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!

Check your email for a link
**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

**April 6th and 7th**

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You need your PIN

Talk to your advisor

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**Course Registration**

**FALL REGISTRATION**

April 6th and 7th

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**FINANCIAL WELLNESS EVENT (APR. 4)**

10:00 am - 3:00 pm UC West Atrium

**FAIR REIMBURSEMENT (APR. 20)**

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**GAMES, PRIZES AND TRIVIA!**

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**54th Annual Kyiyo Celebration**
April 21st-22nd, 2023
University of Montana
Kabiens Center | Missoula MT

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**IN-PERSON**

**INDIGENOUS STUDENT WRITING GROUP**

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

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**CALM & CRAFTY**

11am-1pm | UC Atrium

**APR 21st**

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**ELEVATEU ONLINE**

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**WEDNESDAY @ 11A-1P PFNAC**

**WELLNESS MONDAY**

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**April 12 - Grad Cap Beading**

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

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**April 26 - Pemmican Making**

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

Get ready for SUMMER

ELCS can help with:
- Student Jobs
- Internships
- Career Exploration
- Volunteerism
- Resumes
- Interview practice

Contact

MAIN
(406) 243-2022
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

FAFSA

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 (BOS 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.

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

APRIL 15
APRIL 28
MAY 6
MAY 27
JUNE 10

406-243-6266
ADMISS@UMONTANA.EDU
https://www.umt.edu/admissions/campus-visit/go-griz-day.php

FAFSA
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.

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.

Keep calm because Spring is coming.

The best investment you can make, is an investment in yourself... The more you learn, the more you'll earn.

– Warren Buffett