

Check us out!



AUGUST 2022



GEARZZLIES' GAZETTE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM

Guides
to
your
UM
GEAR UP
Family!

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HAVE
QUESTIONS AND
WANT TO TALK
TO A PERSON?

INDIGENOUS FIRST YEAR EXPERIENCE (IFYE)

COLS 194-13
CRN 74741
TUESDAY/THURSDAY
9:30-10:30 AM
PFNAC 202

WHAT IS THIS?

THE IFYE IS FOR FIRST-TIME FRESHMAN WHO IDENTIFY AS AMERICAN INDIAN/ALASKA NATIVE AND ARE ENROLLED AT THE UM IN THE FALL 2022 SEMESTER!

- A STIPEND OF \$200.00 MONTHLY FOR PARTICIPATION
- A NATIVE GRIZ MENTOR
- STUDY TIME WITH TUTORS
- THREE COLLEGE CREDITS



LET'S
CHAT

Wed, Aug 3

Join Zoom Meeting

<https://umontana.zoom.us/j/99847187115?pwd=QldzNklwakg4TmR6L1JTTDF2T2NOQT09>

10:00 AM - 11:00 AM

ZOOM in for GEAR UP

Meeting ID: 912 2048 8587



Wed, Aug 17

Join Zoom Meeting

<https://umontana.zoom.us/j/99539031765?pwd=eFZmL0lhK0diZGN1ajBxam1kRWNOZz09>

03:00 PM - 04:00 PM

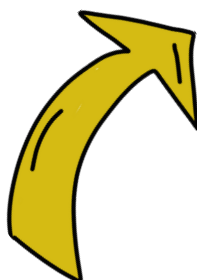
ZOOM in for GEAR UP

Meeting ID: 995 3903 1765



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BE BOLD,
PUSH YOURSELF,
AND GET COMFORTABLE BEING
uncomfortable.

-ANGIE GELS-



August 2022

Monday, 8/22--Orientation begins

Monday, August 22nd 2022

Event/Location/ Start & End

- Student Meal Plans Begin - Food Zoo Open Lommasson Center, Food Zoo 7:30 am 10:00 am
- *Residence Hall Move-In Day 8:00 am 6:00 pm
- *Get Your Student ID Card University Center Atrium, First Floor 8:30 am August 26th 4:30 pm
- Lunch Food Zoo, Emma B Lommasson Center 11:00 am 2:00 pm
- *New Student Orientation Check-In Mansfield Mall, between the University Center and the Library 12:00 pm 6:00 pm
- *Fraternity and Sorority Involvement Neighborhood Welcome Various Greek Houses on University Ave 1:00 pm 4:00 pm
- *BEAR Fair The Oval 4:00 pm 6:00 pm
- Dinner Food Zoo, Emma B Lommasson Center 5:00 pm 7:30 pm

Tuesday, August 23rd 2022

Event/Location/ Start & End

- Breakfast Food Zoo, Emma B Lommasson Center 7:00 am 10:00 am
- *Late New Student Orientation Check-In The Adams Center Arena 8:30 am 10:00 am
- *New Student Orientation Kick-Off The Adams Center Arena 10:30 am 11:00 am
- Student Small Group Dispersal The Adams Center Arena 11:00 am 11:30 am
- Small Group - Meet Your UM Advocate Follow Your UM Advocate 11:30 am 12:30 pm
- *Parent and Family Q&A The Adams Center Arena 11:30 am 12:30 pm
- Lunch Food Zoo, Emma B Lommasson Center 12:00 pm 2:00 pm
- *Moving Camp - American Indian Student Services Payne Family Native American Center 12:00 pm 2:00 pm
- Orientation Central Open University Center, First Floor Atrium 1:00 pm 4:30 pm
- An Introduction to College at UM Various, Follow Your UM Advocate 2:00 pm 2:50 pm
- Small Group - Let's Talk About ElevateU Follow Your UM Advocate 3:00 pm 4:00 pm
- Meet Your Academic College Various 4:00 pm 5:30 pm
- *Missoula College Welcome Night Missoula College River Campus, 1205 E Broadway 4:00 pm 5:30 pm
- Dinner Food Zoo, Emma B Lommasson Center 5:00 pm 7:30 pm
- Griz Welcome - Bingo and Trivia Night University Center Commons 8:00 pm 10:00 pm

