

Academic Dispatch



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November 8, 2023

I need somebody

Help! not just anybody

Help! you know I need someone, help

—John Lennon & Paul McCartney

The Pack

An essential human gift lies in our ability to communicate with each other – from one to one, from one to many, from many to one, from many to many, and even across space and time – and through this gift we gain the ability to support each other and so achieve success and meaning. But seeking help is a choice, for we can seek support, or not. We can choose to reach out, or not. Yet our strength as individuals comes from one another as much as it comes from within, and so we do reach out and we do respond, and help.

There have been times in my life when I needed help, and I'm fortunate and grateful to have found the support I needed. There was a time when the help I needed came from counseling. I needed someone to listen without judgement, to probe with good questions, and to help me contemplate those things I was not considering, or at least not articulating. I'm not embarrassed to have sought care from a psychologist, any more than I'm embarrassed that I once had an orthopedist put a cast on my hand.

Former GPSA president Shaikh Ahmad once observed that we must create a culture of help-seeking at UNM, because seeking help is a strength. It's normal to need help in college and in life. When you look around you at your fellow students or your colleagues, you can be sure that they struggle at times too, even if you can't see their struggles. But the Lobo community is one in which we are here to help each other, and in which we all grow and become better as we seek comfort from our pack. Each of us defines all of us.

There are many ways to find the help each of us needs, from building a community of friends who can support each other, to taking advantage of the movie nights and student orgs that

enliven our campus. We can choose to use services like Counseling, Assistance & Referral Services (CARS), which provides counseling and support to UNM faculty and staff, or Student Health and Counseling (SHAC) and TimelyCare, which together provide 24/7 counseling and physical health services to UNM students. Johnson Gym is a resource too, for we are physical beings, not just minds. The mind needs a body, and it needs a healthy one. All of the campus places where people come together in community to draw energy and love from each other generate the strength for tomorrow's effort, and are sources of success for each of us. As you follow the difficult trail, using all the pack around you *is* strength. Open up the doors.

A New Dean

I am pleased to announce the appointment of Dr. Kris Goodrich, Professor of Counselor Education, as Dean of the College of Education and Human Sciences (COEHS), effective this Friday, November 10, 2023. Kris is no stranger to UNM or the College, having served as Interim Dean since December of 2022, and before that as Associate Dean for Research and Distance Education in the College. He also has experience as a department chair, once as chair of Individual, Family, and Community Education (IFCE), and once as interim chair of Teacher Education, Educational Leadership and Policy (TEELP). Kris started at UNM as an assistant professor in 2010 and is an accomplished scholar with over 60 published papers in peer reviewed journals. He has also co-authored one book and served as editor of two others, contributed many chapters as well, and had numerous other publications.



Dean Kris Goodrich

Dr. Goodrich is dedicated to the success of COEHS, and to the state of New Mexico. In his work as interim dean he has reached out across UNM to build partnerships with other units, and across the state to build critical relationships with school districts, and with state officials and legislators. The work of COEHS is critically important to our state, and I look forward to seeing Dean Goodrich advance this work.

James Paul Holloway

Professor of Nuclear Engineering
Provost & Executive Vice President for Academic Affairs

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