific steps I can take to improve?</th>
<th>Resources?</th>
<th>How will I know when I get there?</th>
</tr>
</thead>
</table>
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

<table>
<thead>
<tr>
<th>TEST DATE: ___________________</th>
<th>CLASS: ___________________</th>
<th>POINTS: <em><strong><strong><strong>/</strong></strong></strong></em>____</th>
</tr>
</thead>
</table>

Additional Instructor Notes:

<table>
<thead>
<tr>
<th>What? Which ones?</th>
<th>Total #</th>
<th>Estimated review time (in minutes)</th>
<th>Total time needed for review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapters:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lectures:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Problem sets:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How will you be asked to use the content? (ex. solve problems, short essay, etc.)

Time needed to practice using content

Add the last column. Divide by 60. This is the total # of hours needed to review.
The Power Hour

| 15 minutes | Big Picture | What do I want to accomplish in this study session?  
|            |             | How does this material fit into the course overall?  
|            |             | How will I judge when I’ve achieved my study/learning goal?  
| 45 minutes | Specifics   | Do practice problems.  
|            | Use different methods! | Teach the material to a friend  
|            |             | Make a diagram or concept map  
|            |             | Write your own test questions  

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

Admissions https://admissions.unm.edu/
LoboRespect Office http://loborespect.unm.edu/
Dean of Students Office https://dos.unm.edu/
LGBTQ Resource Center http://lgbtqrc.unm.edu/
Women’s Resource Center http://women.unm.edu/
Office of Equal Opportunity https://oeo.unm.edu/
CAPS Tutoring Service http://caps.unm.edu/
Career Services http://www.career.unm.edu/
ASUNM http://asunm.unm.edu/
ANTS http://www.unm.edu/~antsunm/about.shtml
College Enrichment Program http://cep.unm.edu/
African American Student Services http://afro.unm.edu/
El Centro de la Raza http://elcentro.unm.edu/
American Indian Student Services https://aiss.unm.edu/
Veteran’s Resource Center https://vrc.unm.edu/
Academic Affairs
IT: Information Technologies http://it.unm.edu/
CEOP http://ceop.unm.edu/
Accessibility Resource Center http://as2.unm.edu/
One Stop/Financial Aid http://finaid.unm.edu/
SHAC http://shac.unm.edu/
University Housing https://housing.unm.edu/
Bursar’s Office https://bursar.unm.edu/
PATS http://pats.unm.edu/
Office of Sustainability
Office of Parent & Family Programs http://parent.unm.edu/
Division for Equity and Inclusion http://diverse.unm.edu/
Office of Student Academic success http://success.unm.edu/
Office of Student Affairs http://studentaffairs.unm.edu/
Office of the President http://president.unm.edu/
Community Engagement Center http://communityengagement.unm.edu/
Office of the Registrar http://registrar.unm.edu/contact-us/
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 (2nd Floor Mesa Vista) arc.unm.edu 505-277-3506
Supports students with documented disabilities by providing comprehensive resources to help ensure student success.

CAPS Tutoring Services (3rd Floor Zimmerman Library) 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 (2nd Floor UAEC) 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 (2nd Floor UAEC) 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 (2nd floor Centennial) 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 (2nd Floor UACE) 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 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 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 505-277-3136
A health center complete with qualified nurses and physicians for a wholistic 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 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** (2nd Floor UAEC) 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 505-277-3136
Staffed with licensed councilors 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 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 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** (1st Floor Mesa Vista) 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** (1st Floor Mesa Vista) 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.

Other Resources

**ANTS (Non-Traditional Student Association)** (Bottom Floor of the SUB) 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 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 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 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 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


**Student Involvement and Leadership Opportunities** sac.unm.edu:

- **Athletics** 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 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 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
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  [http://ceop.unm.edu/](http://ceop.unm.edu/)
University Housing  [https://housing.unm.edu/](https://housing.unm.edu/)
Office of Parent & Family Programs  [http://parent.unm.edu/](http://parent.unm.edu/)
Office of Student Affairs  [http://studentaffairs.unm.edu/](http://studentaffairs.unm.edu/)
Community Engagement Center  [http://communityengagement.unm.edu/](http://communityengagement.unm.edu/)
Office of the Registrar  [http://registrar.unm.edu/contact-us/](http://registrar.unm.edu/contact-us/)

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.

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.

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.