Wednesday, August 24th 2022

Event/Location/ Start & End

- Breakfast Food Zoo, Emma B Lommasson Center 7:00 am 8:30 am
- Meet Up with Your Small Group Various 8:15 am 8:30 am
- Big Sky Experience Day 1 Various, Follow Your UM Advocate 8:30 am 12:30 pm
- Orientation Central Open University Center, First Floor Atrium 8:30 am 4:30 pm
- Lunch Food Zoo, Emma B Lommasson Center 12:00 pm 2:00 pm
- Maroon Groups - Diversity, Equity, and Inclusion (DEI) Learning Session Dennison Theatre 2:00 pm 3:00 pm
- Gray Groups - Setting You Up for Success University Center Ballroom, Third Floor 2:00 pm 3:30 pm
- Maroon Small Group - Let's Talk About DEI Various, Follow Your UM Advocate 3:00 pm 4:00 pm
- Gray Small Group - Let's Talk About College at UM Various, Follow Your UM Advocate 3:30 pm 4:30 pm
- Optional Walk-In Academic Advising Various 4:00 pm 5:30 pm
- Davidson Honors College Welcome Davidson Honors College Patio 4:30 pm 6:00 pm
- Dinner Food Zoo, Emma B Lommasson Center 5:00 pm 7:30 pm
- Griz Welcome - Learn S'More about Greek Life The Oval 7:30 pm 9:00 pm

Thursday, August 25th 2022

Event/Location/ Start & End

- Breakfast Food Zoo, Emma B Lommasson Center 7:00 am 8:30 am
- Meet Up with Your Small Group Various 8:15 am 8:30 am
- Big Sky Experience Day 2 Various, Follow Your UM Advocate 8:30 am 12:30 pm
- Orientation Central Open University Center, First Floor Atrium 8:30 am 4:30 pm
- Lunch Food Zoo, Emma B Lommasson Center 12:00 pm 2:00 pm
- Gray Groups - Diversity, Equity, and Inclusion (DEI) Learning Session Dennison Theatre 2:00 pm 3:00 pm
- Maroon Groups - Setting You Up for Success University Center Ballroom, Third Floor 2:00 pm 3:30 pm
- Gray Small Group - Let's Talk About DEI Various, Follow Your UM Advocate 3:00 pm 4:00 pm
- Maroon Small Group - Let's Talk About College at UM Various, Follow Your UM Advocate 3:30 pm 4:30 pm
- Optional Walk-In Academic Advising Various 4:00 pm 5:30 pm
- Dinner Food Zoo, Emma B Lommasson Center 5:00 pm 7:30 pm
- Dinner at Downtown Tonight Caras Park, 123 Carousel Dr, Missoula, MT 59802 5:30 pm 8:30 pm
- Griz Welcome - Karaoke The Oval 8:30 pm 11:00 pm

