WELCOME!

Dear International Students:

On behalf of administrators, faculty, staff, and students, welcome to Northern New Mexico College (NNMC). During your stay, you will acquire knowledge and skills that are necessary to attain your educational and professional goals. We encourage you to expand your educational experience by taking advantage of the many programs offered by the college community to develop professional and personal friendships.

Adjusting to life in the United States and in Española can be a challenge. This handbook contains basic information about college procedures, financial issues, housing, immigration rules, transportation, and resources available for you at the college as well as in northern New Mexico. Although the handbook cannot cover all of the questions you might have, it will provide basic information and direct you to the appropriate personnel, office, or alternative resource for further assistance.

As you begin your new life here in Española, we encourage you to get to know your academic advisor, department faculty and staff, international staff, fellow students and the local community. It is among these people that you will develop relationships that will help make your experience deeply rewarding.

Best wishes for a successful academic and international experience at NNMC.

Sincerely,

Sara McCormick, NNMC International Programs Intern

On behalf of:
Dr. Anthony Sena, Provost/Vice-President for Academic Affairs
Frank Orona, Director of Admissions / Designated School Officer (DSO)

© 2012 Compiled and written by Sara McCormick, International Programs Intern
Produced by Northern’s Communication Office
Edited by Lisa Powell

Española Campus: 505-747-2100, 921 Paseo de Oñate, Española, NM 87532
El Rito Campus: 575-581-4100, P.O. Box 160, El Rito, NM 87530

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DSO OFFICE SERVICES

The office of the Designated School Officer (DSO) at Northern New Mexico College is responsible for:

- Coordinating the application and admissions process for all international applicants.
- Ensuring international students maintain their legal status as foreign students in the United States (and fulfilling NNMC’s obligations to the U.S. government).
- Signs the letters of employment which verify international students’ eligibility to work on campus and obtain a social security number.

The DSO office is located in the Joseph Montoya Administration Building, through the double doors to the left in the Rotunda.

ABOUT NNMC

Northern New Mexico College, founded in 1909, consists of two campuses: located in El Rito and in Española. The El Rito campus is about 40 minutes north of Española and offers unique programs such as:

- Heritage Arts
- Weaving
- Spanish Colonial Furniture Making
- Adobe Construction

The larger campus is located in the town of Española and offers students a wide variety of Associate and Bachelor degree programs. Northern New Mexico College is made up of five colleges. Those colleges are:

- College of Arts & Sciences
- College of Community, Workforce, & Career Education
- College of Education
- College of Nursing and Health Sciences
- College of Professional Studies

NNMC is accredited by the North Central Association of Colleges and Schools, and has an enrollment of approximately 2,000 students. The international students enrolled at NNMC come from: Bolivia, Colombia, Nepal, Serbia, Jamaica, Cameroon, Kazakhstan, and Canada.

In addition, there are a number of international faculty from: Mexico, Paraguay, Argentina, Brazil, Nigeria, India, and the Philippines.

Because of its small size, Northern offers its students a unique learning environment that includes:

- Small class sizes
- Individual attention from faculty
Hands-on learning opportunities
A strong sense of community

ADMISSION REQUIREMENTS

As a new international student at NNMC you have many procedures to complete before beginning your studies. The following list details the requirements for admission. For additional details and information, please refer to this handbook, under the appropriate sections.

To expedite the process, you are encouraged to submit all of your documents as a complete packet. We also recommend that you keep copies of all your important documents.

INTERNATIONAL STUDENT CHECKLIST

International Application

Please download and print a paper application by visiting www.nnmc.edu then click on “Current Students” and “Registrar.”

Be sure your application name exactly matches your name of record (the name on your passport or other official documents). Complete all sections and submit the application by mail to the Office of Admissions at:

Frank Orona
Director of Admissions/Recruitment/Designated School Officer
Northern New Mexico College
921 Paseo de Oñate
Española, New Mexico
USA 87532

Certificate of Financial Responsibility

Upon acceptance, applicants must submit financial documents (bank statement and/or letter from a sponsor) to the DSO officer, which certify student’s ability to meet the costs of the first year of study. Proof of financial ability must be on file before the DSO office can issue the necessary immigration document for student (and family members, if applicable).

Proof of English Competency

If English is not your native language, part of the admission requirement is that you provide proof of your ability to function within the setting of English-only classes. All international students must submit an acceptable score on the Test of English as a Foreign Language (TOEFL). The minimum score required for entering NNMC is 80 iBT (internet Based Test). TOEFL scores must be no more than two years old and must be verifiable. The cost of the test can range from U.S.$160 to U.S. $250 and varies between countries. For more information on registration, fees, test dates, locations and formats, please refer to http://www.ets.org/toefl.
Official School Records, Degree(s) Awarded and Translations

Applicants must submit official secondary school records, including proof of graduation or school leaving certificate. Academic records submitted must be official or certified copies of transcripts, listing all courses taken, grades (marks) received, and degree statements, if applicable.

When an official record from the school is not available in English, an English translation must be submitted. Translations made by the school attended, Ministry of Education, a sponsoring agency, embassy, or by professional translators will be accepted by NNMC. Please see section Transcripts /Transfer Classes on page 12 for additional information.

Proof of Health Insurance

Upon arrival at NNMC, international students must bring proof of current major medical insurance, with an expiration date of not less than one year from the date of issue. Failure to present such proof to the NNMC DSO Office will result in being denied enrollment for classes.

Suggested Deadlines for Application Processing

- Spring Semester (January-May)-November 1
- Fall Semester (August-December)-July 1

For additional questions regarding the admissions process, please email Frank Orona at forona@nnmc.edu.

IMPORTANT DOCUMENTS

As an international student at NNMC, it is important that you are familiar with the basic guidelines and rules of your status in the U.S. Please be sure to familiarize yourself with the following terms in order to avoid any unnecessary problems with U.S. Immigration Services.

I-20 – An I-20 is a multi-purpose document issued by a government-approved U.S. educational institution certifying that you have been admitted to a full-time study program and that you have demonstrated sufficient financial resources to stay in the U.S. The I-20 is officially titled the “Certificate of Eligibility” because once you have this document you are eligible to apply for an F-1 student visa at a U.S. embassy or consulate in your home country.

F-1 – An F-1 visa is issued to students who are attending an academic program or English Language Program. F-1 students must maintain the minimum course load for full-time student status (12 credits). F-1 status allows for part-time, on-campus employment (no more than 20 hours per week). Students are expected to complete their studies by the expiration date on their I-20 form. Once NNMC has determined that your application is complete and that you are academically eligible, we will issue an I-20 form to enable you to apply for your F-1 visa. You must present both the F-1 visa and the I-20 to a U.S. Immigration inspector upon arrival at your port-of-entry (the first place you enter into the U.S). The forms
may be certified more than once. Be sure to keep them ALL together. You must also have them to apply for a Social Security card. See Social Security Number on page 16 for additional information.

I-94 – At the port of entry, an Immigration and Naturalization Service (INS) official validates Form I-94, a record of your arrival/departure, which notes the length of stay permitted. This is a small white card that will be stapled into your passport. The I-94 is your permit to stay in the U.S. Be sure it stays securely stapled in your passport at all times.

These three documents are necessary to verify your legal status in the U.S as full-time students. If they are lost, stolen, or damaged, please report it to the DSO office as soon as possible.

LANGUAGE TESTING/PLACEMENT

In addition to the required test scores mentioned in the international student checklist (see Proof of English Competency), upon arrival at NNMC, international students are required to take the COMPASS Exam, which is offered in the Student Success Center (in the Admissions Building), and can be taken at any time Monday through Friday, between 8 a.m. and 2 p.m. Be sure to pick up an “OK to Test” slip at Admissions before testing. In addition, be sure to bring a valid picture ID (you can use your passport). You cannot take a calculator, and all personal belongings (purse, backpack, cell phone, etc) must be left at the front desk.

