

Check us out!



DECEMBER 2022



GEARZZLIES' GAZETTE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM

Aspen is a third year student at UM and member of the Apsaalooke Tribe. Her major is Pre-Law with a concentration in Political Science and a minor in Native American Studies. She plans to attend Alexander Blewett School of Law to undergo Federal Indian Law and ultimately return home to use her education to help her people.

Aspen enjoys beading and all that is creative, running, and just being her own person. Aspen is open-minded and willing to help all to the best of her ability.

Aspen chose to be a mentor as a way to get out and meet others after Covid. Looking back, Aspen remembers her first semester as difficult due to a lot going on in her personal life. She described her first year at UM as lonely and felt that she wasn't doing a lot or performing her best academically. Some of it was freshman jitters, but mostly was dealing with real-life problems. The Mentorship Program allows Aspen to give others the encouragement that no matter what's going on in life you can get through it.

Aspen Lefthand,
GEAR UP Mentor



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Nolan Ward

Nolan is GEAR UP freshman that graduated from Thompson Falls High School. He started in Pre-Nursing but decided that path didn't match his interests. Nolan plans to change majors to Media Arts to pursue a career in film production and photography; he has a knack for all things media arts!

Nolan works as a House Boy at the Theta Sorority and enjoys building friendships with the women at the house. On campus he likes to spend time with his friends and go to the UC or Rise n' Rooted. Nolan is interested in astrology, music, and the Y2K aesthetic. He loves Linda the office dog in AISS and will drive you to the airport upon request! Nolan is outgoing, hilarious, and a great conversationalist.

LIKE US!



GEAR UP UNIVERSITY OF MONTANA



GEARUPUMT



remind

Check your email for a link



IMPORTANT DATES



DECEMBER 2022

Month		December		Year		2022	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
			FAFSA Priority Deadline Chillaxin' at UC 11-2p.	1	2	3	4
TRIO & GEAR UP Writing Workshop 3pm 320 Abe	GEAR UP for Finals Study Break 10a-3pm	PFNAC-SOUP		Last day Regular Classes			
5	6	7	8	9	10	11	
FINALS * FINALS * FINALS * FINALS * FINALS							
12	13	14	15	16	17	18	
H * O * L * I * D * A * Y * *							
							25
Tuesday, January 17 Spring Classes BEGIN!							2023

UM FINANCIAL EDUCATION PROGRAM


FINISH THE FAFSA

NEED HELP COMPLETING YOUR FAFSA APPLICATION? **CALL US!**

406-243-6016

SCHOLARSHIP ESSAY
(Two Parts)

Writing Workshop
December 5th at 3pm
in TRIO Tutor Room, ABER 320

TRIO STUDENT SUPPORT SERVICES 

Tues. 12/6 & Wed. 12/7
PFNAC 10am-3pm

GEAR UP TAKE A STUDY BREAK!

CRAFTS SCHOOL SUPPLIES SOUP FRIENDS

DON'T FORGET: BOOK LOAN PROGRAM



GEAR UP for Some CHILLAXIN'

MONTE

WHEN: Wednesday, December 1, 11a-2pm
WHERE: In West Atrium of the UC— of the rocking chairs
WHAT: Hot tea, cookies, relaxation goodies, bags, worry rocks, make homemade stress balls

ARE YOU REGISTERED?

Sliding into HOME Stretch

GEAR UP

FINAL'S CHECKLIST

- DEC. 12-DEC. 16 FAFSA Priority deadline is DEC 1st. Register for Spring Classes
- Know where you're at with grades
- Get study guides for final tests
- Create study groups or find a study buddy
- Break information into chunks to study



DO YOU HAVE THE FAFSA FILLED OUT?

ESPN+ **Griz** **NDSU**

DEC. 3 AT 1:30PM

GO GRIZ

ASHER IS HAVING STUDENT HOURS:

304 ABER HALL

TUESDAY, 12/13, 10:00AM - 1:00PM
WEDNESDAY, 12/14, 10:00AM - 1:00PM
THURSDAY, 12/15, 1:00PM-4:00PM
OR BY APPOINTMENT!

