

NEWSLTR

A20
P20
R20

“It may sound strange, but many champions are made champions by setbacks.”

-Bob Richards



Member Spotlight:

T.J.'s in the final year of the PhD in Rhetoric & Professional Communication Program and just completed his comps. His research is: *How does technical communication practices constitute in reinforcing normalcy of people with disabilities? The impact of social media on technical writing competencies.*

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

<https://provost.nmsu.edu/men-of-color-moc/>



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

Engagement through the virtual world

The Men of Color held its first virtual zoom meeting on April 2, 2020. The guest facilitator was Lamar Cotton. Lamar is an NMSU alum, athlete, police officer, and community leader. He spoke words of promise, setbacks, grit, perseverance, support, community, unity and agency. Lamar emphasized to the men, “Just because you know what the bottom looks like, doesn’t mean you can’t get to the top”. **Join us for our next meetings: 4/16 @4:00PM & 4/30 @4:00PM on Zoom!**



What’s New?

M.O.C. members partnered with TRIO on March 11th for the Healthy Aggie Initiative to hand out water bottles and granola bars to fellow Aggies. Keep the pace going and stay healthy while you’re working from home!

4 Ways to Balance Family & Remote Learning

Finding the right musical balance between work, life, school, and family can be challenging, even for the most structured person. The men have found several strategies to strike the right cord.

1. Set Some Ground Rules for All Parties

Set specific times and post a schedule on your office door (or kitchen fridge). Let your family and friends know when you will be available and when you should not be disturbed. Also, set some ground rules for yourself. Be available to your friends and family during your off-hours and give them the attention they need.

2. Don’t Forget Play Time

Remote or online courses can get intense at times, particularly if you’re enrolled in more than one or have never learned in this format. Do not get so caught up in your work that you forget to have FUN. If needed, set aside a “family or friend night” to play games or find entertainment with your children or a “date night” to spend a little quality time with your companion. You will get much-needed relaxation and they will appreciate seeing you in a less stressful mood.

3. Be An Example

If you have school-aged children, use your own studies to set an example for how they can succeed in their own classes. Try setting aside a study time each afternoon with your kids. Serve a nutritious snack (think smoothie and apples rather than green beans) and play relaxing music. Eventually, they will mimic the study skills you model and their grades will benefit. Meanwhile, you will get a chance to complete your own studies while spending some time with your kids.

4. Involve Your Family in Your Learning

Don’t just disappear into the back room and come out, red-eyed and silent, after a few hours of intense studying. Let your family know that you are accomplishing something meaningful. If you discover something interesting, bring it up at the dinner table. They will enjoy being involved in this part of your life and you will appreciate the chance to share it.