



GEARZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

UM GEAR UP NEWSLETTER
DECEMBER 2023



What's In This Month's Issue?

- Spotlight-Kaitlyn Miller
- Thanks to Aurora
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- Crushing College

GEAR UP Spotlight Kaitlyn Miller

We are excited to introduce this phenomenal young lady to you, Kaitlyn Miller. She was born and raised in Browning, Montana. One thing she loves about her community is how involved they are, people show up for each other. She is majoring in English Education since English is her favorite subject. One of the hardest hurdles to overcome when coming to college was not being able to see her kindergarten brother and helping him understand she wasn't gone for good! He asked, "Can we call you?" One thing that surprised her was she thought the transition would be more difficult, but she found a fantastic support system welcoming her to campus. Her father, also the head track coach at Browning High School, is her inspiration because he pushed her to do her absolute best. Glad you're here at UM!



HAPPY HOLIDAYS

FINALS Schedule

Hour on which class has met during the semester:	If the class meets daily, 4 times a week, or M, MWR, MWF, MF, MW, MTW, WF, TWF, MR, TW, TWR, WR, W, F or MT, the final exam will be held at this time:	If the class meets TR, T, R, MTR, RF, TRF, R, or TRS, the final exam will be held at this time:	Meeting date for the final exam:
9:00 am	08:00-10:00		
10:00 am	08:00-10:00	10:10-12:10	Monday, December 11
11:00 am	08:00-10:00	10:10-12:10	Tuesday, December 12
12:00 pm	08:00-10:00	10:10-12:10	Wednesday, December 13
8:00 am	08:00-10:00	10:10-12:10	Thursday, December 14
3:00 pm	1:10-3:10	10:10-12:10	Friday, December 15
2:00 pm	1:10-3:10	3:20-5:20	Monday, December 11
1:00 pm	1:10-3:10	3:20-5:20	Tuesday, December 12
4:00 pm	1:10-3:10	3:20-5:20	Wednesday, December 13
		3:20-5:20	Thursday, December 14

Aurora Liberty-Dupuis



Many of you have possibly had the privilege to meet and associate with Aurora in the UM GEAR UP/AISS programs. Her contributions have guided many students and she will be greatly missed. We are truly grateful for her efforts in behalf of GEAR UP. As she embarks on this new chapter of her journey, we want to wish her every success. She has been an invaluable asset to the UM GEAR UP program.

BEST WISHES!

Holiday Cookie Decorating

by decorating holiday cookies.

12.7.23

1-3PM | THURSDAY
TRIO Computer Lab
327 Aber Hall



December



PICKLEBALL

TUESDAY, DECEMBER 5th

Schreiber Gym 12pm-2pm

Come enjoy some fun and friendship by playing pickleball in Schreiber gym. No experience or equipment necessary.

FOR ANY QUESTIONS EMAIL: Mindy.may@mso.umt.edu
Heather.hibbard@mso.umt.edu

LIBRARY EVENTS!

- 12/5 – A group crochet and knitting project will start on the library's main floor
- 12/7 – A large "paint" by numbers will go up in the Library Commons. People can use different color dry-erase markers to participate on the library's whiteboard wall on Level 3.
- 12/8 – There will be group puzzles on every floor of the library
- 12/8 & 12/9 (Friday and Saturday) – The library will have extended hours and will be open until 10pm both days
- 12/10 & 12/11 – Coffee and treats on Sunday evening, and then on Monday at 8am and 2pm!
- 12/11 – 12/13 – Monday through Wednesday, the library will have therapy dogs from 10am – 2pm in the library entrance.
- The library will also bring a basket of supplies and snacks to West Campus next week for their finals, which largely take place the week before finals.



Dec. 6th & 7th
2023

STRESS LESS

10:00 - 2:00 Chair Massage
UC - First Floor

10:00 - 2:00 Stress Less
Wellbeing Support Coordinators
UC - First Floor

1:00 - 2:00 Sound Meditation
University Center- Room 333

2:00 - 3:00 Art Session
University Center- Room 333

4:00 - 6:00 Stitch Circle
University Center- 2nd Floor, Branch Center

Free Food, Prizes, and
Friendship Bracelets

Book
here!



DOGS!

10- 2 pm
University Center



UNIVERSITY OF
MONTANA
CURRY HEALTH CENTER



Mindy May
UM GEAR UP Program Coordinator
mindy.may@mso.umt.edu
406.243.2281

DECEMBER 2023



Winter Break Housing

Staying for Winter Break?
You have a few options:

#1 Stay the whole break.
Dec 16 - Jan 16

#2 Stay for the beginning of break.

#3 Return early for Spring.

If you'd like to stay the whole break or just extend your stay, apply by **5 pm on Dec 8** to avoid a late fee or getting locked out.

All Residence Halls close at noon on Saturday, Dec 16.

The *Winter Housing Break Application* can be found in your **myHousingPortal** account. The application opens Nov 1.

For all types of winter stay, you must apply 3 business days before the first day you need housing.

Due to construction, those in **Craig, Duniway, or Elrod Hall** should submit their request by Nov 30 so temporary accommodations can be made.

For more info go to:

https://www.umt.edu/housing/rh/winter_break_housing/

SCHOOL STARTS JAN. 18th

FAFSA TIP

As you know, there are changes to the 2024-25 FAFSA.

Identity verification is now required **BEFORE** you can submit your application.

Create you and your parents' FSA ID at least 3 days prior to submitting your application.

You can see the FAFSA updates here: [Launch of the 2024-25 FAFSA® Form | Federal Student Aid](#)



Tues 1-3 & Wed 2-4 @ the Native American Center

Tues 1-3 & Wed 1-3 @ Branch Center, UC 201

Pricing

\$25/night

\$125 for 3-7 nights

\$350 for 8+ nights



CRUSHING COLLEGE

DEAR MONTE,

I get really stressed to take tests. What can I do so I don't bomb finals?

-Signed, Test Stressed

Hello Test Stressed, You are not alone! So many students get test anxiety and there are a few tips that can help.

1. Try to Keep Things in Perspective: a single exam- or even a single class- won't determine your future.
2. Practice Various Stress Reduction Techniques: Visualization-seeing yourself getting a good grade, meditation, listening to calming music, deep breathing, and exercise. Use a stress ball or fidget spinner.
3. Prepare Thoroughly for Your Upcoming Test: Know what type of tests you will have. Go through notes and previous tests to review., review often. Questions? Visit with professor. Become the teacher and teach material to yourself or to others through a study buddy/ groups.
4. Get good sleep. This is a habit to create weeks prior to test.
5. Eat healthy foods--avoid caffeine.
6. Reward yourself. Have something to look forward to at the end.

10 STUDY TIPS FOR SURVIVING FINALS WEEK

Avoid the urge to procrastinate

Get some sleep

Find a space conducive to studying

Create a playlist to help you focus

Get rid of distracting devices

Mix study methods

Write out practice test questions

Work with a study group

Take breaks

Maintain a healthy balanced diet



GOOD LUCK!

Source: Pointloma Nazarene University

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