

Check us out!

APRIL 2023



# GEARZZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM

## Ambrose "Cruz" Singer-Sunchild

Cruz is from Rocky Boy, Montana and an enrolled member of the Chippewa Cree Tribe. During high school he prepared for college by taking dual enrollment courses at Stone Child College, and plans on taking classes there over the summer to stay ahead on his degree track.

Cruz is a freshman Business Major at UM. He is interested in applying for our Marketing program as an upperclassman. Cruz may pursue a career in Sports Marketing after graduation and hopes to travel elsewhere for work.

Currently, he is looking into options for internships and may pick up Business Management as a minor.

As a student, Cruz plays intramural basketball and is apart of the Kyiyo student group. In his spare time, he enjoys playing golf, softball, working out, spending time with friends in the dorm, and visiting the Payne Center to study. Cruz tells us he is enjoying having new experiences and is eager to see new places.



How many hidden FAFSAs can you find in the whole newsletter? Email Mindy (mindy.may@mso.umt.edu) the exact amount and win Griz swag!

### TABLE OF CONTENTS:

- SPOTLIGHT/REMINDER
- UPCOMING EVENTS
- RESOURCE SPOTLIGHT
- DEAR MONTE
- CRUSHING COLLEGE

LIKE US!



GEAR UP UNIVERSITY OF MONTANA



GEARUPUMT



remind

Check your email for a link



FAFSA

FAFSA

# IMPORTANT DATES

APRIL 2023

## FAFSA

- 4/3-ELEVATEU -Getting started with Career Core
- 4/4-Financial Wellness Event at UC
- 4/4- Cookies and Careers, Branch Center, 11am
- 4/4-ELEVATEU -Creating your Career Action Plan
- 4/6-ELEVATEU -Getting the most out of Self Assessments
- 4/6--UM Pickleball, Schreiber 4-6pm
- 4/6-Indigenous Writing Group, PFNAC 12-2pm

4/6-REGISTRATION  
4/7-REGISTRATION

- 4/11- Cookies and Careers, Branch Center, 11am
- 4/12-Wellness Wednesday PFNAC 11a-1pm-Grad Cap Beading
- 4/12- GEAR UP SOUP-er Wednesday, PFNAC, 11a-1pm
- 4/12-Wellness Wednesday UC ALL DAY
- 4/12- Outdoor Rec Gear SALE 8am at the UC
- 4/13--UM Pickleball, Schreiber 4-6pm
- 4/13-Indigenous Writing Group, PFNAC 12-2pm
- 4/18- Cookies and Careers, Branch Center, 11am
- 4/19-Functional Foods-sleep and relaxation, Food Zoo, 11a-1p
- 4/20--UM Pickleball, Schreiber, 4-6pm
- 4/20-Indigenous Writing Group, PFNAC 12-2pm
- 4/21- Calm and Crafty, UC, 11a-1pm
- 4/21- Native Go Griz Days
- 4/21- Kiyiyo Powwow
- 4/22- Kiyiyo Powwow
- 4/26- GEAR UP SOUP-er Wednesday, PFNAC, 11a-1pm
- 4/27--UM Pickleball, Schreiber 4-6pm
- 4/20-Indigenous Writing Group, PFNAC 12-2pm

FAFSA



**Course registration**

FALL REGISTRATION  
APRIL 6TH AND 7TH  
**\*\*\*YOU NEED YOUR PIN  
TALK TO YOUR ADVISOR**

FAFSA

APRIL  
FINANCIAL  
LITERACY  
MONTH

FINANCIAL WELLNESS EVENT (APR. 4)  
10:00 a.m. - 3:00 p.m. UC. West Atrium  
LOAN REPAYMENT (APR. 20)

GAMES, PRIZES AND TRIVIA!



