

NEWSLTR

"Investing in yourself leads to success!"- Felicia . M. Johnson



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Reducing Stress in Finals Week

The spring semester is ending, and final exams are around the corner. Studies have shown increased stress among college students during the last exam period. Moreover, researchers suggest that male students belonging to minority groups are more susceptible to academic stress than other students. One of the leading causes identified was the financial pressure men of color face supporting their families. Also, academic performance was impacted by other sociocultural factors. So, focusing on reducing stress during this period is essential while using effective study strategies to improve grades. Our institution provides services that can help students minimize academic anxiety and stress. Here are a few things that you can do to alleviate exam tensions:



1. Plan your study times.
2. Take periodic breaks after long study hours.
3. Eat and sleep well.
4. Confirm if the finals are comprehensive.
5. Keep away from distractions.



Surviving The Summer Break

The summer break is approaching, and we will miss seeing you all on campus. But this is an excellent opportunity to work on yourself and develop skills. Here is a list of things that you can do this summer break.

- 1) Spend some time bonding with family & friends.
- 2) Get a hobby or go on a vacation.
- 3) Get an internship or summer Job.
- 4) Take time to reflect on your aspirations.
- 5) Prepare & register for classes in the fall semester.



Scan the code to join
NMSU Men of Color

Contact Us: M.O.C.I
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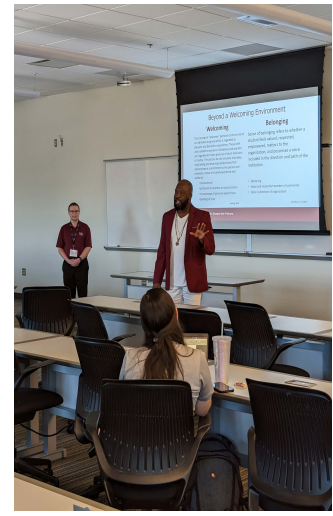


Find us on *Instagram*
and *Twitter*:
[@NMSUmenofcolor](https://www.instagram.com/NMSUmenofcolor)



NMSU Men of Color in San Antonio

The MOCI team traveled to San Antonio to attend the Men of Color Leadership Summit at Texas A&M University, San Antonio. Dr. Turner and his graduate assistants co-presented a topic on fostering an environment of validation and mattering for Men of Color. The event was attended by other leaders and directors of similar programs from various universities across the United States. Meeting with like-minded peers and developing connections with organizations from different educational institutions was a great learning experience for our members.



Upcoming Events

05/01/2023

Listening Session on Future Leadership | Morning - 10:00 AM to 11:30 AM & Evening - 6:30 PM to 8:00 PM | CCSU Auditorium or Zoom: <https://nmsu.zoom.us/j/99246944363#success>

05/03/2023

Living The Dream Ceremony | 6 PM | Dona Ana Room, Room 321 Corbett Center.

05/12/2023

Commencement Ceremony | 6PM | Pan American Center.

What's New?: Living The Dream

The MOCI will be hosting a ceremony on May 3rd, 2023 from 6:00 PM to 8:00 PM at the Dona Ana Room at the Corbett Center Student Union for students graduating in Spring 2023. We commend your tenacity and perseverance in completing your education and wish you all the best for your future endeavors. If you are graduating in May, send us your name, degree and your level of education: undergraduate or graduate. We look forward to seeing you at the ceremony.



MOCI went Hiking

Engaging students where they are; whether inside or outside the classroom is an important contributor to a successful academic experience for them. The MOCI team continued its tradition to go on a hike with some of the most familiar and active members of our community. It was wonderful to see the members from different educational, professional and cultural backgrounds persisting through all their experiences towards achieving their goals, and learning from one another.



The NMSU Drag Show

The LGBT+ program at NMSU hosted its pride season drag show early in April. Spacee Kadett, an entertainer, hosted the show as other professional & students participated with great enthusiasm. The drag show aimed to address the inter-sectional barriers some students face and assist in creating a culture of inclusivity and belonging that can propel students to succeed in their academic, professional, and personal lives.

