WHEN TO USE THE EMERGENCY ROOM

• Heart Attack
• Fractures/broken bones
• Seizures
• Severe pain
• Stroke
• Uncontrollable Bleeding
• Unconsciousness
• Childbirth
URGENT CARE

Provides medical care to treat minor injuries and illnesses when immediate care is needed.
WHEN TO USE URGENT CARE

- Allergies
- Sinus infections
- Cold
- Cough
- Flu-like symptoms
- Sore throat
- Dizziness
- Ear aches
- Fever
- Insect bites
- Minor cuts
- Back pain
- Minor Burns
- Sprains
- Strains
- Rashes
- Upset Stomach
- Vomiting
- Diarrhea
MENTAL HEALTH ISSUES

• VIDEO:
  http://www.internationalstudentinsurance.com/explained/mental-health-video.php
MENTAL HEALTH ISSUES

**What to remember**

- Please seek help if you need it!
- There is no shame in needing someone to talk to while away from home!!!
- It’s confidential
- Most resolve their issues!!!
Again: What do I do if I get sick?

- Unless it is a medical emergency, you should always seek help from SHAC first.
- If SHAC can’t help go to an In-Network provider for your insurance for the lowest cost.
- Students are responsible for their insurance “deductible” and any “co-insurance”.
- You will have to fill out a “claim form” if the provider does not take your insurance.
AGAIN: WHAT DO I DO ABOUT INSURANCE?

Do your research on your own and come to our information and help sessions:

• **Info session:**
  Aug 21, 3-5 pm, DSH 125
  (new room!)

• **Hands-on Help:**
  Aug 22 & 23, 10-4 in SUB computer lab!
ACADEMIC LIFE AT UNM
New Student Orientation

CAPS

design.by.leslie.woolson
COLLEGE can be a big transition
I was afraid of losing my scholarship.
SOUND FAMILIAR?

Making new friends
Getting good grades
Establishing future goals
Time management
Being on your own
WHAT IS CAPS and how can we help?
1/3 of your peers used CAPS last semester!
Which CAPS service is for YOU?
DROP-IN LABS

Social, collaborative learning environment
Peer tutors circulate to support you
Work with students taking the same classes
SUPPLEMENTAL INSTRUCTION

Peer-led weekly sessions
Hands-on activities
Collaborate with classmates
WORKSHOPS

Collaborative and peer-led

Develop skills for:

Managing your time
Studying strategically
Reading those dense textbooks
Live Online tutoring for most subjects
Sunday through Thursday afternoons

Online Writing Lab
INDIVIDUAL APPOINTMENTS

Ideal for focused and structured learning
Work one-on-one with a peer tutor
Support tailored to your individual needs
CONNECT
@CAPSUNM
You are not alone: CAPS has something for you!

QUESTIONS?
THANK YOU and welcome to the CAPS family!

3rd floor Zimmerman Library
caps.unm.edu
505-277-7205
HOW TO SUCCEED IN YOUR ACADEMIC LIFE?

Aidira Macias Gonzalez, Undergraduate Student
Junior, Chemical and Biological Engineering
From Mexico
Tip 1: Get Involved and get to know people

- Make connections
- Build a campus support system
- Take advantage of unique programs
  - Get involved in clubs and organizations
  - Attend campus events
  - Present at International Education Week
  - Engage in study groups
Tip 2: Go to class and participate

- Class attendance really does affect your grade!
- Engage in discussions during class
- Come prepare to class
Tip 3: Don’t be afraid to ask for help and don’t wait until it’s too late

• Even if you’re not having difficulties in class, go to tutoring centers. Resource centers are really helpful!

• Centers review material, workshop and opportunities to develop your skills.

• Let professors know that you’re international

And communicate with them about any issues you are having!
Tip 4: Stay on top of your assignments, DO NOT PROCRASTINATE!

- Read your syllabus in each and every class!
- Become familiar with “UNMLEARN”
- There are always deadlines
- Get organized, create a schedule and use a planner!!
Tip 5: Take responsibility

• Going to class, doing your assignments, asking questions, it’s all up to you!

• Take an active role in your own education; you must do your own work. PLAGIARISM IS NOT TOLERATED IN THE US!

• Learn to be your own advocate

• Be proactive about using the resources on campus

• Be the person who’s not afraid to speak up!

• Challenge yourself and be challenged!