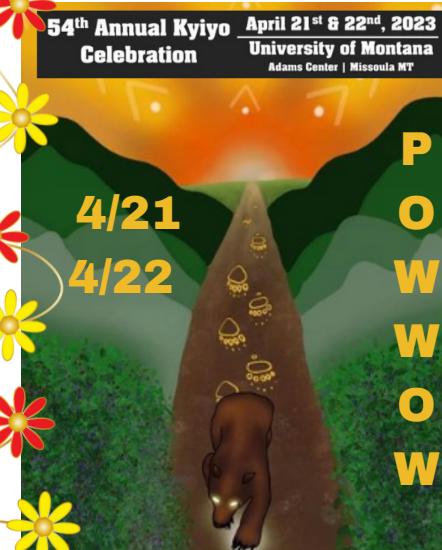
**FINANCIAL WELLNESS EVENT**  
TUESDAY, APRIL 4, 10:00 A.M. - 3:00 P.M.  
UNIVERSITY CENTER WEST ATRIUM  
FEATURING BEAR NECESSITIES, CURRY WELLNESS, & FINANCIAL AID

UM FINANCIAL EDUCATION PROGRAM

54th Annual Kiyiyo Celebration April 21st & 22nd, 2023  
University of Montana  
Adams Center | Missoula MT

4/21  
4/22

POW W O W



**CALM & CRAFTY**

11AM-1PM | UC Atrium

GEAR UP

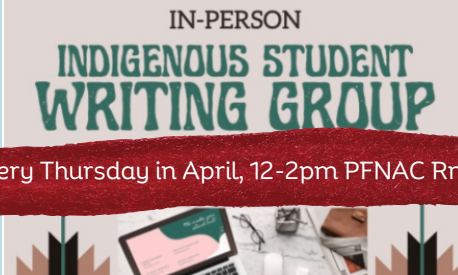
APR 21st

MAY 1st



IN-PERSON  
**INDIGENOUS STUDENT WRITING GROUP**

Every Thursday in April, 12-2pm PFNAC Rm 211



WELLNESS WEDNESDAY  
april 12 2023

**ELEVATEU**  
» ONLINE «

Getting Started with Career Core  
Monday, April 3 at 3pm Online

WEDNESDAY @ 11A-1P PFNAC

E  
L  
L  
N  
E  
S  
S



**Apr 12 - Grad Cap Beading**

Calling Class of 2023! Caps, beading supplies, and instruction provided. No experience needed.

**April 26 - Pemmican Making**

We'll be in the Planetarium to experience the Blackfeet stories of diff



FAFSA



THURSDAYS  
4-6PM SCHREIBER

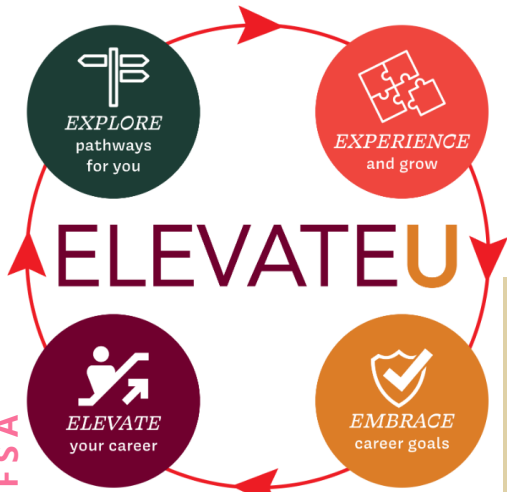
Native  
**GO GRIZ**

4/21



FAFSA

# RESOURCE SPOTLIGHT



ElevateU prepares you for a meaningful career by integrating exploratory and skill-building opportunities throughout your UM experience. Through ElevateU, explore career pathways, grow from enriching out-of-class experiences, set and embrace professional goals, and elevate to your desired career path beyond graduation.