The COMPASS Exam is used to evaluate incoming students’ skill levels in **Reading, Writing Skills, Writing Essay, Math, and English as a Second Language**. Based on the scores for each section, students are placed in the appropriate course level when registering for classes at NNMC. If you place into ENG 108 and MATH 100 or above, you will be admitted as a regular, degree-declared student, and be able to register for college-level courses. If, however, you do not receive passing scores on Math and English, you will be required to re-take those sections (this costs 10 dollars) and you may have to enroll in certain courses before you can be admitted into regular college-level courses.

To prepare for the COMPASS Exam, we strongly advise that students participate in the **Math, Writing, and Reading workshops** that are offered in the Student Success Center. Please contact Amy Flores, Math Specialist, for more information at amy-flores@nnmc.edu. You can also contact Northern’s Writing Center at 505-747-2294.

It is strongly recommended that students visit the following websites for practice and sample questions, prior to taking the COMPASS Exam:

- www.act.org/compass/sample
- www.freemathhelp.com
- www.testpreview.com
- www.khanacademy.org
Northern uses the following COMPASS, ACT and SAT scores for course placement.

<table>
<thead>
<tr>
<th>COMPASS</th>
<th>ACT</th>
<th>SAT</th>
<th>PLACE INTO</th>
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<tr>
<td>RANGE</td>
<td>RANGE</td>
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<td>PLACE INTO</td>
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<td>ENGLISH</td>
<td>0-14</td>
<td>0-8</td>
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<td>15-32</td>
<td>9-11</td>
<td>260-280</td>
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<td>33-46</td>
<td>12-13</td>
<td>290-320</td>
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<td>47-69</td>
<td>14-20</td>
<td>330-450</td>
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<td>70-100</td>
<td>21-25</td>
<td>460-640</td>
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<td>26-36</td>
<td>650-800</td>
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<tr>
<td>MATH</td>
<td>0-22</td>
<td>0-12</td>
<td>200-280</td>
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<td>36-42</td>
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<td>43-100</td>
<td>17-19</td>
<td>350-410</td>
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<td>MII 1-11</td>
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<td>MATH 102N/103N/104N</td>
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<td>MFII 12-19</td>
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<td>16-17</td>
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<td>SCIENCE</td>
<td>19-36</td>
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*ABE refers to NNMC’s Adult Basic Education Center

CLASS REGISTRATION

Once you have completed the COMPASS Exam and your test scores have been submitted to the Admissions office, you must contact the advisor in your major (area of study) to set up an appointment and decide what classes in which you will enroll. First, your academic advisor will assist you in choosing your course schedule. Next, you will register online at www.nnmc.edu. Click on “Current Students” and then “Registrar.”

Note: You must have a Student ID number (refer to page 17) before you can register online for classes. Additional assistance can be found at the Registrar’s office in the Admissions building and online under “Current Students.” Click on “Student Advisement.”
Please contact your Department in order to be assigned your Academic Advisor:

- Business Administration: 747-2184
- Career & Technical Education: 747-5457
- Biology, Chemistry, and Environmental Sciences: 747-2223
- Computer & Engineering Technology: 747-5425
- Education: 747-5431
- Fine Arts: 747-2295
- Humanities & Social Sciences: 747-2120
- Math & Physical Sciences: 747-2174
- Nursing & Health Sciences: 747-2207

TRANSCRIPTS/TRANSFER CLASSES

In addition to submitting secondary school records to the Admissions office, if you have completed at least 24 semester hours of post-secondary (after high school) coursework, you are considered a transfer student. Transfer students must submit official records (transcripts), complete with course descriptions (if possible) to the Registrar’s Office, located in the Admissions Building. Transcripts must list all subjects taken and grades earned at the post-secondary institution.

All transcripts must be an original or certified copy with the original seal of the issuing institution or ministry of education, signed by an appropriate authority. Records must be in their original language and an official certified English translation must accompany the records. If you have attended a U.S. institution, official credentials must be sent to the Registrar’s Office directly from the institution attended, in a sealed envelope.

If your transcripts need to be translated, NNMC recommends World Education Services (WES) at: http://www.wes.org/index.asp. The fee is approximately $160 (U.S.) per application. Official evaluations must be forwarded directly to NNMC from the evaluation service. For additional information and assistance with your transcripts, please contact Jan Dawson, Registrar at dawsonj@nnmc.edu.

ACADEMICS

For many international students, it can be a challenge to adjust to the style of teaching in the U.S. Some major points of difference include:

- Emphasis on class participation.
- Encouraging or requiring student feedback and questions during class.
- Emphasis on projects, group assignments and other homework instead of just a cumulative exam.
- Requirement of extensive reading and writing.
- Individual responsibility for research and timely submission of work.

At the college level, most courses are one semester long (4-4.5 months). Each course is assigned a number of credit hours. Credit hours are usually based on how
much time is spent in class. All degree programs require students to complete a minimum number of credit hours before graduation which can be found in the college handbook in your degree program.

GRADING

In the U.S., grades or marks typically resemble:

- A = Excellent
- B = Better than average
- C = Average
- D = Below Average
- F = Fail
- S = Satisfactory (‘pass’ in a non-graded class)
- U = Unsatisfactory (‘fail’ in a non-graded class)
- I = Incomplete,
- W = Withdrawal
- AU = Audit

Keep in mind that, in most cases, grades are based on more than just exams. Your course syllabus (see below) explains exactly how you will be evaluated in each class. Your grade may be affected by exams, homework, projects, participation, attendance, and other factors.

GPA (GRADE POINT AVERAGE)

In the U.S., great emphasis is placed on the grade point average, also known as GPA. This is the ‘average’ of all grades and credit received in a degree program.

Calculating the GPA: Each letter grade has the following point value:

- A=4
- B=3
- C=2
- D=1
- F=0

To find the number of grade points for each class, multiply the number of credits times the point value (for example, if you received a “B” grade in a 3 credit class, this would be 3 x 3 = 9 grade points.)

The GPA is calculated by adding the total number of grade points and dividing by the total number of credits.

For example: A student completed four classes during the Fall semester and the final grades were:

- Class #1: 3 credits Grade = A Quality points=3x4 =12
- Class #2: 2 credits Grade = B Quality points=2x3 = 6
- Class #3: 4 credits Grade = C Quality points=4x2 = 8
- Class #4: 3 credits Grade = A Quality points=3x4 = 12
- GPA = Total number of quality points:12+6+8+12 = 38 divided by the number of credits: 3+2+4+3 = 12
- 38 ÷ 12 = 3.16 GPA (B Average)

It is essential that students maintain a 2.0 GPA or better in order to remain in good academic standing at NNMC.
COLLEGE TERMS

