

ExceedU Handbook



Jump-start your academic experience

SCHEDULE 1



Interest Sessions

Day 1 from 3:00 – 3:50 pm

Day 2 from 2:30 - 3:20 pm

Students attending ExceedU will have their choice of session from any of the options below.

1. **Breaking Lab: How Chemistry Prepares You for Your Path (MITCH 121):** Chemistry is an important science course in many different degree plans, but it is also a course that commonly causes difficulty for freshmen when transitioning into college. Join faculty from the Chemistry Department as they lead this session and provide valuable tips for achieving success in science.
2. **Let It Grow on You: Studying Biology at UNM (CASTETTER 101):** The Biology Department will provide lab tours and share information for Biology majors. Learn about the clubs and classes that will make you competitive for the next steps in your studies.
3. **"I want my life to start NOW!" (MITCH 102):** From internships to student jobs on campus, this interest session will help you start your college career the right way – working towards your career path and getting the experience NOW in order to get that dream career and start your life the right way! We will offer you advice and insider tips on working on campus, getting an internship and building that resume so that when you graduate you will start your "real life"!
4. **Are you #UNMInvolved Yet? (MITCH 104):** Start your freshman year in the know and join us in the Student Union Building Theater (lower level) for an interactive tour-style presentation about campus activities. We'll start with free movie theater popcorn and take you to the active parts of the SUB, stopping to learn about clubs and organizations, ASUNM Student Government, the campus movie theater, Fraternities and Sororities, Louie's Lounge Games Room, Uni Nights, and much more! You'll meet UNM student leaders and staff from many of the areas who are here to help you make a connection to campus, have fun, and gain those essential skills outside of the classroom!
5. **First to Finish (MITCH 115):** The transition into college can be difficult for anyone, but when you are the first person in your family to go to college, it can be a struggle to maintain balance and find your way. In this session, we will explore the college transition through the eyes of the first-generation college student, including how to explain the expectations to family, how to ask for help, and how to make the most of the resources available to you. In addition, you'll meet other first-generation college students who will be sharing in this journey along with you.
6. **Game of Health (MITCH 120):**
 - a. **Nutrition and Wellness (Thursday ONLY):** This interactive presentation provides strategies on how to plan an eating pattern that will insure adequate energy and nutrients to promote a health body weight, a good attention span, and increased ability to learn and remember. You will also learn where Freshman get empty calories that do not promote nutrition and health so that you can limit those foods and drinks. Also you will learn about programs and services provided by the SHAC nutritionists to help you, when the going gets tough, so that eating too much or too little does not become your pattern for handling stress.
 - b. **Dear Stress: Let's Break Up (It's Not Me, It's You) (Friday ONLY):** Stress is a very specific physiological response. In this workshop you will learn what it is, why it happens, and why we DON'T want to eradicate it. Learn instead how to understand it, how to use it, and how to diminish it when it is truly not helpful to our goals. You will come away from this workshop with greater respect for your body's amazing stress response and a greater sense of control over it.
7. **Life Just Got Real: Laundry, Deadlines, & Avoiding Ramen... (MITCH 220)** Make the Most out of Moving Out: Moving away from home, whether on to campus, into a local apartment complex, or into a house with friends, means needing some skills and knowledge you may not have yet. We'll go over successful strategies for

communicating with roommates, how to understand your lease or contract, and campus resources available to all students who run into issues living away from home.

