



WELCOME BACK TRIO/SSS LOBOS

It's that exciting time again when all you amazing and awesome Lobos return to campus. As classes start and everyone gears up for the first day, remember that we're here to assist you every step of the way! Whether you're getting ready for classes or searching for books, our support is always available to you.

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WELCOME BACK FROM YOUR TRIO/SSS STAFF!

We are excited to have a great fall semester! Join us in all our events & workshops for the upcoming semester and holidays! #TRIOworks!



AUGUST 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

HAPPENING THIS MONTH

- 8/19-22 - Welcome Back
- 8/19-30 - Scavenger Hunt
- 8/22 - Canvas & Syllabi Workshop with CAL
- 8/28 - Campus Discovery Fair
- 9/13 - Endowment Scholarship Due



WELCOME
BACK



AUGUST EVENTS

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WELCOME BACK

Welcome back to fall semester! Join us for a week of catching up with us! Pick up some snacks to power through the day and pick up the new 24-25 planners! See you soon!

TRIO
STUDENT SUPPORT SERVICES

NM GALLUP

Welcome Back TRIO/ SSS Lobos!

JOIN US FOR SOME ACTIVITES HAPPENING THIS WEEK THAT YOU MIGHT BE INTERESTED IN TO HAVE A SUCCESSFUL START OF THE SEMESTER!

- AUG 19** **MONDAY, 9:00 AM:**
Donut forget how awesome you are! Join us for coffee and donuts and tell us about your classes!
- AUG 20** **TUESDAY, 9:00 AM:**
You're Un-Burrito-Ble! Join us for Breakfast Burritos, lets chat about all the wrap around services we offer!
- AUG 21** **WEDNESDAY, 9:00 AM:**
Weapons of Stress Reduction! Join us to pick up your new 24-25 planner & organize with stickers & tabs provided
- AUG 22** **THURSDAY, 9:00 AM:**
Stick around, stay hydrated! Pick up water bottle stickers & join us to stick to your plan of action!



AUGUST EVENTS



SCAVENGER HUNT

What is more fun than running around campus and finding items? Win some cool prizes, play along with us. Ready, set go! Good luck

THE Hunt IS ON




TRIO/SSS Welcome Back Scavenger Hunt

Begins Monday, August 19 - Friday, August 30

To Participate, Stop into TRIO/SSS to pick up the Scavenger Hunt list starting Monday, August 19 to Friday, August 30th.

Complete Scavenger Hunt and be entered into drawing for chance to win some Awesome Prizes! We have UNM Backpacks, notebooks, Lunch bags...

Get details by seeing us in TRIO/SSS
Gurley Hall 1137
(Must Be TRIO/SSS Participant)



SCHOLAR OF THE MONTH



Fun Facts

1. I love a good challenge
2. Sudoku Puzzles & usually the ones in the Gallup Journey Magazine
3. Baking with my 3 boys, their favorite to make is pizza
4. My favorite food would be Chinese food and chili cheese fries, but I am open to trying new things
5. I like being around my family, I try to help anyway I can & to just laugh with them. I grew up with 4 brothers & managing was always something I was always good at.
6. Farthest places I have been are to Montana & California but hope to travel to Rome, Italy.

How does it feel to be scholar of the month?

I am thrilled to be scholar of the month! Hard work pays off and is totally worth it in the end.

Do you have any study habits you would recommend to other students? What are they?

Study habits that I would recommend are to get to work the day assignments are given and utilize a planner to keep track when work is due. Avoid procrastination because your work will not be the best if you rush to complete assignments at the last minute. Take breaks while studying, reach out to tutors in TRIO, do a lot of free writing and focus on one task at a time.

What is your favorite thing about TRIO/SSS?

My favorite thing about TRIO is the welcoming atmosphere all the staff have smiles on their faces and are ready to help you with anything. The tutors are kind and happy that I can print my work there as well. I like how there is always hot coffee available and snacks.

Where do you plan to transfer to after graduation?

I plan on transferring to main campus in Albuquerque to pursue my Bachelor's Degree in Business Administration. 😊

I am thankful for...