- **AA** – Associate of Arts (usually a 2-year degree).
- **Academic Advisor** – a faculty or staff member assigned to a student to help in planning course schedules and degree plans.
- **Add or Drop a course** – Add—to enter a course in which you had not originally enrolled; Drop—to withdraw from a course in which you were enrolled. Adding and dropping classes only occurs during a short period at the beginning of each semester (the ‘Drop/Add period’).
- **Audit** – Officially registering for a course in which a student will not earn a letter grade or credit. The cost is the same as if the course were taken for credit. A student auditing a course may be required to participate fully in the class.
- **BA** – Bachelor of Arts (usually a 4-5 year degree).
- **BS** – Bachelor of Science.
- **Catalog** – the book that contains the current and complete information, including degree requirements, admissions requirements, course descriptions, etc. Published annually, available throughout the college, and also available online at www.nnmc.edu. Click the Catalog icon on the home page, or go to the “Catalogs” link under “Current Students.”
- **Cheating** – copying answers, data, or other information (or allowing others to do so from your work) during an examination, quiz, laboratory experiment, or any other academic exercise in which the student is not expressly permitted by the instructor. This can be grounds for failing the class, being expelled from school, or other disciplinary actions.
- **Final** – the last exam of the semester, usually the most important exam.
- **Hold** – refers to restriction placed on a student’s registration by a campus office which prevents the student from registering for classes.
- **Incomplete** – records a course for which, because of serious reasons beyond a student’s control (e.g. automobile accident on the way to the final exam, hospitalization in the last couple of weeks of the term), student is not able to complete that last portion of the course requirements. By mutual, signed agreement between the student and the instructor, countersigned by the department chairperson, and subsequently accepted by the Registrar, the student will have up to one year to complete that small portion of the course still lacking.
- **Major** – a student’s primary field of study.
- **Midterm** – a key exam in the middle of the semester.
- **Minor** – a student’s secondary field of study (if the student chooses to have one).
- **Plagiarism** – refers to the copying of materials without making reference to the source of information, a very serious academic offense. Students must be very careful in correctly referencing all source material in academic writing.
- **Skim** – to quickly read a passage or article for the general idea.
Syllabus – schedule of the topics to be covered in a class, which may include test dates, grading requirements, and assignment schedule. The syllabus is part of the ‘orientation’ which takes place for each class on the first day, and constitutes an agreement or contract between the instructor and students of the class.

Withdraw – to formally cancel enrollment in a class-with a “W” annotated on a student’s permanent record/transcript. If you drop from a course within the refund period (the first two weeks of a regular fall or spring semester or the first week of a summer session), nothing will appear on your transcript to show enrollment. If you drop during the third week of a regular term (or after the first week of a summer session), no record will appear, nor will you receive a refund. Please refer additional questions to the Registrar.

SCHOLARSHIPS/FINANCIAL AID

There is limited financial assistance for international students at NNMC; however, there are a few scholarships available. For more information, please visit the NNMC website and click on ‘Future Students,’ then click on ‘Financial Aid,’ finally, click on the link that says ‘Scholarships.’ In addition, international students qualify for a few of the scholarships offered by the NNMC Foundation. More information can be found at www.nnmc.edu. Click “Foundation” at the top of the home page.

Note: International students who are athletes have the opportunity to receive an athletic scholarship. Non-athletes also have an opportunity to apply for a special scholarship, but first must complete one full semester with at least 12 credits and have a minimum 3.0 GPA. For a scholarship application, please contact Frank Orona in the Administration building.

For other scholarship/grant opportunities, please be sure to look into the following:

- http://www.fastweb.com
- http://www.edupass.org/finaid/databases.phtml
- http://www.internationalscholarships.com
- http://www.iefa.org/
- http://www.isoa.org/list_scholarships.aspx

ON-CAMPUS EMPLOYMENT

F-1 students do not qualify for federal financial aid. Many of the jobs on campus are “work-study” jobs, which are positions paid by federal funds as part of a student’s financial aid package. F-1 students are not eligible for “work-study.” F-1 students CAN, however, apply for and obtain employment with departments contracted through the college or non-work-study positions. The non-work-study positions that international students can apply for on the NNMC campus include the Sostenga center, which is made up of a student-run café, greenhouse, and garden, as well as the Student Ambassadors. For additional information on working for Sostenga, please contact Camilla Bustamante at cbustamante@nnmc.edu or
505-747-5454. Her office is located in the JCI building on Railroad Avenue, across from the gym.

For additional information on working as a Student Ambassador please contact the DSO at 505-747-2269.

EMPLOYMENT ELIGIBILITY VERIFICATION

According the U.S department of Labor, international students do not need to have a social security number prior to applying for and being accepted to a job on campus. The student, however, must first have the offer of the job on an NNMC letterhead, issued by the on-campus employer, and signed by Frank Orona. See section below for additional information.

Within the first three days of beginning work, you and your employer must complete a form entitled Employment Eligibility Verification (USCIS Form I-9). This form should be provided by your employer and must be updated each time you receive a renewal of your work permission.

International students are allowed to only work on-campus, and for no more than 20 hours per week. No formal authorization from the United States Citizenship and Immigration Services is needed prior to beginning employment. If your employer has questions about your employment eligibility, and filling out Form I-9, ask him/her to please contact Human Resources (HR) at 505-747-2142. The HR office is located in the Administration Building.

TAXES

In general, F-1 students who have been in the U.S. for no more than five calendar years are exempt (meaning you do not have to pay these) from Social Security (also known as FICA) and Medicare taxes. You should be sure to bring this to the attention of your employer because many employers are not familiar with this provision of the tax laws. If you need more information about the F-1 Social Security and Medicare tax exemption, please see:

http://www.unm.edu/oips/all_handouts/pssw_2009.pdf

Students in F-1 status are subject to all other taxes that may apply: federal, state and local. Please contact your employer for additional information on the tax forms that you are required to complete.

SOCIAL SECURITY NUMBER

You will need to obtain a Social Security number (SSN) in order to work on campus and also to open a local bank account. The Social Security Administration will only assign Social Security numbers to students with documentation certifying that they have an on-campus job. You will need to bring the following documentation with you to the Social Security Administration to apply:

- Passport
- I-20
- I-94
You will also need the following:

- Job offer letter (from Sostenga/Student Ambassadors) on an NNMC department letterhead signed by both your employer and by Frank Orona.

- Once you have the necessary documents, you will also need to fill out the application on Form SS-5 at http://www.ssa.gov/ssnumber/ss5.htm and submit all documents to the Social Security office located in Santa Fe (see address below). There is no application fee.

  **Social Security**, 1922 5th Street, Santa Fe, NM 87505 / 1-866-571-8130
  Monday – Friday, 9:00 a.m. – 3:30 p.m. (Closed on Federal Holidays)

**NEW MEXICO IDENTIFICATION CARD**

The New Mexico Identification (ID) card is not obligatory for international students to have, but it is highly recommended. It can be used as an alternative to carrying your passport for everyday transactions, it can be used for entrance into certain clubs/pubs, and it can also be used to open a bank account, write a check, etc. It is also common in the U.S. to be asked for more than one form of identification, especially when dealing with a bank or applying for a social security number.

You must apply for an ID card in person at the **Motor Vehicle Division (MVD)**. There, you have to provide the following documentation:

- An original birth certificate (translated into English and notarized*)
- Passport
- Proof of residence
- Social Security Card

The cost of the ID card is $10 and lasts for 4 years. A photograph will be taken of you for the card, and you will need to provide your thumbprint and signature.

  **MVD**: 1121 Santa Clara Peak Road, Española, NM 87532/505-753-4681

* You can get your translated birth certificate notarized at the Box Pack & Mail, located near NNMC on Railroad Avenue. Hours of operation are Monday–Friday, 9:00 a.m. – 4:00 p.m.

**NNMC STUDENT SERVICES**

**ID CARDS**

Every NNMC student, including international students, must obtain an NNMC student identification card (ID). The NNMC ID card is provided by the college to all students, staff, and faculty members. The card is used to purchase textbooks from the bookstore, borrow books/media from the library, access the Game Room located in the Administration Building, and use the equipment in the gym. In addition, the ID card is used for free admissions to most cultural, social, and sporting events on campus. To obtain your ID card, first, you must pick up your student ID number in the Admissions Office. Then, after you have registered for your classes, print out a class schedule and take it to the Game Room. After you have shown your
class schedule to the person at the front desk, you will have your picture taken and your ID card processed.

