Spring 2019

02-18-2019 La Charla Semanal con El Centro

El Centro de la Raza

Follow this and additional works at: https://digitalrepository.unm.edu/el_centro_newsletters

Recommended Citation

This Book is brought to you for free and open access by the El Centro de la Raza at UNM Digital Repository. It has been accepted for inclusion in Newsletters by an authorized administrator of UNM Digital Repository. For more information, please contact disc@unm.edu.
LA CHARLA SEMANAL
CON EL CENTRO

KEEPING OUR COMMUNITY INFORMED
//EDITED BY: DAISY OLIVAS & SOFIA OLAY//

Follow us @ELCENTROUNM

elcentro@unm.edu
(505) 277-5020
elcentro.unm.edu
# Table of Contents

## 01
THIS WEEK AT EL CENTRO
Study Sessions

## 02
ADVISEMENT
Arts & Sciences
Exploratory/Undecided
Education
Engineering
Anderson School of Management

## 03
THIS WEEK AT UNM
Stress & Anxiety Workshop
Why didn't anyone tell me about this?

## 04
STAFF HIGHLIGHT
Jorge Garcia, Senior Program Manager

## 05
REMINDERS
SHAC Counseling at El Centro
Volunteer Opportunities
Scholarships & Awards

## 06
CLOSING THOUGHTS
Quote of the week
This Week at El Centro

Study Sessions
every Wednesday from
4:00-9:00pm

CAPS Tutors for Math, Biology, Chemistry, Astronomy, Spanish, Writing, & Physics!

Snacks & Coffee

February 18, 2019
El Centro de la Raza will be holding academic advisement this spring semester on Tuesday, Wednesday and Friday. Make sure to stop by and meet with an advisor if you have any questions about your degree plan.

No appointment is required!
Stress & Anxiety Toolbox
A Spring 2019 Workshop for Students

There are many causes for stress and anxiety while attending college. Academic stress, social stress, and physical stress all affect mental health. Learn how to identify situations that stress you out, and how to keep that stress from making you feel anxious and depressed.

**When & Where**
One Session-Workshop offered on following dates:

- Fri., Jan. 25, 1:30-3:00 PM
- Thu., Feb. 21, 3:30-5:00 PM
- Wed., Mar. 20, 3:30-5:00 PM
- Tue., Apr. 23, 3:30-5:00 PM
  SHAC, Room 234

**What You’ll Learn:**
- Identify stress, anxiety and depression
- Tips and tricks on how to manage anxiety
- Retrain your brain for positivity

**NO CHARGE!**
For More Info, E-Mail: studentcounseling@unm.edu

shac.unm.edu

---

WHY DIDN’T ANYONE TELL ME ABOUT THIS?!
¿POR QUÉ NO ME DIJERON?

LEARN FROM THOSE WHO HAVE GONE BEFORE YOU!

**TALK WITH A PANEL OF**
- Graduate and Upper Level
- Undergraduate
- STEM Students

**PANEL MAJORS INCLUDE:**
- Africana Studies
- Anthropology (Evolutionary)
- Biochemistry
- Computer Engineering
- Computer Science
- Earth and Planetary Science

**THURSDAY, FEB. 21, 1:30 – 2:30 PM**
**IN THE STEM CC CLASSROOM (EDUC 212; BLDG 57)**

REGISTRATION IS APPRECIATED, BUT NOT REQUIRED AT STEMUNIVERSITY.UNM.EDU

The STEM Collaboration Center is funded through a $40 Million grant of National Science Foundation (NSF) to UNM through 2018 fiscal years with federal funding IC 465 million.
Born and raised in the state of San Luis Potosi, Mexico. Jorge grew up in Chicago, moving to New Mexico in 1997. He holds an undergraduate degree in Sociology with an emphasis in Chicano Studies and Latin American Studies. In addition, he holds a Master’s degree in Education (Language, Literacy and Socio-Cultural Studies) and an MBA from the University of New Mexico’s Anderson School of Management. His research and entrepreneurial activities are focused on creating initiatives and projects that support the social, cultural, political and economic development of local and indigenous communities.

Master of Arts in Language, Literacy, and Sociocultural Studies & Executive Masters of Business Administration
Counseling with SHAC

Are you in need of counseling? Every Tuesday afternoon, El Centro partners with SHAC to bring Ruben Zurita, LPCC to help out our students. If you wish to have an appointment, please visit SHAC and ask to be seen by Ruben at El Centro.

Volunteer

Looking for more ways to get involved at El Centro? Sign up on our volunteer form and we will send you opportunities to stay involved with El Centro familia!
Sign up at:
http://bit.ly/2rSKs8w

Scholarships & Awards

The Albuquerque Hispano Chamber of Commerce is providing 3 types of scholarships:
2019 AHCC Scholarship
2019 Opportunity Scholarship
2019 THRIVE Multi-year Scholarship Initiative
Deadline to apply: March 26, 2019 at 5:00 pm
Raza Excellence Award
Nominations due by: March 13, 2019

February 18, 2019
We hope your week is off to a great start! Don’t forget to stop by El Centro to study, come in for advising, or just to hang out.

"When you up-level your idea of what’s possible, & decide to really go for it, you open yourself up to the means to accomplish it as well."

-Jen Sincero