



HELP!

We've all been in a situation where we've needed a little assistance here and there, but don't ask for it. Eventually, our problem grows a bit out of hand and finally, when we have reached our peak desperation, all we can do is scream, HELP!

At UNC, you don't have to wait until you've hit your breaking point to ask for help. There are plenty of people, organizations, and offices here to help you at any time. Whether, you are just asking a simple question or are desperately trying to correct a huge fail, there is a resource center specifically designed to help you with any situation.

When people look at maps of UNC, one of the things that stands out is how many buildings we have reserved as places students can go for help. Whether you're on West Campus or Central Campus, there is sure to be a helpful resource center near you, it all depends on what you need.

Having trouble writing that paper? Go to the writing center where you will find students eager to help you ace that essay. Do you need testing accommodations or a peer note-taker to help you be most successful in class? Check out disability support services where you can be given tools to enhance your learning process.

The list goes on! That's why this week's newsletter will focus on the many helping centers UNC provides.

THIS WEEK'S HIGHLIGHT

Resource Centers



There are numerous resource centers across campus, but here are some that many first-year students visit.

Writing Center:

Located in Ross Hall, the Writing Center helps students with essays, clinical reports, writing assignments, scholarship essays, and so much more. For more information, click [here](#).

Disability Support Services:

Located in Michener, DSS offers accommodations to students that include, but are not limited to, sign language interpreting, adaptive technology, note-taking, and testing accommodations. To learn more, click [here](#).

Tutorial Services:

Located in Michener, Tutorial Services offers free peer-led tutoring to all students. The sessions are offered in both individual and small-group tutoring. To learn more, click [here](#).

Cumbres:

Located in Candelaria, Cumbres is a scholarship and support program for students who plan on becoming ESL teachers. Through this program, you can gain skills to teach students whose first language is not English. For more information click [here](#).

Counseling Center:

Located in Cassidy Hall, the Counseling Center provides free counseling services to UNC students who may face academic or personal issues while at UNC. To learn more, click [here](#).

Center for Human Enrichment:

Located in Michener, the Center for Human Enrichment (CHE) is a program designed to support the academic, personal, and professional success of first-generation students. For more information, click [here](#).

Division of Student Success:

While the Division of Student Success oversees many of these programs, they also provide programs for new student orientation, major exploration, academic advising, and more. To learn more, click [here](#).

Remember to apply to these scholarships before it's too late:

Navajo Nation: June 25th

AWG Minority: June 30th

American Indian Services: August 1st

MEET THE MENTORS

Who will be your mentor?

Interested in joining our mentorship program or want to learn more? Fill out this brief survey [here!](#)



Hi! My name is Kaila Ward and I am so excited to be a mentor again this year! I am a first-generation college student studying English Education with a minor in Film. I am a member of the Cherokee Nation and I will be starting my third year at UNC. I have three younger siblings, one of them starting college in the Fall as well (Yikes!), and a pet fish named Fitzgerald. I love writing poetry and watching black and white films, especially anything Alfred Hitchcock. At UNC I also participate in intramural volleyball, the Stryker institute, an English honors fraternity, the American Indian Student Organization, and I am the Event Coordinator at Native American Student Services. I have a heart for teaching and I would love to be able to mentor you throughout your first year at UNC. For more information, I can be reached at ward8595@bears.unco.edu.

Yaateeh! My name is Autumn Tsosie and my tribe is Navajo. My clan is the Red Streak people born for the Near the Water people and I am from Gallup, NM. I just finished my first year at UNC and this year will be my second year. My major is Biological Sciences with a career aspiration of becoming a Dentist. I am a free-spirited person and love to live life. I am so excited to be taking on a new position at Native American Student Services which is being a mentor. I am very passionate about helping others navigate their way through college and being able to be that person you can come to with any questions. I hope you are all having a memorable summer and I cannot wait to help you all with your first year of college! For more information, I can be reached at tsos9629@bears.unco.edu.



Hello! I'm Rachael Carrillo and I am the Mentor Coordinator for Native American Student Services. I was born and raised here in Greeley and I am a first-generation student in my third year of college. I am studying Sociology with an emphasis on Inequality and Institutions and a minor in Psychology. I am so excited to meet you all and looking forward to an amazing year. Here at UNC, I am a Stryker Institute Scholar, Reisher Scholar, and a member of the American Indian Student Organization. I first became a mentor my first year here at UNC. I began being a mentor for Campus Connections and I fell in love with the idea of guidance and being someone the mentees have never had before. This is going to be such a fun year! Mentoring is a passion of mine and I cannot wait to build relationships with you all. For more information, I can be reached at carr8794@bears.unco.edu.

Looking for a part-time, on-campus job with flexible hours and amazing opportunities for building your campus community? Apply at Native American Student Services [here!](#)