



## GEAR UP NEW MEXICO MONTHLY NEWSLETTER

### **STAFF NOTE**

The tradition of committing to a New Year's resolution has become popular among most people, typically revolving around self-improvement goals, such as better eating, exercising more, and spending less money on unnecessary items. However, we are human, and tend to have some setbacks.

There is no real formula to successfully completing your New Year resolution, but author Gary Hamel lays out some steps in order to help gear yourself toward victory:

1. Start Small
  - By starting small, you increase the likelihood of taking the vital action steps, and each "win" helps build your belief that you *can* achieve your goals.
2. Envision accomplishment
  - Experiencing this wonderful state is much more motivating than berating yourself over something you were not able to accomplish.
3. Keep your list short
  - It's much easier to focus on a small number of goals than a long list.
4. Don't let a sense of failure stop you
  - You might be surprised at how a change in perspective—viewing failure as a platform for growth instead of sinking—can help you achieve different aspects of your goals.

Cisco Tapia – GUNM Public Relations & Outreach Coordinator



*"It's never too late to be what you might have been."*

– George Eliot



# **NEW MEXICO HIGHER EDUCATION DEPARTMENT**

## **WELCOMES NEW CABINET SECRETARY**



Kate O'Neill, Ph.D., is a proven leader and innovator in New Mexico higher education, serving as chief executive officer of the University of New Mexico at Taos for 12 years, beginning in 2006, and as special assistant to the chief executive since her retirement in 2016. In her time there, Dr.

O'Neill developed a nationally accredited nursing program, and over ten years under her leadership, the campus' budget grew by 250 percent. She began at the campus as adjunct faculty in 1994 and worked her way up, serving as an associate professor, department chair of psychology and academy head for professions and liberal arts.

Prior to that, Dr. O'Neill served as executive director of Wellspring Taos, consulting with higher education and health care constituents, and also as clinical director of Taos' Community Against Violence, providing counseling and supervision. Named the 2017 Citizen of the Year by the *The Taos News*, Dr. O'Neill has a bachelor's degree in art history from Tufts University as well as a master's and doctorate degree in higher education and education administration from Harvard University.

When she is not advocating and working for the students of our state, Dr. O'Neill enjoys spending time outdoors fly-fishing and hiking with her English Shepherd, Zöe. Like many New Mexicans, Dr. O'Neill is also very inspired and intrigued by our state's rich history and culture. You can usually catch Dr. O'Neill reading one of her favorite books or poems with a Chai Tea in hand.

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## UPCOMING GEAR UP EVENTS

We are pleased to announce that GEAR UP is providing two new and exciting college readiness opportunities to students this spring: The 8<sup>th</sup> Grade Experience: Sneak Peak at Your Future! And the GEAR UP Senior Scholarship Day. Both of these opportunities will expose students to college campus life and provide them with the information and resources most appropriate for their respective stage in the college going process.