I am thankful for the support TRIO has provided me since I first started at UNM. I'd like to thank every member of TRIO that has taken the time to help and guide me through each semester. I appreciate that I have a great team behind me and my family's support. Also, very thankful for having one of the best advisors Donovan who has patiently worked with me to schedule my classes. TRIO Works! I wouldn't be where I'm at today if I didn't have you all standing behind me



TRIO/SSS CLUB



JOIN TODAY

Volunteer, network, community service, have fun! Upgrade your resume, apply for scholarships, internships! Join the TRIO/SSS Club for fall semester!



JOIN THE TRIO/SSS STUDENT CLUB

We welcome all UNM-Gallup active students, and alumni who believe in our mission and purpose to join TRIO/SSS club.

All Officer Positions Open, Apply Today

Taking applications for TRIO Club membership!
Drop by TRIO/SSS in GH 1137 or apply online
Let your voice be heard and let your creativity shine!

Scan the QR code to apply online application





MEET YOUR FALL PEER TUTOR/MENTORS



TARA



ELIZABETH



ANTOINETTE



COLTON

AUGUST BIRTHDAYS

Tyanna
Yazzie

Mallory
Montano

Aleija
Nasafottie

Shellmarie
Spencer

Lachelle
Long

Colton
Begay

Matthew
Tsosie

Tara
Ashley

Candace
Garcia

Victor
Wauneka

Donald
Haswood

Arlene
Halona

CAMPUS HAPPENING



Welcome Back Discovery Fair

August 28, 2024

Gurley Hall
10:00 AM
to
2:00 PM



Provide Information to UNM-Gallup Students

- > Campus Organizations
- > Departments
- > Programs
- > Student Clubs
- > Wear Red
- > Watermelon social
- > Zuni Knifewing will perform (12-1PM)

Register at <https://forms.office.com/r/j90TaUiUSB>

UNM-G Scholarships

Fall 2024 Endowment Applications:
Applications are now available for pickup at our Financial Aid office. The application deadline is Friday, September 13, 2024 5:00 p.m.

- Desbah Largo
- Ralph Casebolt Endowment
- Allen & Leone Rollie Memorial
- Basilio Di Gregorio
- Mary Ann Zollinger Memorial
- Nursing Endowment
- Santana Andrade Memorial Nursing
- Fred R. Tamony Endowment
- United Indian Traders Endowment
- Charles Vidal Endowment
- Red Rock Balloon Rally
- Chapter T P.E.O Irene Gurley Memorial
- Chance Harvey

Contact Financial Aid



University of New Mexico students have FREE, 24/7 access to virtual care services with **TimelyCare** – a virtual health and well-being platform designed for college students. Students do not need insurance to access TimelyCare services. As part of The University of New Mexico's partnership with TimelyCare, students have access to services in TimelyCare, including:

- **MedicalNow:** On-demand support for common health issues, including cold, flu, and allergies.
- **TalkNow:** 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.
- **Scheduled Medical:** Choose the day, time, and medical provider that best works for you. (12 visits per year)
- **Scheduled Counseling:** Choose the day, time, and mental health provider that best works for you. (12 visits per year)
- **Health Coaching:** Develop healthy lifestyle behaviors, including nutrition, sleep habits, time management, and mindfulness.
- **Psychiatry:** Appointments are available through referrals.
- **Self-Care Content:** Visit the "Explore" page within **TimelyCare** for guided self-care content, including yoga and meditation sessions, as well as group conversations with our providers on a variety of health and well-being topics.
- **Basic Needs Support:** Access to low or reduced-cost community resources, including food and housing assistance, transit support, childcare, and finances. Students have access to TimelyCare services 365 days a year. That means you have access during breaks, after-hours, and any time you need support!



Get started now!
How to Access TimelyCare
You can go to timelycare.com/unm or download the **TimelyCare app** (iOS or Android) to register with your name and UNM email address. You can then have visits from any web-enabled device - smartphone, laptop, or desktop. TimelyCare is available from anywhere in the United States.



Access TimelyCare

Canvas & Syllabus Workshop

Where: CAL Gurley Hall 2205

When: August 22nd, 2024 @ 10am-11am

CAN HELP WITH NAVIGATING CANVAS & READING A SYLLABUS:

- Logging into Canvas
- Where to find your classes
- Finding your class syllabus
- Going over the Syllabus

For information please call:
(505) 863-7704

