

NEWSLTR



NOV 2023

“Success is the sum of small efforts, repeated.” —R. Collier

Nurturing Mental Health and Success: A Thanksgiving Guide for Men of Color

As Men of Color students, our journey is unique, and the holiday season can be a time to embrace that uniqueness. This coming Thanksgiving holiday, remember to prioritize your mental health, acknowledge your achievements, and set your sights on future success.

Mental health is a vital aspect of a student's life, and for Men of Color, it carries specific challenges and opportunities. This Thanksgiving, take a moment to prioritize your mental well-being:

Seek Support: Reach out to friends, family, or the resources available at NMSU if you're feeling overwhelmed. Sharing your feelings and concerns is a brave and essential step.

Practice Self-Care: The holiday season can be stressful. Find what helps you relax, whether it's a walk, meditation, or a creative outlet. Taking care of your mental health is a sign of strength, not weakness.

For many students, the Thanksgiving break is a time to unwind and recharge. However, if you're facing end-of-semester exams or project deadlines immediately after the break, balancing rest and academic commitments becomes essential. Here's how you can manage this :

Plan Ahead: Before the break begins, create a study schedule and prioritize the most critical tasks. Identify the exams or projects that require your immediate attention when you return to school.



GHANA STUDENTS ASSOCIATION

GHANA STUDENTS ASSOCIATION LAUNCH

NOVEMBER 8TH, 2023

4 P M

Celebrating Ghana: Harnessing sociocultural corporation among students

PETE'S PATIO - CORBETT CENTER

MORE INFO : +1 (575) 777 - 3628 (GEORGE)



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)

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Upcoming Events

11/02/2023

Student Startup Mixer | 4PM - 5:30 PM |

11/04/2023

Dripping Springs Hike | 9AM |

11/15/2023

Men of Color Study Sessions
Wednesdays | 3 PM |
American Indian Student
Center



Student Start-Up Mixer

A student entrepreneurship networking event!

in ...
on November 2, 2023
from 4 - 5:30 pm

"The best time to start a business was 20 years ago. The second best time is now!"

Funded by El Paso Electric



Presented by Men of Color



Strategic Study Sessions: While it's essential to relax and enjoy the break, allocate some time for focused study sessions. This can help you stay on top of your coursework without feeling overwhelmed.

MOCI Celebrates Hispanic Month with Game Day

In a vibrant celebration of culture, diversity, and unity, New Mexico State University's Men of Color group came together to mark Hispanic Heritage Month with a thrilling Game Day event. The occasion was a splendid blend of fun, camaraderie, and friendly competition, all designed to pay homage to the rich cultural contributions of the Hispanic community.

From classic board games to high-energy games, there was something for everyone. The event not only created a memorable experience but also underscored the significance of Hispanic Heritage Month.

What's New? Join Men of Color for a Hike to Dripping Springs

Get ready to embark on an exciting outdoor adventure with NMSU Men of Color and the First Year Initiative. On November 4, from 9 AM to 11 AM, we're hitting the trails of Dripping Springs.

This invigorating hike promises breathtaking views and an opportunity to connect with nature and fellow hikers. Whether you're an experienced trekker or just looking to enjoy the great outdoors, this event is open to all. Discover the beauty of the Dripping Springs as we explore its scenic trails, and lush landscapes. We hope to see you there!

Men of Color Hosts Student Start-Up Mixer

Join us on this exciting opportunity in promoting entrepreneurship and small business ownership in communities of color here in NMSU. With the support of El Paso Electric, our mixer offers a dynamic platform for students and aspiring entrepreneurs to connect, learn, and shape the future of business. Don't miss this opportunity to be part of the change-makers in your community. Your entrepreneurial journey begins here!"