EMAIL ACCOUNTS

Once you arrive on campus, you will obtain an official NNMC email address. Your NNMC email is very important and you should check it regularly. It is where you will receive official broadcasts and notifications from the college regarding such matters as emergency closings, course cancellations, scholarship opportunities, and other bulletins. Your professors will also use your NNMC email to communicate with you about matters related to your classes.

You can obtain your NNMC email address by visiting the NNMC website, clicking on ‘myNNMC’ then clicking on ‘Access your Northern email’. Follow the instructions on how to sign in.

Username Examples: Firstname_middleInitial_Lastname@nnmc.edu

First time, temporary password: Eagles11. After signing in for the first time with the password provided, you will then be asked to create your own password.

DINING

La Tiendita (store) and Café is located in the Sostenga Center in the JCI building on Railroad Avenue, across from the gym. It offers espresso drinks, baked goods, and fresh local food prepared in the on-campus kitchen. Regular café and store hours are 7:30 a.m. until 2 p.m. An additional café will open in the new library, once the building is opened. La Tiendita menu offers vegetarian options and includes items such as:

- Breakfast Burritos
- Quiche
- Soup

In addition, the Bookstore on campus (see below for location) also offers a variety of snacks such as:

- Burritos
- Chips
- Coffee
- Hot Chocolate
- Sandwiches
- Candy Bars
- Cookies
- Fruit Juice
- Ice cream

TUTORING

There are several tutoring options for students in the following subject areas:

- Accounting
- Biology
- Business
- Chemistry
- Microsoft Word
- Math
- Reading
- Physics
- Writing

Students can find tutoring services in the Student Success Center and High Tech Building. Tutoring schedules are posted in the Student Success Center each semester.
WRITING CENTER

International students are encouraged to visit the Writing Center, which is located in the Administration Building (AD129) on the lower level, at the end of the hallway, past the Business Administration Department.

Northern’s Writing Center offers individual tutoring sessions for students seeking advice and assistance in reading and writing. *Tutors assist students in developing the following skills:*

- Understanding an assignment
- Selecting and focusing a topic
- Analyzing a reading
- Conducting research
- Generating ideas for a topic
- Organizing ideas and outlining
- Formulating thesis statements
- Creating transitions
- Developing paragraphs
- Structuring an essay or paragraphs
- Editing and proofreading their work
- Sentence structure
- Sentence variety
- Word choice
- MLA in-text citations and Works Cited lists
- APA in-text citations and Reference lists
- Business letters/resumes

COMPUTER LABS

There are several computer labs located throughout campus, including:

- Student Success Center (offers free printing)
- Library
- High Tech. Building/PI Center
- Writing Center
- JCI Building

BOOKSTORE

The NNMC Bookstore is located in the Administration Building. Here you will be able to purchase your course textbooks, school materials (pens, notebooks, binders, envelopes book bags, computer accessories), as well as NNMC apparel (t-shirts, sweat-shirts, sweat-pants, etc). In addition, students can purchase art supplies, lab coats (required for science labs), nursing uniforms, dance (Flamenco) shoes, and a variety of toiletries (i.e. deodorant). Students also have the options to either rent
textbooks for a minimal fee or purchase textbooks online. For additional information, visit www.nnmc.edu, click on “Current Students,” then on “Bookstore.”

**Bookstore hours:** (as of June 2012):
- Monday – Thursday 8:00 a.m. – 5:00 p.m.
- Friday 8:00 a.m. – 12:00 p.m.
- Closed Saturday & Sunday

**LIBRARY**

The Northern New Mexico College Library is also known as the Ben Lujan Learning and Resource Center. It is located across the quad from the General Education (GE) building. Students can access books, magazines, scholarly journals, online articles, newspapers, CDs, DVDs and much more at the NNMC Library. In order to check out materials, students must present their Student ID card. Other Services include a group study room, computers, a copy machine and audiovisual materials and players.

**Library hours:**
- Monday – Thursday 8:00 a.m. – 9:00 p.m.
- Friday 8:00 a.m. – 5:00 p.m.
- Saturday & Sunday 12:00 p.m. – 5:00 p.m.

**GYM**

The gym at NNMC is also known as the Eagle Memorial Sportsplex. Students have access to a variety of activities such as:
- Racquetball
- Basketball
- Cardio Room
- Weight Training Room
- Sauna

Be sure to check-in at the front desk with your ID card and sign a Rules/Liability form, required of all students who want to use the gym for the semester.

**Gym hours:**
- Monday – Thursday 6:00 a.m. – 9:00 p.m.
- Friday 8:00 a.m. – 7:00 p.m.
- Saturday 8:00 p.m. – 2:00 p.m.
- Closed Sunday

**TRANSPORTATION**

**AROUND NNMC**

There is limited transportation at NNMC, due to its remote location. Students can take the **Regional Transit District (RTD) blue bus**, which provides free public trans-
portation around Northern New Mexico. The NNMC RTD blue bus stop is located across from the Administration Building and next to the Teacher Education Center (TEC). For route/time information please go to http://www.ncrtd.org/Routes.aspx or call 866-206-0754. In addition, students can ask the friendly bus drivers for a copy of the bus schedule.

AROUND SANTA FE

If students want to travel to Santa Fe (the state capital city), from Española, they have the option of taking the Park and Ride bus. For route/schedule information please go to http://dot.state.nm.us/park_and_ride.html and click on “Northern NM Park and Ride Schedule.”

AROUND ALBUQUERQUE

If students want to travel to Albuquerque (where the airport is located), they have the option of taking the Park and Ride bus to Santa Fe, then catching the NM Rail Runner, which is a train that provides transportation between Santa Fe and Albuquerque.

For route/schedule information please go to http://www.nmrailrunner.com/index.asp.

HOUSING OPTIONS

There is currently no student housing at NNMC. There are however, a few off-campus rental apartments and houses within walking distance/on the RTD bus line. Please refer to the section below for additional information.

*Useful terms/information to know when renting an apartment:*

**Tenant:** Person (you) who rents an apartment/house

**Landlord:** Owner of an apartment/house that is being rented out

**WHAT IS A DEPOSIT?**

A deposit is a sum of money paid by individuals living in a rented apartment or house to guarantee against damage to the building. If there is no damage and you clean the apartment or house thoroughly before you move out, your landlord or apartment manager should return most or all of the deposit. Most states require the landlord to return your deposit money to you within 30 days after you move out.

Usually a “security deposit” (often the same amount as one or two months’ rent) is required. This deposit will be returned to you if the apartment or room is left clean and undamaged when you leave.

It is very important to carefully inspect the room when you first move in, make written notes of any damage you find, agree with the manager about the condition, and get the manager’s signature on your notes. Give the manager a copy and keep your own copy. This will help you in case there are any disagreements about the condition when you move out, and help you get the entire security deposit back. Be sure to ask about rules for hanging pictures, and whether you are permitted to paint the walls or change anything else about the property.
WHAT IS A LEASE?

A lease is a written agreement, or contract, between the tenant(s) and the landlord. A lease usually states the following:

- The rent amount per month.
- On which day of the month the rent is due. Unlike landlords in some countries, those in the United States ordinarily do not go around collecting rent payments. You are expected to take the rent to your landlord on or before the day it is due, or mail it early enough so it arrives by the day it is due.
- The deposit amount.
- How long you are required to stay (for example, six months, 12 months).
- What utilities you are expected to pay.
- How many day’s notice you must give before moving out.
- Rules you must follow (such as no pets).
- Services the landlord agrees to perform (such as yard work or repairs).
- Other conditions you and the landlord agree to follow.

