

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	
4	5	6	7	1 8	2 9	3 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



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NM GALLUP

August Newsletter

AUGUST EVENTS

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.

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 !

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!

MONDAY, 9:00 AM:

TRO

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19

AUGU

20

AUGU

AUG

22

Donut forget how awesome you are! Join us for coffee and donuts and tell us about your classes!

TUESDAY, 9:00 AM:

You're Un-Burrito-Ble! Join us for Breakfast Burritos, lets chat about all the wrap around services we offer!

WEDNESDAY, 9:00 AM:

Weapons of Stress Reduction! Join us to pick up your new 24-25 planner & organize with stickers & tabs provided

THURSDAY, 9:00 AM:

Stick around, stay hydrated! Pick up water bottle stickers & join us to stick to your plan of action!

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August Newsletter SCAVENGER HUNT

AUGUST EVENTS



SCAVENGER HUNT

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



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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)

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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
- 5.1 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.
- 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

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TRIO/SSS CLUB

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JOIN Today

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

GALLUP

TRIO STUDENT SUPPORT SER

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

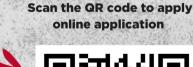
JOIN THE

TRIO/SSS

STUDENT 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!





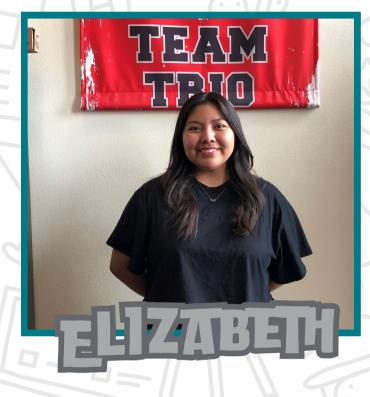
Sign Up



MEET YOUR FALL PEER TUTORS/MENTORS



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AUGUST BIRTHDAYS

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CAMPUS HAPPENING







University of New Mexico students have FREE, 24/7 access to virtual care services with ImelyCare – 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 MedicalNow: On-demand support for common health issues, including cold, flu, and allergies

TaikNow: 24/7, on-demand emotional support to talk about anything, including anxiety, relationships.

per year)

• Health Coaching: Develop healthy lifestyle behaviors, including nutrition, sleep habits, time management,

vsycniatry: Appointments are available through reterrats.
 Self-Care Content: Visit the "Explore" page within TimelyCare for guided self-care content, including yoga

Self-Care Content: VISIC the "Explore" page within HimelyCare 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- 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,

Scheduled Medical: Choose the day, time, and medical provider that best works for you

University of New Mexico students have FREE, 24/7 access to virtual care services with TimelyCare – a virtual

You can go to timelycare.com/unm or download the **TimelyCare app** (IOS or Android) to register with your name and UNM email addre have visits from any web-enabled device - smartphone, laptop, or desktop. TimelyCare is available from anywhere in the United States.

Scheduled Medical: Choose the day, time, and medical provider that best works for you.
 Scheduled Counseling: Choose the day, time, and mental health provider that best works for you. (12 visits

Where to find your classes Finding your class syllabus

GALLUP

Going over the Syllabus

Workshop

Where: CAL Gurley Hall

When: August 22nd,

2024 @ 10am-11am

NAVIGATING CANVAS & READING A SYLLABUS: Logging into Canvas

CAN HELP WITH

2205

For information please call: (505) 863-7704



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

TRIO Student Support Services

assistance, transit support, childcare, and finances

after-hours, and any time you need support!

How to Access TimelyCare

to services in TimelyCare, including:

Get started now!

Access TimelyCare