8. **Scholar's Orientation for Excellence: This Means You (MITCH 211):** This session is provided by the Center for Academic Excellence & Leadership Development (CAELD). The Center gets undergraduate students ready for prestigious scholarships (Rhode, Marshall, Gates Cambridge, Truman, Fulbright scholarships, etc.) from their freshman year. The CAELD also prepares high achieving students for next step after graduating from UNM providing resources to enhance the academic, personal, and professional development such as research opportunity, leadership development, internships, honors programs, honors societies, etc. This session will inform various programs and services you should take advantage of during your years at UNM.
9. **Go Find Yourself: Study at a Partner University Before You Graduate (MITCH 101):** Did you know you can study at another university in the U.S. or in another country and receive course credit? Last year, 746 Lobos studied abroad – and you can too! Travel and study before you graduate! Come meet our advisors who will help you decide where you want to go, which classes to take, and how to save for your trip!
10. **How to Make the Most of LoboAchieve in the Classroom (Zimmerman Library B30):** Learn how to stay on top of your studies with the help of your academic advisors. This computer-based interactive session will cover how to: 1) effectively connect with your advisor and faculty using LoboAchieve, 2) address any academic flags that might be raised on your LoboAchieve account from your faculty or advisor, and 3) develop questions to ask your advisor during your advising session to make it more productive for your specific needs.
11. **Campus Resources: There's No Us Without You**
 - a. **Accessibility Resource Center (MVH 2021):** Accessibility Resource Center (ARC) facilitates accommodations for self-identified students with disabilities, such as extended test time, note taking assistance, alternative textbook formats, signed language interpreters, and adaptive equipment. We'll have departmental giveaways and cookies available during those times.
 - b. **College Enrichment Program (MVH 3011):** The College Enrichment Program (CEP) is responsible for providing leadership in the development, implementation and coordination of student support services and activities which are designed to assist CEP students' academic achievement and their personal, cultural and social development.
 - c. **El Centro De La Raza (MVH 1148):** El Centro provides tools for self-determination, personal responsibility and resiliency of Raza students at UNM. Come stop by and visit the student support, community involvement, and academic support services available for you!
 - d. **Women's Resource Center (MVH 1160):** WRC is a place of advocacy, support, and safety for all members of the greater University and New Mexico community. Stop by for pre-semester treats!
 - e. **African American Student Services (MVH 1130):** African American Student Services program at UNM provides culturally relevant programs designed to assist primarily African American students in making a confident transition and successful adjustment to the University of New Mexico. Stop by!
 - f. **American Indian Student Services (MVH 1119):** American Indian Student Services provides cultural and academic programming for American Indian students attending the University of New Mexico in an effort to ensure their academic achievement and assist in the development of personal, cultural, and social success. Stop by to visit our facility and learn how to connect!
 - g. **LGBTQ Resource Center (608 Buena Vista (corner of Roma and Buena Vista), Bldg. 20A):** The LGBTQ Resource Center provides services such as free printing, computer access, study space, free coffee, snacks, testing and counseling for all students, as well as numerous social and networking opportunities.
 - h. **Veterans Resource Center (SUB Suite 2002): UNM VRC** is a centralized resource department, easily accessible and widely available to all veterans; active duty, reserve guard, separated, retired and their dependents who would like to explore the possibility of attending UNM and/or any other State of New Mexico Accredited Higher Educational Institute. Come get your questions answered about how to make VA benefits work for you!

Freshman Welcome Events

August 14-17, 2014

1. Get Rec'd (Thursday, August 14th 7:00-9:00 pm)

Get Rec'd Night provides the opportunity for students to familiarize themselves with Johnson Gym and the resources Recreational Services has to offer. In the style of an 'open gym night', students have the opportunity to participate a number of activities at Johnson Gym. These activities include dodge ball, volleyball, and basketball.

2. Friday Night Live (Friday, August 15th 8:00-11:00 pm)

Join over 2,500 fellow students in the Student Union Building (SUB) for the 8th annual Friday Night Live! The entire building will be full of great events. This year there will be Photo Booths, Casino Games, Henna Tattoos, Karaoke, Student Organizations, Video Games on Projection Screens, Laser Tag Arena, Lobo Sports Teams, a DJ Dance, and FREE FOOD every 30 minutes (Pizza, Gourmet Desserts, Taquitos, Chicken Wings, Chip & Dips & More)! Sponsored by the Student Activities Center.

3. Lobo Block Party (Saturday, August 16th 7:00-12:00 am)

Join us for the best block party of the year! The primary goal of this event is to serve as an opportunity to build community among on campus living residents and ExceedU students. By hosting this event, we are providing an opportunity for students to make healthy life choices and decisions their first weekend on campus! The event will consist of live musical entertainment, a blow up bouncy house, a photo booth, free food, and a dance. Brought to you in partnership of ExceedU and the Residence Hall Association.