SIGNING A LEASE

In most cases, you will be asked to sign a “lease,” an agreement between you and the manager (or “landlord”) of the housing facility. In the United States, a lease is a legally binding document, so be sure you understand everything before signing. Sometimes it’s helpful to bring a friend along who can explain things, or you can request a copy of the lease before you sign it, and show it to someone if you have questions. The lease will state how much monthly rent is to be paid and the monthly due date, when you can move in, how long you are responsible for paying (often a whole year or sometimes two semesters), what is included (water, heat, and electricity are sometimes included but sometimes extra charges, telephone is not included). Some leases automatically renew unless a 30 to 60 day written notice is given. The lease will also have rules about pets, storage facilities, loud noise, security, and other items, in order to protect the building and others living there.

WHAT ARE UTILITIES?

**Heating and electricity:** Heat may be included in the monthly cost of your room or apartment. If not, ask the landlord or other residents of the building, or former residents what you might expect to pay monthly for utilities.

If electricity is not included in your lease, you will be responsible to pay for the electricity you use, either directly to a utility company, or sometimes to the manager of your building, based on your usage as measured by an electric meter.

Be aware that heating with electricity can be very expensive, so it’s cheaper to use the building’s heat rather than a small electric heater.

If utilities are not included, you will need to make arrangements with the local utility company that provides the form of heat your dwelling requires (usually gas or electricity). The manager of your dwelling can help you with this, or tell you whom to contact. Sometimes the telephone book will list the phone numbers for
utilities companies in a special section at the beginning of the phone book. Be sure to let the utility company know exactly when you will move in; call them again to tell them when you will move out, so that you are only charged for the utilities you use.

Sometimes the gas or electric company will require a deposit from you before they establish service. Once you have paid your utility bills on time for several months (up to a year), they will return your deposit.

**Water:** The usage of water is usually included in the amount you pay for rent, but it’s good to ask. You can drink the water right from the tap in the United States; it is clean.

**Telephone:** In most cases, it is the responsibility of the tenant to purchase and install a telephone, or you can use a cell phone. The companies listed below provide wireless phone services in and around Española. Contact the companies directly for the latest information on services, rates, deals, and the availability of cellular coverage in your area.

- **Sprint**
  3777 Cerrillos Road, Suite A, Santa Fe, New Mexico 87507 / 505-474-5200

- **T-Mobile**
  Wal-Mart, 1610 N Riverside Drive, Española, NM 87532 / 505-747-0414

- **AT&T**
  3494 Zafarano Dr, Santa Fe, NM 87507 / 505-424-1638

- **Verizon**
  3545 Zafarano Dr, Suite C, Santa Fe, NM 87507 / 505-424-1620

**Other charges:** Your lease should mention if other costs are included or will be extra. Charges may include garbage pickup, water, shared electrical, or other costs.

**ELECTRICAL APPLIANCES**

Depending on what country you are coming from, your electrical appliances and gadgets may not be compatible in the U.S. The U.S. voltage/frequency is 110V/60Hz. If your gadgets come with an adapter that is already compatible for world-wide usage, i.e. 110-240V/50-60Hz, then you are okay. You may want to bring a universal adapter from home, although you will most likely be able to buy it from local stores, such as Wal-Mart. The picture above right is an example of a universal adapter. Pictured to the left is an example of the U.S. appliance plug. Note that it has two vertical pins.

**WHERE CAN I GET FURNITURE?**

If you rent a furnished apartment or room, basic furniture, such as bed, couch, table, and chairs, will be provided.

If you prefer to buy your own furniture, you may wish to check second-hand (used) or thrift (Goodwill, Salvation Army, etc) stores, garage and yard sales, flea markets, bulletin boards on campus, and the newspaper classified ads section.

- **Salvation Army Family Store**
  307 N Riverside Dr., Española, NM 87532 / 800-728-7825
OFF CAMPUS HOUSING OPTIONS NEAR NNMC:

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<th>#27 County Road 089A, Chimayó, NM 87522</th>
<th>Days Inn 807 South Riverside Drive, Española, NM 87505</th>
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<td>903 Calle Don Pedro, Española, NM 87532</td>
<td>089A, Chimayó, NM 87522</td>
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</table>


HEALTH SERVICES

NNMC does not have a student health center. In case of an emergency (which refers to a condition that might be life-threatening and that requires immediate treatment), go to the nearest hospital, which is Presbyterian Española Hospital (see address below). Presbyterian Hospital is located across the road and to the south of NNMC. You will be required to show your insurance card, which you should carry with you at all times.

*Presbyterian Hospital*: 1010 Spruce St., Española, NM 87532
Main Switchboard: 505-753-7111

INSURANCE

At NNMC, it is mandatory for every international student to have health insurance. Please be sure to purchase your health insurance before your arrival to NNMC. Below is a list of international student health insurance providers:
- http://www.isoa.org
- http://www.internationalstudentinsurance.com
DENTAL

In the U.S, health insurance does not usually include a dental plan. If students are seeking dental care, they can visit the **Clinicas del Norte** (clinic of the north), located in El Rito, about 40 minutes from Española (see below for address). Please be sure to call ahead of time to schedule an appointment. You will need to provide your date of birth, reason for your visit, and a letter from Frank Orona, stating your international student status. You will be charged $45 per visit.

**Clinicas del Norte:** State Road 571 #28, El Rito, NM 87530 / 575-581-0028  
**Hours:** Mon. – Fri. 8 a.m. – 6 p.m., Sat. 8 p.m. – 4 p.m., Sunday Closed

COUNSELING SERVICES

Counseling may not be familiar to many international students because it is not always a common practice in other countries and cultures. In the U.S, it is normal to seek counseling to discuss your concerns. For instance, you may be experiencing difficulties with cultural adjustment, homesickness, friendships and relationships, academic and family issues, etc. The NNMC counseling staff member can help you learn new coping skills and focus on helping you achieve your maximum potential at NNMC. Counseling services at NNMC are free of charge.

In addition, counseling services are confidential, which means that the information you choose to share with the counselor is only between you and the counselor. The Counseling office at NNMC is located in the Administration building, office 241C. Please be sure to call and schedule an appointment at 505-747-2256 with Mental Health Counselor, Ana Gutierrez-Sisneros, malinalli@nnmc.edu. The Counseling office hours are Monday – Thursday, 9 a.m.–6 p.m. Walk-ins are also welcome.

CULTURAL ADAPTATION

Adapting to a new environment can take time; the pace of transition varies from person to person. The typical pattern of cultural adjustment often consists of distinct phases: Honeymoon, Crisis, Recovery, and Adjustment. Notice that this cycle is then repeated upon re-entry to one’s home country or culture of origin. The effect these phases have on one’s mood is illustrated in this “w-curve” figure:

THE HONEYMOON PHASE

This phase is best described by feelings of excitement, optimism and wonder often experienced when you enter into a new environment or culture. While differences are observed, students are more likely to focus on the positive aspects of the new environment.
THE CRISIS PHASE

This is what is often termed “culture shock.” Culture shock has been defined in different ways by social scientists. In general, it is a term used to describe the anxiety and feelings (of surprise, disorientation, confusion, etc.) felt when people have to operate within an entirely different cultural or social environment. It grows out of the difficulties in assimilating the new culture, causing difficulty in knowing what is appropriate and what is not. Often this is combined with strong disgust (moral or aesthetical) about certain aspects of the new or different culture. Culture shock does not necessarily occur suddenly, but may gradually begin to affect a person’s moods over time. The length of time a person experiences culture shock depends on how long they stay in the new environment as well as their level of self-awareness.