### GEAR UP NM Scholarship Day: What You Need to Know Before You Go!

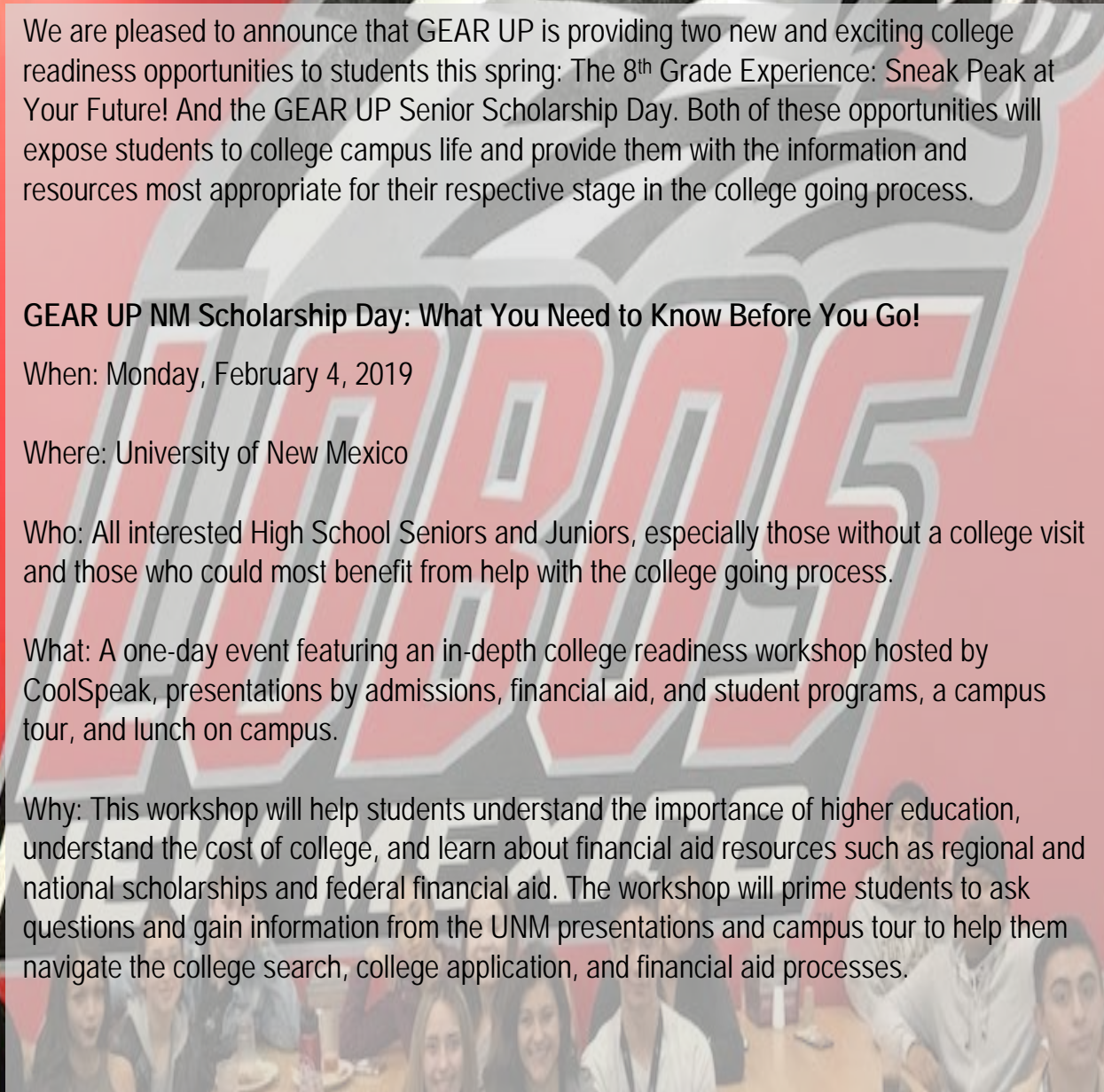
When: Monday, February 4, 2019

Where: University of New Mexico

Who: All interested High School Seniors and Juniors, especially those without a college visit and those who could most benefit from help with the college going process.

What: A one-day event featuring an in-depth college readiness workshop hosted by CoolSpeak, presentations by admissions, financial aid, and student programs, a campus tour, and lunch on campus.

Why: This workshop will help students understand the importance of higher education, understand the cost of college, and learn about financial aid resources such as regional and national scholarships and federal financial aid. The workshop will prime students to ask questions and gain information from the UNM presentations and campus tour to help them navigate the college search, college application, and financial aid processes.



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## **UPCOMING EVENTS CONTD.**

### **GEAR UP 8<sup>th</sup> Grade Experience Days: Sneak Peak at Your Future!**

When: Friday, January 18: Los Lunas Middle School  
Friday, February 8: Los Alamos Middle School  
Friday, February 28: Ortiz Middle School  
Wednesday and Thursday, April 10 & 11: Bernalillo Middle School  
Friday, April 12: Penasco Middle School and Lazaro Garcia Middle School  
Tuesday, April 23: Coronado Middle School and Pecos Middle School  
March 5: San Diego Riverside Middle School and Jemez Valley Middle School

Where: University of New Mexico

Who: All GEAR UP 8<sup>th</sup> Grade Students

What: A one-day event featuring a campus tour, informational presentation, lunch on-campus, and college scavenger hunt!

Why: The 8<sup>th</sup> grade experience is designed to provide all 8<sup>th</sup> grade students with exposure to a college campus and provide them with information about the importance of pursuing higher education and how to begin preparing now and as they transition into high school.

With these events, we expect to provide more than 1,500 GEAR UP students with valuable college exposure and increase aspirations for their futures after high school and beyond.

If you have any questions about these events, do not hesitate to contact Stephanie Montoya, GEAR UP College and Career Readiness Coordinator, at [Stephanie.Montoya2@state.nm.us](mailto:Stephanie.Montoya2@state.nm.us), or (505) 274-8135.



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## **GEAR UP NEW MEXICO ADDS NEW FACES**



Coco Rae, GEAR UP's new Regional Coordinator, spent 15 years in the classroom as a high school history and literature teacher, largely in Santa Fe but also in Idaho, where she helped develop, implement, and support college readiness curricula and access programs. Coco is a Level III licensed New Mexico teacher, with a M.A. in Liberal Arts from St. John's College in Santa Fe and a B.A. in English from Carleton College in Northfield, Minnesota, and is proud to be a fourth-generation educator. Originally from Michigan, Coco has lived in New Mexico for nearly 20 years.

