

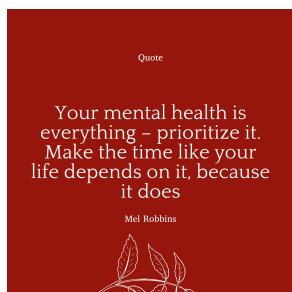
NEWSLTR

Your mental health is everything – prioritize it. Make the time like your life depends on it, because it does - **Mel Robbins**



FEB 2023

Mental Health Message



Scan the code to join **NMSU Men of Color**

Contact Us: M.O.C.I
moci@nmsu.edu



Find us on *Instagram*
and *Twitter*:
[@NMSUmenofcolor](https://www.instagram.com/NMSUmenofcolor)

Mind Your Health, Mind your Grades

College can be stressful, especially for the male students, who work to support their education and families. Mental health issues are not addressed for the most part due to increased stigma, a lack of cultural understanding from healthcare providers, and other barriers. A US research organization discovered that college students' mental health has worsened, especially for men of color, affecting their academic performance. Hence, students can take charge of their grades by paying attention to their mental and physical health. Here are tips to help:

1. **Don't be afraid to ask for help.** Tap into your community and campus resources to find help or tell a friend how you're feeling.
2. **Put limits on work hours.** You can't work all the time - fun and relaxation have to be part of your routine as well. Limit the times when you will work to give yourself time to sleep and rest up so you won't get sick.
3. **Make it convenient to eat right.** Don't make it hard for yourself to eat right. Buy healthy foods and stock your fridge and room with them to ensure they're the first things at hand when you get hungry.

The Aggie Health and Wellness Center offers various services for college students to tackle health issues. Encourage dialogue, seek assistance, and support those in need. The campus is our home.



Everyone Wandering is not Lost

Hi, I am Angel Francisco Estrada, and I chose Spain because I want a unique social, cultural and academic experience. That is what I am most excited about. I will be studying in Spain for the Spring 2023 semester.

My major is Psychology, but I hope to add Spanish as a minor. I'm from Las Cruces, New Mexico, and I've been here my whole life, so I need a chance to grow and develop. I enjoy skateboarding, dancing, and wandering the desert. Hopefully, my wandering nature will help me in this immersive experience.



NMSU M.O.C.I supports LCHS



Upcoming Events

02/01/2023

High Impact Practices (HIP)
1 pm - 2 pm (MST).

02/03/2023

Black Student Association Welcome
Black BBQ 1 PM @ Preciado Park

02/04/2023 - Basketball

Seattle vs NM State Aggies - 7PM

02/08/2023

NM State Aggies vs Grand Canyon
Antelopes - 7 PM

02/11/2023

NM State Aggies vs California Baptist
Lancers - 7 PM

FIRST YEAR INITIATIVES
Speaker Series

High Impact Practices (HIP):
Classroom learning, plus real-world application equals a robust experience

DR. LINDA LYONS
Kennesaw State University
Associate Professor of Interdisciplinary Studies
Director of Strategic Outreach and Diversity Initiatives
The Division of Diverse and Inclusive Excellence

Dr. Lyons possesses an extensive background in strategic planning, diversity & inclusion, training and development, (T&D), student/leadership development, outreach programs for diverse student populations, First-Year experience, global learning, needs assessments, and education abroad programs. She will share some of her strategies and approaches using High Impact Practices (HIP) to bolster the learning experience.



Date:
February 1st
1:00PM-2:00PM (MST)
3:00PM-4:00PM (EST)

Zoom link:
<https://nmsu.zoom.us/j/95935580835>

High Impact Practices (HIP)
First-Year Seminars and Experiences
Learning Communities
Undergraduate Research
Internships
Writing Intensive Course
ePortfolio
Diversity and Global Learning
Civics and Leadership Experiences
Capstone Course and Projects
Service Learning, Community-Based Learning

Generation Z: What's New?

On January 24, the Associate Provost for Student Success, Dr. Patrick Turner, and Efren O. Miranda, an alumnus of NMSU and a curriculum and instructional specialist, hosted a virtual event on understanding Generation Z's untraditional college transition and student experiences. The event was attended by college professors, students, and other employees at NMSU. Dr. Turner shares how the student success initiatives support students with responsibilities. He explains the danger of mistaking a sense of welcoming for a sense of belonging and why Institutions need to be held more accountable.

El Paso Electric Awards Funds to NMSU Men of Color

El Paso Electric has awarded funds to the NMSU Men of Color Initiative to support financial investments, marketing, and intellectual property efforts – delivered in a way that is culturally appropriate and responsive. Participants will connect with business owners at social event, meet mentors who have launched businesses successfully, and design and present solutions to challenges faced by businesses. These type of efforts create new employment and economic opportunities that ripple through their communities by teaching entrepreneurship to underrepresented students. Businesses owned by people of color are playing an important part in restoring the health of the American economy after the Great Recession.



Peace is the only way forward

In another horrific shooting incident in Tennessee, an African-American male was brutally shot by Memphis police. Protests broke out near a police station in Memphis, as family, friends and supporters of the victim gathered to honor his life. It is not the first time that excessive force has been used against citizens by law enforcement agencies. We, as responsible people of this country must vow to put an end to such violence, and embark upon peace building measures for our greater good.



Men of Color Study and Chill session

The first Study and Chill Session of Spring 2023, hosted by the Men of Color (Initiative) at the American Indian Student Center witnessed a great turn out of students. Students from different academic backgrounds sat under one roof with a common goal, which is to succeed in their academics and carve out a better future. The Study and Chill session is a great opportunity for everyone on campus to be a part of this vastly diverse NMSU community and to network with people. Do not forget to check our website and social media handles about the next scheduled Study and Chill session.

