



The “UP DATE”

2016 SEL Graduates

*Congratulations to our
CNM and UNM
Student Education Leaders (SELs)*

*Jason Chung
Applied Mathematics
Graduate school*

*Charles Howard
Mechanical
Engineering and Physics
Internship at REU in Texas*

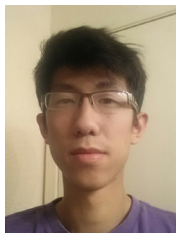
*Brittney White
Biology
Field Experience and
Graduate School*



Charles Howard



Brittney White



Jason Chung

In this Issue:

CNM/UNM SEL Graduates
p 1

New Achievement Coach
p 2

Advisor’s Advice p 2

Stress p 3

Program Specialist p 3

Mock Finals p 4

Coach’s Corner p 4

What’s Happening?

**Engineering Scholarship
Deadline** June 1

STEM Orientation June 14

Walk About June 17

Transfer Workshops
July 13 and 14

Walk About July 22



***New Achievement
Coach***

Jose Ledesma is the new Achievement Coach for STEM UP. Jose will help students accomplish their transfer process more smoothly. He wants to build the bridge between both institutions of CNM and UNM. Jose has his roots at CNM and built his foundation starting as a work study. As an Achievement Coach he wants students to succeed and graduate. As a first generation college student he has an understanding of students from his own experience. His tip for students is “be the person you expect others to be.”

Jose has a Bachelor’s degree in Psychology and Spanish from UNM and is currently attending CNM for an Associate’s degree in Psychology.

Jose can be reached at 505-277-0320 or email jledezma@cnm.edu. Call him to make an appointment.



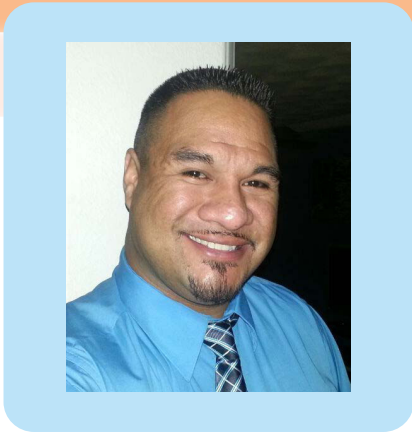
***Advisors’ Advice by
Juanito Marquez***

The benefits to speaking with professors during office hours are many. Students may encounter coursework or other related issues with which they need help. Professors provide office hours to help students. Use this opportunity to take advantage of time set aside by professors and introduce yourself.

A simple introduction paves the way to a great student and professor collaborative experience. Every day on UNM and CNM campuses, we have students and professors working in collaboration to achieve higher education goals.

Finally, take the time to consider issues that are an important part of your success at UNM and CNM. Working in collaboration with your professors, and academic advisors can help you develop this collaborative approach. A meeting will also enhance your college experience.

Juanito Marquez is an Academic Advisor at CNM Main Campus. He can be found at the SSC Advsing Center. Juanito specializes in advising to the A.S. degree in STEM majors at CNM.



Coach's Corner

I was once told, “Be the person that you expect others to be” another words, if you want better communication make sure you communicate well with others. If you want direction, make sure you are willing to direct others too. As an Achievement Coach I want to be the example I wish I had as a student. My goal is to be the direct contact person for students and prepare them so they understand the opportunities they have in addition to transferring to a four year college. Beginning in the Fall 2016 semester, we are offering a Certificate Program in Liberal Arts. This includes STEM degrees in anticipation of creating a solid foundation for our students. Students will have the core requirements before going forward.



Stress by Kevin Smith

There are many sources of stress in college life. Stress may originate from worry about grades, finances, career choice, and learning to make decisions from day to day. Learning to cope with stress is just one more thing today's students must deal with. Stress, when out of control, can lead to a myriad of health problems.

When feeling stressed, do something that is relaxing. For example, go to the gym, participate in a hobby, see a movie, or visit with friends. In addition, utilize relaxation techniques, including deep breathing exercises and progressive muscle relaxation to relieve tension. Eating healthy, getting enough sleep and regular exercise are also excellent methods for decreasing stress. Talking with peers and family members, and utilizing the campus counseling center can be excellent sources of help to manage stress.

These are just three of the major challenges students face. Success during college will require balancing academics, work schedules, and social life. College can be stressful, but the benefit of an education and the good times will make the challenges worth it.

Chemistry Mock Finals



Through the semester students become accustomed to the professor's testing style to prepare for a standardized department final. CNM tutor Emily Alden created a fifty question multiple choice exam to mimic the department style final, known as Mock Finals. Students are given one hour to take the mock final in a classroom that portrays the testing environment. After the exam, the students can take it home and use it as a study aid. The purpose of the mock final is to remind students of topics covered earlier in the semester and provide a study guide to prepare for the actual final. From previous semesters, Emily saw a positive correlation between the students who took the mock final and a higher final exam grade. Mock Finals will also be held during the summer for students.

CNM Transfer Center
Phone: 224.3253
Email: stem_up@cnm.edu

UNM Transfer Center
Phone: 277.0541
Email: stemup@unm.edu

STEM UP Mission Statement
Through a CNM and UNM Cooperative, STEM UP provides students with guidance, support and academic pathway towards STEM graduation