She loves hiking, camping, skiing, yoga, and cooking, and volunteers with the Valles Caldera National Preserve. Coco is also an avid traveler, having visited over 40 countries, including long-distance treks on five continents, most recently summiting Mt. Kilimanjaro this past July. She is thrilled to join GEAR UP and to continue working for positive outcomes for New Mexico youth.



Grants High School's newest Program Coordinator, Laura Smith, is an experienced educator with her M.Ed. in Educational Technology Leadership. Laura is originally from Grants, N.M., but moved to Texas with her family after graduation. Laura is excited to be back home in Grants at her alma mater, and is super excited to be joining the GEAR UP New Mexico family. Laura is "GEARED UP" and ready to show her students the exciting opportunities awaiting them! In her free time, Laura has a wide variety of interests and hobbies including photography, working with clay/pottery, and painting.

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# LANL 20 YEARS FOUNDATION

## *Investing in Learning & Human Potential*

Each year, Los Alamos National Lab (LANL) Foundation has the privilege of awarding scholarships to amazing students who have worked hard in and out of the classroom to become well-rounded individuals and members of their communities. In the past 20 years, **1,400 scholarships worth more than \$6.8 million** have supported local students attending accredited institutions across the country. Many are the first in their family to go to college, some have overcome incredible challenges to stay on track and excel. All recipients have challenged themselves to uniquely achieve their educational goals and express the desire to give back to others through their careers.

## General 4-Year Undergraduate Scholarships

Los Alamos Employees' Scholarship Fund (LAESF) offers high school graduates or current undergraduate students funding for four-year degrees.

**The Application Deadline for 2019 4-year Awards is January 22, 2019.**

### Scholarship Eligibility & Criteria

LAESF 4-Year Degree Scholarships are competitive and open to qualified students who

- Are a permanent resident (366 consecutive days+) of Northern New Mexico in Los Alamos, Mora, Rio Arriba, San Miguel, Sandoval, Santa Fe, or Taos County.
- Have a minimum 3.25 cumulative unweighted grade point average (3.20 GPA does not meet this requirement).
- Receive 18 ACT Composite score or 940 SAT Total score
- Are enrolling in or currently attend an accredited post-secondary educational institution.
- Preference is not given to students with Laboratory affiliation.

To apply, please [click here](https://www.lanlfoundation.org) or visit [www.lanlfoundation.org](https://www.lanlfoundation.org)



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## **GEAR UP NM SALUTES DR. DAMRON**



The GEAR UP New Mexico team would like to thank and recognize Dr. Barbra Damron for her hard work and dedication during her time as our state's Higher Education Cabinet Secretary. Dr. Damron was one of GEAR UP's biggest supporters and always provided guidance and advice to not only our team, but also the students we serve. She believed in paving a better future for the students of New Mexico and always had a message of encouragement and inspiration of the importance of being college and career ready. We sincerely appreciate Dr. Damron's commitment to bettering our state's educational system and for her years of hard work.

### **A Few of Dr. Damron's Accomplishments**

Barbara Damro, Ph.D., led our state's High Education Department for four years. During her time as Cabinet Secretary, Dr. Damron worked for the betterment of New Mexico's 28 public institutions of higher education, four tribal colleges, and over 180 private and proprietary post-secondary schools. Under Dr. Damron's leadership, she was able to develop and implement a common course numbering system for lower division courses, revise the general education curriculum to focus on the skills college graduates need to be successful in education and the workplace, and develop degree maps for all degrees offered by the state's public higher education institutions. Dr. Damron also helped establish a higher education attainment goal of 66% of New Mexicans between the ages of 25 and 64 having a post-secondary credential by 2030.

Prior to her work as Cabinet Secretary, Dr. Damron was an Associate Professor at the University of New Mexico (UNM) College of Nursing and at the School of Medicine in the Department of Family & Community Medicine at the UNM Health Science Center. Dr. Damron developed and directed the UNM Comprehensive Cancer Center (UNM CCC) Office of Community Partnerships and Cancer Health Disparities, which included outreach to Native American and Hispanic populations. She also was an associate scientist at the UNM CCC.

Dr. Damron received her BSN from Union College in Lincoln, Nebraska. She received her MSN from The University of Texas Health Science Center at San Antonio. She completed a PhD in Educational Psychology, with a concentration in social/personality/developmental psychology applied to oncology, from the University of Texas at Austin.

Here is what Dr. Damron had to say about her time at HED:

"Thanks to each and every one of you for the dedicated work you do every day to help students all across our wonderful State. It has been my joy and privilege to work with you these past four years. Together we have made profound and significant improvements to our state and to HED. I have learned so much from each of you and we have worked so hard to save lives every day."

