

Academic and Community Resources for Graduate Students During COVID-19

Being a graduate student at this time of uncertainty and upheaval is a great challenge, in addition to the usual challenges of graduate school, we at the Center for Teaching and Learning are here to support you: through online consultations, writing help, online teaching support, and by connecting you to campus resources. We know there are a number of particular questions and struggles graduate students are facing right now, and here are some resources that may be useful.

Do you need help with teaching online?

If you need assistance with the transition to remote teaching any capacity and would like technical or pedagogical support, the Center for Teaching and Learning is prepared to help in a variety of ways:

If you need a plan, start with the Quick Start Guide: <http://cte.unm.edu/assets/docs/resources/quickstart-moving-online.pdf>

If you need to brainstorm, ask questions, or find new approaches, sign up a consultation with Dr. Kim Fournier (CTL's Center for Teaching Excellence): strategies for transitioning face-to-face course components to online course components, including lectures, activities, group work, test, and grading: [Link to Kim's Online Calendar](#)

Or with Dr. Cris Elder (CTL's Writing Across the Curriculum and the Department of English): strategies for web-enhancing your course with Learn, creating meaningful online writing activities, assignments, and assessments, responding to student writing, and promoting academic integrity: <https://unmwac.unm.edu/>

If you need help building specific Tools in Learn, attend a workshop, webinar, or open lab through the Center for Digital Learning: [Link to Workshops, Webinars, and Open Labs](#)

If you want to brainstorm as a larger group, request a group consultation, which provide tools and reassurance to instructors who might be new to teaching online and contain suggestions from low-tech options to more advanced tools. If your group is interested, please contact Dr. Aeron Haynie (Center for Teaching and Learning) directly at: ahaynie@unm.edu

If you need help getting access to internet or computers at your home, please see IT's response:

<https://at.unm.edu/coronavirus/student-tech-access.html>

and the list of wifi sites here: <https://www.cabq.gov/coronavirus-information/wifi>

If you need other technical assistance, please see this site as well: <http://computing.unm.edu/>

Are you struggling in your coursework?

If you are struggling to stay in your courses, please talk soon with your faculty member, and look at Graduate Studies' page on Incompletes and Credit/No Credit options: <https://grad.unm.edu/about/coronavirus.html>

If you need academic support, including finishing your dissertation/thesis, adjusting your research or writing timeline, or developing new time management strategies as your work from home, please request an appointment with our dissertation coach, writing consultants, statistics consultant, or utilize the Graduate Online Writing Lab (GrOWL): <http://unmgrc.unm.edu/> and <http://unmgrc.unm.edu/support-services/growl.php>.

When you contact us at the GRC, please provide your Student ID number, a brief explanation of what you'd like help with, and several time/date slots that work for you. We will reply shortly and schedule you with one of our consultants.

If you want to access our other services, we are now hosting our workshops and writing camps online. See our list of workshops for the rest of the semester: <https://unmgrc.unm.edu/workshops/index.php>

Are you concerned about your employment or financial situation?

If you are concerned about your assistantship, degree progress, or similar issues, please talk with your committee and see Graduate Studies' page: <https://grad.unm.edu/home/index.html>

If you want advice on budgeting, taxes, or other financial matters, see the Center for Financial Capability: <https://cfc.unm.edu/index.html>

If you are thinking about your job search, take a look at resources such as Beyond the Professoriate, which includes some free workshops for preparing for the non-academic job market: <https://beyondprof.com/>

If you would like to speak with someone about job materials, please make an appointment to speak with the GRC's Career Consultant by sending us an email, or contact Career Services at: <https://career.unm.edu/>

For more information about utilities, bills, taxes, and related financial issues in NM, see the list at: <https://www.newmexico.gov/i-need-assistance/>

If you need more information regarding federal changes to student loans, see: <https://studentaid.gov/announcements-events/coronavirus>

Are you facing food insecurity?

If you and your family need assistance with food or other necessities, please see Lobo Food Pantry for their current drive-up hours: <https://loborespect.unm.edu/services/campus-lobo-food-pantry.html>

For assistance with food, shelter, and similar issues, also see the City of Albuquerque resources at: <http://www.cabq.gov/coronavirus-information/community-resources-during-covid#resources-for-kids---families>

If you need to see about other services from the city, please check this page: <https://www.cabq.gov/coronavirus-information/coronavirus-impacts-on-city-services>

If you have schoolchildren, please see the Albuquerque meal sites at: <https://www.aps.edu/news/coronavirus/aps-identifies-schools-for-student-meal-pick-ups>

And consider this listing of food banks around NM: <http://www.nmfoodbanks.org/>

Do you feel overwhelmed by anxiety?

If you would like to talk with someone about issues have been affecting you, please see the mental health services through SHAC: <http://shac.unm.edu/services/mental-health/index.html> and Agora: <http://www.agoracares.org/>

and the referral service CARS if you are also Staff/Faculty: <http://cars.unm.edu/>

If you need confidential counseling, advocacy, or help navigating resources, please contact the Women's Resource Center: <https://women.unm.edu/>

Additional resources and advice for mental health and safe socializing are available through the CDC at: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Consider meditation and other mindfulness practices at: <https://www.meditationinnewmexico.org/courses-events/response-to-covid-19/>

And also online Yoga courses, at sites such as: <https://www.glo.com/>

Also see the resources available through Mental Health America: https://mhanational.org/covid19?mc_cid=87f848e5b2&mc_eid=1c201b688e

Further resources and links to services, counseling, and the like are available through LoboRESPECT: <https://loborespect.unm.edu/support/resource-guide1/resource-guide.html>

Would you like to find new ways to socialize safely?

See the collection of resources put together by the Student Activities Center: <https://sac.unm.edu/events/connectdigitally.html>

If you would like tips on socializing during the stay-at-home order, see the piece here: <https://www.theatlantic.com/family/archive/2020/03/coronavirus-quarantine-socializing/608020/> and <https://www.treehugger.com/health/how-be-social-while-social-distancing.html>

If you need more ideas for having fun online: <https://www.thebash.com/articles/virtual-party-ideas>

If you want to watch a movie with your friends: <https://www.netflixparty.com/>

If you need tips on managing the social media and screen time of your children: <https://www.theverge.com/2020/3/31/21201807/children-adolescents-screentime-coronavirus-how-to-psychiatrist>

For families looking to socialize: <https://www.rutgers.edu/news/how-stay-safe-and-socialize-during-summer-covid-19>