EMAIL REBEKAH.NEULINGER@MSO.UMT.EDU



Spring Semester 2023

Monday, January 16 Martin Luther King Jr. Day - No Classes, Offices Closed

Tuesday, January 17 Spring Semester Classes Begin

So much going on... **KEEPING UM CONNECTED THROUGH GRIZ HUB**




RESOURCE SPOTLIGHT

Mansfield Library

Fall Semester Hours: August 29 - December 17

- Monday - Thursday, 7:00am - 1:00am
- Friday, 7:00am - 7:00pm
- Saturday, 10:00am - 7:00pm
- Sunday, 10:00am - 11:00pm



CHECKOUT BOOKS, CDS, VIDEOS, YOGA MATS, VIDEO/BOARD GAMES.

RESEARCH ASSISTANCE

Looking for a relaxing place to study? The Mansfield Library on mountain campus or Payne Family Library at Missoula College, is the perfect place free of distractions you might have studying in the dorms.

Good luck with finals everyone!

Tidbit:
I know I need to study, but how?
Some ways to interact with your course material is to organize, concept map, summarize, process, re-read, fill-in notes, review and reflect. Ask questions such as "why", "how", and "what if". Repetition, repetition, repetition is key!

TECH LENDING: GOPROS, CALCULATORS, LAPTOPS, AND ADAPTERS

PAW PRINT: PRINT, COPY, SCAN, 3D PRINTING, CREATION SPACE

FINALS WEEK STRESS RELIEF

LARGEST COMPUTER LAB ON CAMPUS



Payne Family Library at Missoula College

Hours

- Monday - Thursday: 7:30am to 5pm
- Friday: 7:30am to 12:00noon
- Saturday-Sunday: Closed
- Closed all University holidays





Dear Monte, How do I keep track of all my final assignments?

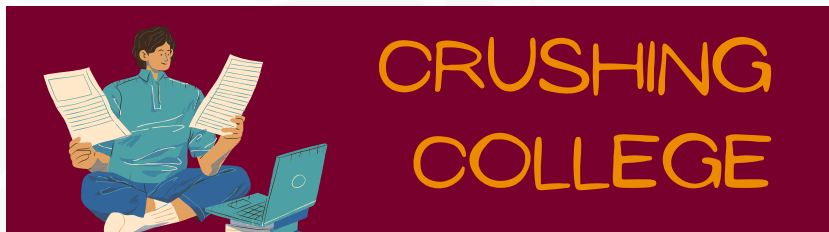
-Finally Organized

- Make a checklist of all the finals and times you have to help prepare and study for exams.
- Put it on the calendar so you can watch time fly by and keep an eye on important dates.
- Use your planner as another way to watch important dates and have things written down.
- Stay calm! Try your best to study and prepare and remember to take care of yourself during stressful times.

Google™ THIS!..

Helpful
tips for
college.

COLLEGE
INFOGEEK



Stay Focused While Studying

Organize and decided what topics or classes you want to focus on when you sit down.

It's okay to take **breaks**! Some people work best by studying for longer periods of time, others with shorter blocks. One method that is successful for students is to study for an hour then take a 10 to 15 minute break. Another way to study is working for 20 minutes then taking a short 5 minute break.

Get up and **move**! A short walk or stretch helps to pump blood into that smart brain and refresh your focus. Allowing yourself to have a break and think about something else can refresh your motivation and improve the quality of your study time.

Put away your **phone** and limit other distractions when you are working through assignments or in an intense study session.

In a study session, **alternate** which classes you are spending your time on. It's easy to become overloaded and burnt. Try alternating between topics to remedy this.

It's worthwhile to identify what **time** of day you have the most energy and feel the most focused. **Where** are you most likely to be productive and uninterrupted? Do you study best solo or with a group? How does a deadline affect your motivation?

Listen to **music** with no words or lyrics in another language. You might focus well with white noise or a different tone called brown noise.