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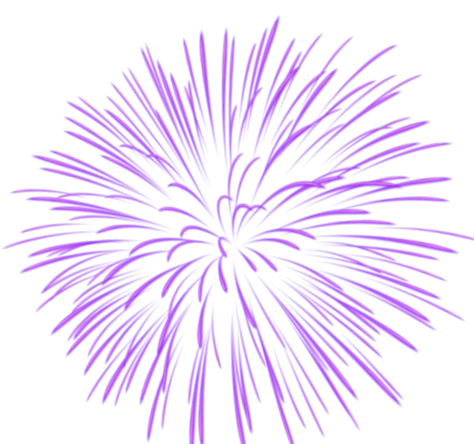
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**WORTH \$131,000**

**DUE January 15**

- 1. AAUW International Project Grants: \$7,000
- 2. Dell Scholars Program: \$20,000
- 3. LEEP Scholarship: *Varies*

**DUE January 16**

- 4. Walter Byers Scholarship Program: \$24,000
- 5. NSHSS Greg Goff Leadership Awards: *Varies*

**DUE January 17**

- 6. BASAA Scholarship: \$10,000
- 7. Fund for Education Abroad: \$10,000
- 8. PDX Abroad Scholarship: \$10,000

**DUE January 20**

- 9. Girls Impact the World Film Festival: \$5,000
- 10. My Year in Poetry Scholarship Slam: \$1,000

**DUE January 22**

- 11. Orange Scholars Program: \$2,500

**DUE January 29**

- 12. Point Foundation Scholarships: \$13,000

**DUE January 31**

- 13. ABPA Harrington-Arthur Scholarship: \$1,000
- 14. Cancer for College Scholarship: \$16,000
- 15. Frank the Tank Scholarship: \$5,000
- 16. National AG Day Essay Contest: \$1,000
- 17. NMSS Scholarship Program: \$3,000
- 18. RiSE Scholarship Foundation, Inc.: \$2,500



*For More Information About These Scholarships, Click/Visit The Link Below!*

<https://www.tun.com/scholarships/january-scholarships/>



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## **HAPPENING AROUND OUR STATE**

- **NMHU** to Offer Teacher Licensure Fast Track Program
  - <http://www.nmhu.edu/hu-to-offer-teacher-licensure-fast-track-program/>
- **UNM's** School of Architecture and Planning Receives National Attention
  - <https://news.unm.edu/news/national-accolade-for-sa-p-student>
- **ENMU** Students Win 2018 EBS Knowledge Bowl
  - <https://www.enmu.edu/about/news-and-events/enmu-news/academic-news/2707-enmu-students-win-2018-ebs-knowledge-bowl>
- **NMSU** to create innovative virtual reality lab
  - <https://newscenter.nmsu.edu/Articles/view/13468/nmsu-to-create-innovative-virtual-reality-lab-with-gift-from-electronic-caregiver>

## **SCHOLARSHIP CORNER**

- **ARRL Rocky Mountain Division Scholarship:** **Local**
  - <http://www.rockymountaindivision.org/wp/division-scholarship/>
- **Walt Bartram Memorial Education Award:** **Local**
  - <https://bigfuture.collegeboard.org/scholarships/walt-bartram-memorial-education-award-region-chapter>
- **UNM Scholarships:** **Local**
  - <http://scholarship.unm.edu/dev/scholarships/resident.html>
- **ENMU Scholarships:** **Local**
  - <https://www.enmu.edu/admission/scholarships/in-state-freshmen>
- **NMSU Scholarships:** **Local**
  - <https://fa.nmsu.edu/scholarships/>
- **NMHU Scholarships:** **Local**
  - <http://www.nmhu.edu/financial-aid/scholarships/>

*Please note: Listed scholarships have various deadlines.*

## **CATCH GEAR UP ONLINE**

Please note that GEAR UP New Mexico is revamping its social media platforms and *we need your help!* Be sure to "like" us and feel free to tag us in your photos and use the hashtag #GEARUPNM. Below is a link to GEAR UP NM's Facebook page.

<https://www.facebook.com/GEARUPNM/>

As always, feel free to use the GEAR UP/HED website to your benefit. Changes to the website are to come.

<http://www.hed.state.nm.us/programs/gear-up-new-mexico-home-page.aspx>

## **IMPORTANT DATES**

- **Jan. 15<sup>th</sup>:** Monthly Submissions Due.
  - MOY Literacy Data Due.
- **Jan. 18<sup>th</sup>:** GEAR UP @ the Roundhouse
- **Jan. 21<sup>st</sup>:** Martin Luther King Jr. Day.
- **Jan. 24<sup>th</sup>:** Data Collaborative – HED Albuquerque.
- **Jan. 25<sup>th</sup>:** CPIP Template Due.
- **Jan. 29<sup>th</sup>-30<sup>th</sup>:** AVID Critical Reading II – Santa Fe Community College
- **Jan. 31<sup>st</sup>:** Achieve 300 Training/Read 180 Training – Santa Fe Higher Education Center.
- **Fed. 4<sup>th</sup>:** Senior Scholarship Day.



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