Friday, August 26th 2022

Event/Location/ Start & End

- Breakfast Food Zoo, Emma B Lommasson Center 7:00 am 10:00 am
- Orientation Central Open University Center, First Floor Atrium 8:30 am 4:00 pm
- Maroon Groups - Bystander Intervention Training Dennison Theatre 9:00 am 10:15 am
- Maroon Groups - Advocate Production Dennison Theatre 10:15 am 11:30 am
- Gray Groups - Lunch Food Zoo, Emma B Lommasson Center 11:00 am 1:00 pm
- Maroon Small Group - Let's Talk About the Bottom Lines Various, Follow Your UM Advocate 11:30 am 12:30 pm
- Maroon Groups - Lunch Food Zoo, Emma B Lommasson Center 12:30 pm 2:00 pm
- Gray Groups - Bystander Intervention Training Dennison Theatre 1:00 pm 2:15 pm
- Freshmen Float & River Bowl Party The River Bowl 2:00 pm 6:00 pm
- Gray Groups - Advocate Production Dennison Theatre 2:15 pm 3:30 pm
- Gray Small Groups - Let's Talk About the Bottom Lines Various, Follow Your UM Advocate 3:30 pm 4:30 pm
- Dinner Food Zoo, Emma B Lommasson Center 5:00 pm 7:30 pm
- Griz Welcome - Outdoor Movie The Oval 6:30 pm 8:30 pm

Sunday, August 28th 2022

Event/Location/ Start & End

- Griz Welcome - Sunday Funday The Oval 12:00 pm 4:00 pm

How to win friends and influence people

1. Show Genuine Interest
Careful though: always be sincere.

2. Smile
It costs nothing but creates much.

3. Call People by Name
People place big importance on their own name. Remember it and call it easily.

4. Be an Active Listener
Be interested: Ask questions, encourage them to talk.

5. Find and Talk about Their Interest
You may find you have something in common, creating an opportunity for friendship.

6. Make Others Feel Important
Every man I meet is my superior in some way.





RESOURCE SPOTLIGHT

TRIO



Erin Shaw

Phone

(406) 243-5032

erin.shaw@mso.umt.edu

Trio Student Support Services or Trio SSS

is for students that are:

- First-Generation College Student
- Income eligibility (qualify under federal guidelines)
- Documented physical or learning disability

This program offers:



TUTORING,
ACADEMIC ADVISING,
CAREER ADVISING,
FINANCIAL AID GUIDANCE, A
FREE BOOK LOAN PROGRAM,
PEER MENTORING, AND A
TECHNOLOGY LOANING PROGRAM.



As your student mentor I have been in this program, and they were super helpful with helping me find my advisor and setting up my schedule.

Your next steps are:

- <https://www.umt.edu/trioss/apply.php>
- Contact Erin Shaw at erin.shaw@mso.umt.edu.





CRUSHING COLLEGE

DEAR MONTE

Dear Monte,

I am a new freshman at UM and am nervous because it is so much bigger than where I came from. How do I adjust to such a large campus?

--Floundering Freshman

First, you are not alone!! It is called "little fish in the big pond" effect and there are several tactics to navigate the experience.

1. Have a positive, growth mindset--look at this as an opportunity to grow and expand connections. Notice the diversity that surrounds you and the many inspirational people you can meet and learn from.
2. Reflect on your achievements in the past and open yourself to new opportunities for future accomplishments.
3. Beware of compare! Focus on YOU and your abilities, skills, that you can contribute.
4. Get **INVOLVED!** So many opportunities through clubs and organizations. Go to BEAR FAIR (8/22 4-6pm on the Oval) and learn your options.



HELPFUL COLLEGE HACKS

MAKE SURE TO GET ENOUGH SLEEP AT NIGHT

KEEP A CALENDAR TO WATCH IMPORTANT DATES FOR CLASSES

DON'T BE AFRAID TO ASK YOUR PROFESSORS FOR HELP

KEEP YOUR GOALS IN MIND TO STAY MOTIVATED

DRINK LOTS OF WATER, STAY HYDRATED

GO ON WALKS OUTSIDE, STAY ACTIVE IT HELPS WITH STRESS LEVELS

ALWAYS TRY YOUR BEST, THE BEST HACK I CAN GIVE YOU IS TO ALWAYS DO THE BEST YOU CAN AND EVERYTHING ELSE WILL FOLLOW



Summer of
GREAT THINGS from...

SUMMER Exploration

Showcase



Upward Bound
Game of
College LIFE

Vision Boards

TRIO UPWARD BOUND



Game of
College LIFE in
Libby

Selfie!

NCCEP Conference
Washington D.C.