SYMPTOMS OF CULTURE SHOCK

Culture shock manifests itself in different forms with different people but some symptoms can be:

- changes in eating habits and sleeping habits
- acute homesickness; calling home much more often than usual
- being hostile/complaining all the time about the host country/culture
- irritability, sadness, depression
- frequent frustration; being easily angered
- self doubts; sense of failure
- recurrent illness
- withdrawing from friends or other people and/or activities

THE RECOVERY & ADJUSTMENT PHASES

Recovering from culture shock is handled differently by everyone—we each have our unique circumstances, background, strengths and weaknesses that need to be taken into consideration. With time and patience, we can experience positive effects of culture shock, like increasing self-confidence, improved self-motivation and cultural sensitivity. As you gradually begin to feel more comfortable in and adjusting to the new environment, you will feel more like expanding your social networks and exploring new ideas. You will feel increasingly flexible and objective about your experience, learning to accept and even practice parts of the new culture, while holding onto your own cultural traditions.

Suggestions for easing the transition:

- **Realize that what you are going through is normal.** Remember that the unpleasant feelings are temporary, natural and common to any transition that a person makes during their life. Be patient and give yourself time to work through the process.

- **Keep in touch with your home country.** Read newspapers from home, international magazines, etc. Watch international television channels or surf the internet. Call home regularly and use social media outlets such as Skype (www.skype.com) to keep in touch with family members. Have familiar things around you that have
personal meaning, such as photographs or ornaments. Find a supplier of familiar foods or visit restaurants that are similar to your home cuisine.

- **Take care of yourself.** Eat well, exercise, and get enough sleep!
- **Talk to someone.** Find friends who are going through a similar process, call your family, and/or see a counselor. NNMC has a trained counselor who can help you through the difficult parts of cultural adaptation. In the U.S. it is very common to talk with a counselor about problems or difficulties. Take advantage of the resources available to you at the college!
- **Have fun and relax!** Join student groups. Take up a new sport at the Eagle Memorial Sportsplex. Participate in activities, clubs and student organizations of interest to you.
- **Improve your English skills.** Cultural adaptation is greatly enhanced by perfecting your English skills. Not being able to communicate clearly can create isolation and loneliness. Make a point to join activities that give you the opportunity to share in conversation and express your identity.

**TIPS FOR UNDERSTANDING AMERICAN CULTURE**

**GREETINGS**

Americans are usually very friendly. They tend to greet each other with a smile, sometimes a handshake, and a friendly “Hello, how are you?” (which is not a literal question about your health) or “What’s up?” Such a greeting is very common, and does not always require an answer. If an American friend greets you with “Hi, what’s going on?” and walks away, do not feel offended, it is a popular way of greeting. Also, the common phrase “See you later” is not an invitation for a visit, but a casual way to say “goodbye.” Americans are very informal and address each other by their first names from the time they meet, even with elders and people of authority. Do not feel uncomfortable when someone asks you to use his/her first name, it is customary. If you are in doubt about how to address someone, you should first use the formal name and wait for him or her to suggest that you use the first name.

**GIFTS**

As a rule, gifts are given to relatives and close friends. They are sometimes given to people with whom one has a casual but friendly relationship, such as a host or hostess, but it is not necessary or even common for gifts to be given to such people. Gifts are not usually given to teachers or others who hold official positions. The offering of gifts in these situations is sometimes interpreted as a possibly improper effort to gain favorable treatment from that person.

**DRESS**

Casual dress is appropriate for the classroom. Students will, however, dress more formally for certain class presentations. Casual dress is also appropriate for visits in people’s homes, shopping, or movie theatres. You might dress more formally for a special dinner or a special event at NNMC.
PERSONAL HYGIENE

To most Americans, personal hygiene is very important. They shower and wash their hair daily and wear freshly cleaned clothes each day. Natural body odors are considered unpleasant and offensive, so deodorants, colognes, and other toiletries are used often.

TIME

Americans are very time-conscious and place high value on promptness. Classes generally start on time. If you are going to be more than five or ten minutes late for a meeting or an appointment, you should telephone or send a text message to let the other party know you will be late.

CURRENCY

The U.S. monetary system follows the decimal system. The basic unit is the dollar, the symbol for which is “$.” The most widely used bills are in denominations of $1, $5, $10 and $20. Occasionally, a bill of $50 or $100 may be seen. Each dollar can be divided into 100 cents. Currency in the form of a coin is: 1 cent (penny), 5 cents (nickel), 10 cents (dime) and 25 cents (quarter). There are some other coins, such as the 50-cent coin or the dollar coin, but they are rare.

VALUE OF A DOLLAR

Here are the average prices for common items:

- cup of coffee: $2
- hamburger, fries and drink: $5 to $10
- lunch at a restaurant: $8 to $20
- hotel/motel room, $50- $100 and more
- movie theater (cinema): $5 to $10
- gasoline (1 gallon): $3.80 + (fluctuates)
- haircut (woman): $20
- haircut (man): $10
- postage stamp for letter delivery in United States: $.45 cents
- postage stamp for letter delivery outside of United States: $.85 cents (for first ounce; for additional ounces, rates vary by destination)

SALES TAX

Most businesses in the United States charge a sales tax on tangible personal property and services, such as clothing, restaurant and fast food restaurant meals, services (haircuts), newspapers, books, toiletries etc. Sales taxes vary from state to state, but average 5 percent to 8 percent in most places. Sales taxes are added at the cash register, so be prepared for your bill to be more than the price tag on an item.
TIPPING

Tipping, also known as gratuity, is giving a small amount of money to another person for a service. These are the most often tipped services:

- waiter/waitress: 18-20 percent of food bill
- porters: $1 to $2 per bag
- barbers/hairdressers: 15 percent of bill
- room service at a hotel: $1 to $2
- food delivery persons: $1 or more

You should never tip police officers, physicians, government employees, or College employees. It may be interpreted as a bribe, which is illegal. You do not tip bus drivers, theatre ushers, museum guides, salespeople, employees at fast food restaurants, or hotel clerks.

CAMPUS SAFETY

SUBSTANCE ABUSE POLICY

NNMC is committed to a safe working and learning environment for its faculty, staff, students, and the general public. Because substance abuse affects people’s performance, conduct, reliability, and general ability to learn and complete assigned tasks, NNMC has adopted the following policy on substance abuse:

ALCOHOL

While you are on College property, you are denied the unauthorized use, manufacture, distribution, dispensation, sale, possession, or transfer of controlled substances, including the unauthorized use or possession of, or being under the influence of, alcohol or alcoholic beverages. Violation of this policy may result in such disciplinary action as dismissal and referral for investigation and/or prosecution by appropriate law enforcement agencies.

DRUG TESTING

Routine drug testing is not permitted; however, if there is reasonable suspicion that a specific individual is in violation of this policy, that person may be required to undergo testing as a condition of continued enrollment as a student. This does not, of course, preclude the College, at its discretion, from conducting random drug testing programs for students who might be participating in athletic activities conducted or sponsored by the College.

CAMPUS SECURITY

All students are to report to the DSO, Frank Orona, any criminal activity occurring within the campus facilities or during any college-sponsored activity. No type of criminal activity within the campus or during college activities will be tolerated. Criminal activities include but are not limited to murder, rape, robbery, aggravated assault, burglary, motor vehicle theft, liquor law violation, drug abuse, and weap-
ons possession. Under the terms of the law, in September of each year the College prepares, publishes, and distributes information which is available upon request to current students.

**Campus Security can be reached (24 hours a day) at 505-747-5158.** The office is located in the back of the Arts Annex building. You can learn more about campus security policies in Northern’s current catalog, available on the website.

