WHEN TO USE THE EMERGENCY ROOM

- Heart Attack
- Fractures/broken bones
- Seizures
- Severe pain
- Stroke
- Uncontrollable Bleeding
- Unconsciousness
- Childbirth
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
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!!!

What to do:

• Go to Student Health and Counseling (SHAC)

• Seek an individual consultation

• Attend one of the self-help workshops
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 help sessions:

Hands-on Sign-up Help:
August 21 & 22 ONLY!!!
10-4 in SUB computer lab!

THIS IS YOUR LAST CHANCE TO GET HELP ON CAMPUS!!!
ACADEMIC LIFE AT UNM
welcome to UNM from CAPS
What is CAPS?

How can CAPS help you?
we’re an award-winning certified LEARNING CENTER of EXCELLENCE
CAPS supports the courses you are taking.
Get better grades Graduate faster
1 FREE support for your classes provided by students who have succeeded in the classes you are taking.
SAVE TIME

Have your homework supported in real-time, and spend less time studying.
we’re about building
CONNECTIONS
3
STUDENTS of UNM made time to come to CAPS.
here’s how we help YOU
we're open
9AM - 10PM
one-on-one consultations
drop-in
workshops
online support
SI & study sessions
Questions?

THANK YOU
we’ll see you @ CAPS
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

LIVING LA VIDA LOBO!
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!
Tip 6: Work hard, play hard!

• But above everything else, don’t forget to:
  - Have some fun
  - Go out there and explore
  - Make friends
  - Enjoy the experience
  - Get out of your comfort zone