WATCH THIS VIDEO ABOUT ELEVATE U



[HTTPS://YOUTU.BE/28YPAPOEWN0](https://youtu.be/28ypapoewn0)

Get ready for **SUMMER**



ELCS can help with:

- Student Jobs
- Internships
- Career Exploration
- Volunteerism
- Resumes
- Interview practice

FAFSA

FAFSA

## Contact

MAIN

(406) 243-2022

[ELCS@UMONTANA.EDU](mailto:ELCS@UMONTANA.EDU)

EXPERIENTIAL  
LEARNING

& CAREER SUCCESS  
ABER HALL, 2ND FLOOR



## HOW DO I PARTICIPATE IN ELEVATEU?

Participate in ElevateU at any time by completing a Featured Activity in any of the four steps – no matter where you are in your career journey.

## GEAR UP INFO FOR HIGH SCHOOLS

# SUMMER EXPLORATION

UM'S Pre-College Summer Program

- CSI MISSOULA (CJUS 191)
- ENVIRONMENTAL ETHICS: CLIMATE CHANGE AND SENSE OF PLACE (ENST 191)
- INTRODUCTION TO DEBATE AND PUBLIC SPEAKING
- INTRODUCTION TO PUBLIC HEALTH AND HEALTH SCIENCES (PUBH 191)
- MONTANA HABITATS (BIOB 191)

**JULY 15-28, 2023**  
APPLICATION DEADLINE: APRIL 23

**\$3,100** course fee, room and board, all meals and program costs

**\*There is no cost for Montana GEAR UP students** and limited \$500 scholarships are available for non-Montana GEAR UP students.

Find course descriptions at [umt.edu/summer/pre-college](http://umt.edu/summer/pre-college)



Exclusively for UM Admitted Students



**APRIL 15**  
**APRIL 28**  
**MAY 6**  
**MAY 27**  
**JUNE 10**

We invite you to register for the GO GRIZ date that works best for you and your family. Come join us!



406-243-6266

[ADMISS@UMONTANA.EDU](mailto:ADMISS@UMONTANA.EDU)  
<https://www.umt.edu/admissions/campus-visit/go-griz-day.php>



**APPLY TODAY**

Scan the QR code or visit [umt.edu/summer/pre-college](http://umt.edu/summer/pre-college) for more information.





Dear Monte,

**I slept in over spring break and stayed up late, how can I get my sleep schedule back on track?**

**---Habit of Hibernating**

We've all heard that most people need between 7 and 9 hours of sleep to function at our best, but that can be difficult to achieve as a student when you have roommates to visit with and exams to stay up late and study for.

Did you know, it takes about two weeks to catch up on sleep after you begin taking the steps to recover from sleep deprivation? Below you can find some tips to improve your sleep hygiene to increase your energy levels and improve academic performance.

- Set a consistent bedtime and wake up time.
- If you can, put away electronics an hour before you go to bed. At the least, turn off the blue light on your devices.
- Plug in your phone somewhere you can't reach while laying down and can't easily turn off your morning alarm.
- Have a "wind down" routine to practice before bed. This works best when you start an hour before you plan to sleep. Get changed, brush those teeth, whatever you decide, make it work for you.
- Try to avoid mindless scrolling on Insta, TikTok, or YikYak.
- Create a calming sleep space, dim your lights or opt for a lamp closer to bedtime. You might try some calming scents like lavender in your space.
- Work out an agreement with your dormmate about expectations to respect each other spaces if you share a room.
- Try relaxing techniques like breath work, sleep apps/noises, or meditation. Try not to reflect on stressful events as it increases your adrenaline before bed.
- Move your body during the day, it's proven to help you experience more restful sleep.



Welcome back from spring break! Hopefully, you got some much-needed rest and relaxation and saw some family. We have six more weeks of class left before we are off for the summer! This is a great time to make sure we are doing well with our time management. Remember that with finals coming up it can be a stressful time. If you struggle with keeping an organized schedule reach out to us at GEAR UP or TRIO and we can try to help you find the best way of keeping yourself organized. The Wellness Center also offers resources to help you improve your time management.