**BANKING**

Convert your money before you open a bank account; it is recommended that you bring cash or traveler’s checks for at least the first couple of weeks. You will be able to convert currency at the airport, but you may want to check with your local bank for exchange rates.

It is also recommended that you open a bank account during your stay in the U.S. The bank is not only a safe place to keep your money, but also convenient if you find a job on campus, or expect funds to be wired to you from your home country. There are several banks to choose from in Española (please refer to page 37 for banking options). In addition, there is an ATM (Automated Teller Machine) conveniently located on campus across from the Administration building, where you can withdraw money at any time. To open a bank account in Española, you will need to provide the following:

- Social Security Number
- Passport
- Local address
- Initial funds to be deposited into your new account (cash, traveler’s check, or personal check)

**Below are some important services that banks offer.**

- **Checking Account:** The easiest way to manage your finances is through a checking account. A checking account allows you to deposit money, and then write a check against your account to pay for services and purchases you have made. When you open a checking account, you will receive checks printed with your name, address, and account number printed. Your checkbook will also contain a financial ledger which is used to maintain a record of your transactions and ongoing balance.

  Depending on the bank and the type of account you have selected, you may be charged a service fee for having a checking account. In many instances this can be avoided by keeping a minimum balance (amount of money in your account.)

  Your bank will provide to you a monthly record of your checking activity, either online or a paper statement mailed to you, which is convenient in tracking your spending. Checks are also convenient for submitting payment by mail (for example to pay a telephone or utility bill). You need to keep a careful record of how much money you have in the bank and the amount of the checks you write. Writing checks for more than the amount you have in your account results in fines and other penalties.
**Savings Account** – These accounts are designed for saving money over a long period of time. You typically cannot write checks on these accounts. You can, however, open both accounts and transfer funds from your savings to your checking account.

**Debit Cards** – Also known as a checking card, this allows you to withdraw or deposit money to your bank account using an automatic teller machine (ATM) and to make purchases at stores that accept the card.

Some debit cards carry a credit card logo (such as MasterCard or Visa), and can be used in place of a check or credit card. Debit cards are not credit cards, however, and they can be used only to the extent that you have funds in that account.

**Credit Cards** – Some banks now offer a combination debit/credit card. Credit card use in the U.S. is so widespread that it may be difficult to carry out certain transactions such as renting a car, securing phone service, or buying airline tickets without one.

Credit cards offer a convenient method to pay for goods and services without using cash. You are billed every month, and must pay at least a portion of your balance every month. If you do not pay the entire amount due, you will have to pay interest on the unpaid balance. If the card is lost or stolen it should be reported to the credit card company immediately.

**ATM Machines** – Most banks operate Automated Teller Machines (ATMs). These machines make it possible for customers to deposit, withdraw, or transfer funds conveniently, even when the bank is closed.

You will find ATMs in banks, shopping malls, supermarkets, and other convenient locations. Be certain that you understand your bank’s ATM system and policies and are familiar with the fees your bank may charge for using this service. When you open an account with a bank that operates an ATM system, you’ll be issued a plastic ATM card, and assigned a personal identification number (PIN) which is needed to make a transaction.

**POSTAL SERVICES**

Many students receive mail at their place of residence. Others choose to rent a post office box (P.O. Box) at a local post office. Please notify the Registrar’s office and the DSO office as soon as you have a local address, or if that address changes. U.S. Postal Service offices near NNMC include:

**Española U.S. Post Offices:**

- 1701 State Road 76, Santa Cruz, NM 87567 / 505-753-7643
- 2103 N Riverside Dr, Española, NM 87532 / 505-753-2945
- Chimayo U.S. Post Office: 724 Nm-76, Chimayo, NM 87522 / 505-351-4524
IMPORTANT PHONE NUMBERS

- Emergency (Ambulance/Fire/Police): 911
- New Mexico State Police Dept: 505-753-2277
- Rio Arriba County Sheriff Dept: 505-753-3329
- Campus Security: 505-747-2158
- Student Counseling Services: 505-747-2256
- Frank Orona (DSO): 505-747-2269
- Admissions: 505-747-2111
- Registrar's Office: 505-747-2115
- Presbyterian Hospital: 505-753-7111
- Clinicas del Norte (Dental): 575-581-0028

HELPFUL INTERNET LINKS

- USCIS (U.S. Visa Documents): http://www.uscis.gov/portal/site/uscis
- Travel, Study and Work in the U.S: http://www.usa.gov/visitors/visit.shtml
- Information on Immunization and Vaccination Requirements: http://www.who.int/en
- New Mexico State Parks: http://www.emnrd.state.nm.us/PRD
- New Mexico Tourism: http://www.newmexico.org
- New Mexico Rail Runner: http://www.nmrailrunner.com
- New Mexico Department of Transportation: http://dot.state.nm.us
- New Mexico Driver’s License information: http://www.tax.state.nm.us/mvd/mvd_home.htm
- About Española: http://espanolaonline.com/aboutespanola.htm
- Rio Grande Sun (local newspaper): http://riograndesun.com/front
- The Santa Fe New Mexican: http://www.santafenewmexican.com
- Currency Converter: http://www.xe.com
Free Furniture:  http://www.freecycle.org

PLACES OF WORSHIP

ISLAM
Dar al Islam Mosque
P.O. Box 180, Abiquiú, NM 87510 / 505-685-4515
Directions from Española: Coming into Abiquiú from the south on Highway 84, drive just beyond the Abiquiú Inn and Bode’s General Store. About a mile past the Chama River crossing is County Road 155. Turn right and follow the unpaved road for about 2 miles until you come to the overhead Dar al Islam main entrance sign on your left. Visitors are welcome, but advance arrangements are advised.

JUDAISM
Los Alamos Jewish Center
2400 Canyon Road, Los Alamos, NM 87544 / 505-662-2140
Temple Beth Shalom
205 East Barcelona, Santa Fe, New Mexico 87505 / 505-982-6161

BUDDHISM
Tushita Kadampa Buddhist Center
PO Box 24071, Santa Fe, NM, 87502 / 505-820-222
Kagyu Shenpen Kunchab (KSK)
751 Airport Road, Santa Fe, NM 87505 / 505-471-5336

DHARMA SINGH KHALSA
11 Sombrillo Rd, Española, NM 87532

BAHA’I FAITH
PO Box 28805, Santa Fe, NM, 87592 / 505-982-3788

CHRISTIANITY
United Methodist Church
105 Spruce St., Española, NM 87532 / 505-753-4115
First Baptist Church
909 La Joya St., Española, New Mexico 87532 / 505-753-2805
Church of Jesus Christ Latter Day Saints (Mormonism)
1101 East Fairview Lane, Española, New Mexico 87532 / 505-753-3751
CATHOLICISM

Sacred Heart Parish
908 Calle Rosario, Española, NM 87532 / 505-753-4225

Immaculate Heart of Mary Catholic Church
3700 Canyon Road, Los Alamos, NM 87544 / 505-662-6193

ORTHODOX CHRISTIANITY

Saint Dimitri Orthodox Church
2270 39th St, Los Alamos, NM, 87544-1742 / 505-661-7466

QUAKERISM

Los Alamos Friends Worship Group
625 La Bajada Los Alamos, New Mexico 87544 / 505-662-7530

South Side Friends Worship Group
1730 Camino Carlos Rey North, Suite 209, Santa Fe, NM 87507 / 505-471-2288

DINING OUT

NEW MEXICAN CUISINE

Angelina’s Restaurant
1226 N Railroad Ave, Española, NM 87532 / 505-747-2471

JoAnn’s Ranch O Casados Restaurant
938 N Riverside Dr, Española, NM 87532-2556 / 505-753-1334