4. Class Crawl (Sunday, August 17th 5:00-7:00 pm)

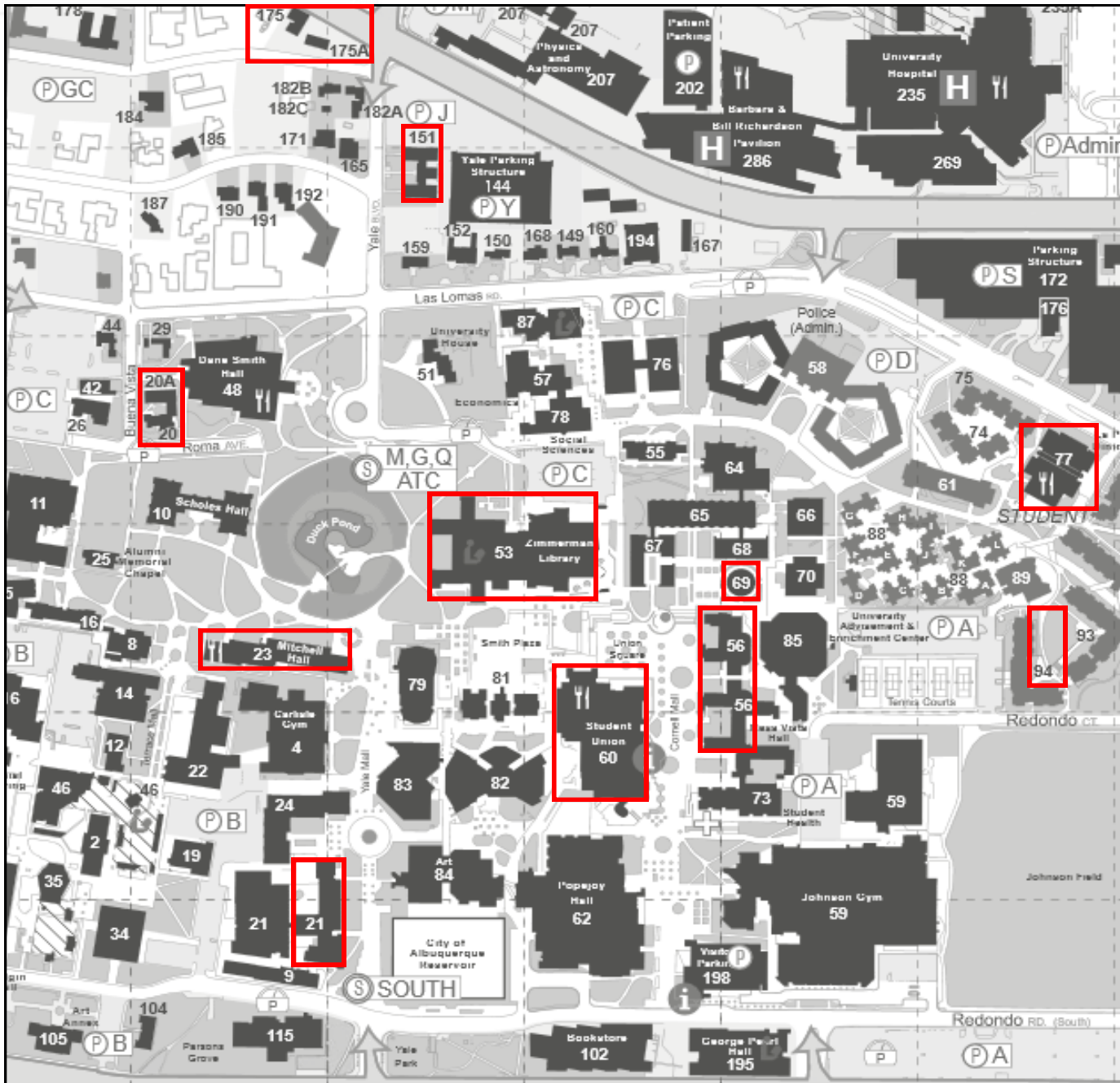
Get a detailed guided tour to your classrooms so you aren't lost on the first day of classes! You will be able to print a class schedule on site or bring it up on your phone. Look for us in a red tent outside on the SUB Mall just North of the Student Union Building after the Freshman Convocation. Sponsored by the Student Activities Center, Dean of Students Office, and Residence Life.

5. Movie on the Field (Sunday, August 17th 8:00-11:00 pm)

Join us on Johnson Field and see the summer hit movie *Godzilla* on a huge screen under the stars at this Welcome Back Days tradition! This is the closest you may ever get to a drive-in style movie! Bring a blanket and your friends! This event is FREE and open to the public. Sponsored by the Student Activities Center.

	Thursday	Friday	Saturday	Sunday
4:00 PM				Convocation
		CPR Training		
5:00 PM				
				Class Crawl
6:00 PM				
7:00 PM				
8:00 PM	Get Rec'd			
9:00 PM		Friday Night Live	Lobo Block Party	Movie on the Field
10:00 PM				
11:00 PM				

Campus Map



LEGEND

- 20/20A: LGBTQ Resource Center
- 21: Castetter Hall
- 23: Mitchell Hall (MITCH)
- 53: Zimmerman Library
- 56: Mesa Vista Hall (MVH)
- 60: Student Union Building (SUB)
- 69: Kiva Auditorium
- 77: La Posada Dining Hall
- 94: Casas Del Rio Courtyard
- 151: Naval Sciences
- 175/175A: Army ROTC