El Paraiso
602 Santa Cruz Rd, Española, NM 87532 / 505-753-8852

El Paragua
602 Santa Cruz Rd, Española, NM 87532 / 505-753-3211

Los Arcos Restaurant
819 N Riverside Dr, Española, NM 87532 / 505-753-3015

La Cocina Restaurant
415 S Santa Clara Bridge Road, Española, NM 87532 / 505-753-3016

Rancho de Chimayó
297 Juan Medina Road, Chimayo, NM 87522 / 505-351-4444

FAST FOOD

KFC
813 N Riverside Dr, Española, NM 87532 / 505-753-3472

Blake’s Lotaburger
119 Paseo De Onate, Española, NM 87532 / 505-753-9287

Sonic Drive-in
1207 N Riverside Dr, Española, NM 87533 / 505-753-6224
Taco Bell  
1600 N Riverside Dr, Española, NM 87532 / 505-753-9399

Pizza Hut  
1308 N Paseo De Onate, Española, NM 87532 / 505-747-0146

Subway  
708 N Riverside Dr, Española, NM 87532 / 505-753-5030

Wendy’s  
1610 N Riverside Dr, Española, NM 87532 / 505-747-1357

McDonalds  
618 N Riverside Dr, Española, NM 87532 / 505-753-5162

Chili’s  
415 Lowder Milk Rd, Española, NM 87532 / 505-753-6667

CHINESE

Shanghai  
734 N Riverside Dr Ste D, Española, NM 87532-2957 / 505-753-7568

JAPANESE

Jo Ji’s Sushi and Teppan Grill  
1508 N Riverside Dr, Española, NM 87532 / 505-747-4113

ITALIAN

La Strada  
107 S Riverside Dr, Española, NM 87532 / 505-747-4545

HOTELS

Santa Claran Hotel ($75 - $98)  
464 N Riverside Dr, (at the Santa Claran Casino), Española, NM 87532  
505-753-3506

Days Inn Española ($36 - $78)  
807 South Riverside Dr, Española, NM 87505 / 505-747-1242

Comfort Inn ($60 - $79)  
604-B South Riverside Dr, Española, NM 87532 / 505-753-2419

Inn at the Delta ($124 - $135)  
243 N Paseo De Oñate, NW, Española, NM 87532 / 505-753-9466

PHARMACIES

Walgreens  
1114 N Riverside Dr, Española, NM 87532 / 505-747-3405
Walmart Super Center
1610 N Riverside Dr, Española, NM 87532 / 505-747-0427

Fairview Pharmacy
34 N Riverside Dr, #B, Española, NM 87532 / 505-753-22097

BANKS
Valley National Bank
322 N Riverside Dr, Española, NM, 87532 / 505-753-2136

Bank of America
1123 Riverside Drive North, Española, NM 87532 / 505-367-1780

Wells Fargo Bank
645 N Riverside Dr Española, Española, NM, 87532 / 505-753-2308

Community Bank
404 Carr Ln, Española, NM, 87532 / 505-753-2383

Century Bank
460 N Riverside Dr, #G, Española, NM 87532 / 505-367-1200

LAUNDROMATS
E-Z Way Laundry
609 Riverside Dr, Española, NM 87532 / 505-753-3895

The Bubble Zone Laundry
701 La Joya St, Española NM 87532 / 505-747-0222

FOOD SHOPPING
Walmart Super Center
1610 N Riverside Dr, Española, NM 87532 / 505-747-0427

Sol Food Natural Market
482 State Road 150 # A3, Arroyo Seco, NM 87514 / 575-776-5765

Pojoaque Supermarket
9 W Gutierrez St, Santa Fe, NM 87506 / 505-455-2178

Family Dollar Store
672 NM State Road 76, Chimayo, NM 87522 / 505-351-1718

Smith’s
535 Central Ave, Los Alamos, NM 87544 / 505-662-7210

Center Market
708 S Riverside Dr, Española, NM 87532 / 505-753-3171
ENTERTAINMENT

Puye Cliff Dwellings
888-320-5008 / www.puyecliffs.com

Home to the ancestors of today’s Santa Clara Pueblo people, Puye Cliffs once supported a population of 1,500 from the late 900s to the late 1500s A.D.

Now a National Historic Landmark, Puye Cliffs features authentic cliff dwellings, early Pueblo architecture, an original 1800s Harvey House and a stunning panorama of northern New Mexico.

Big Rock Bowling Center
505-747-2695

Bring friends for big fun on 24 lanes! The Big Rock Bowling Center is open seven days a week.

Dream Catcher Cinema

Sipapu Ski Resort
http://www.sipapunm.com/

Sipapu provides the perfect place to learn to ski, snowboard and more. If it’s your first time on the slopes, come to Sipapu and get your first lesson for FREE!

Los Alamos County Ice Rink
505-662-4500 / http://www.losalamosnm.us/rec/rink

Come ice skate in the only outdoor rink in Northern New Mexico!

Bond House Museum
http://www.plazadeespanola.com/bond.php

The anchor for Plaza de Española is the historic Bond House, now a museum that highlights the transition of Española from frontier outpost to commercial center. Until the coming of the railroad in 1880, the Hispanic and Native American lifestyles of the area had been unchanged for more than three centuries. Coming from Canada, the Frank Bond family established the Española Mercantile, invested in sheep and land, and began the construction of an adobe home. By 1910, the house had grown to its current size.

Poeh Museum

In the Tewa language, “Poeh” means pathway. The Poeh Museum is a living pathway where tradition travels between the past and the present. It embodies the essence of what it means to be Tewa in a context of cultural continuity. It emphasizes the arts and cultures of all Pueblo People, with special attention to the northern Rio Grande’s six Tewa-speaking Pueblos: Nambe, Pojoaque, San Ildefonso, San Juan, Santa Clara and Tesuque. It also highlights the Tiwa-speaking Pueblos of Picuris and Taos.
Norris Bradbury Science Museum


The museum’s main focus is an overview of the work taking place at Los Alamos National Laboratory, and exhibits include looks at the history of the Manhattan Project (including the first cases of the atomic bomb), as well as displays of the latest in laser, computer, geothermal, solar, nuclear, and other technologies, from health research to environmental studies.

Bandelier National Monument

http://www.nps.gov/band/index.htm

Bandelier National Monument protects over 33,000 acres of rugged but beautiful canyon and mesa country as well as evidence of a human presence that dates back over 11,000 years. Petroglyphs, dwellings carved into soft rock cliffs, and standing masonry walls pay tribute to the early days of a culture that still survives in the surrounding communities.

New Mexico River Adventures

http://knownworldguides.com

Come experience rafting or kayaking on the beautiful Chama River!

Ojo Caliente Hot Springs

http://ojospa.com

Deemed sacred by indigenous Native Americans of Northern New Mexico, Ojo Caliente Mineral Springs has been a gathering place and a source of healing for hundreds, even thousands of years. Come relax in its healing waters. Rates are cheaper during the week.

ONLINE RESOURCES

- **International Student Application for Admission**
  Go to Northern’s homepage at www.nnmc.edu, click on “Admissions,” and then click on the link to the “Undergraduate International Student Application” near the bottom of the list.

- **Current Degrees and Majors at Northern**
  Go to www.nnmc.edu, click on either “Future Students” or “Current Students,” and then select “Degree & Certificate Programs.”

- **Estimated costs per year to attend Northern**
  Go to www.nnmc.edu, click on either “Future Students” or “Current Students,” and then select “Tuition and Fees.”

- **Student Health Services**
  Go to www.nnmc.edu, click on “Current Students,” and then select “Student Health.”