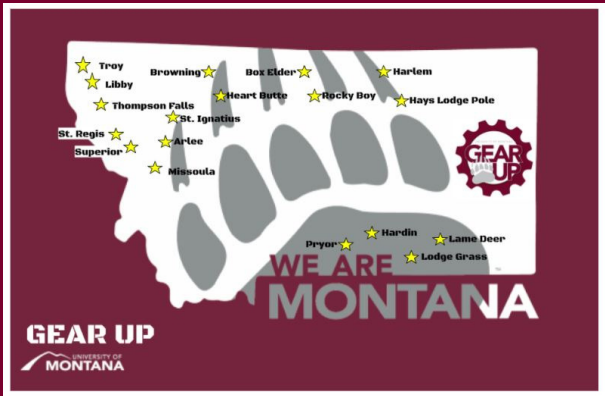


FEBRUARY 2022

# GEARZZLIES' GAZETTE



NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM



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## GET TO KNOW A GEARZZLY: **JAY BEAGLE**

Jay Beagle is an exemplary student-athlete from the small town of Libby, MT. He graduated at the top of his class, was elected student body president, and was involved in the Unite for Youth Coalition. During his high school career he was a three sport athlete. He earned All-State honors in football, and track & field, and All-Conference honors in basketball.

Jay continues to excel, at the University of Montana. He is on scholarship as an athlete for the UM track & field team. He competes in the 100, 200, 400, and relays. During Fall semester he achieved a 4.0 GPA, earning himself a spot on the President's List. Jay plans to major in Business Administration with an emphasis in Marketing. After completing his undergraduate degree, he hopes to pursue an MBA, and eventually become a marketing director for a professional sports team.



## MUG MAC

From: [The Better Martha](#)

### INGREDIENTS

- 1 cup water
- ½ cup elbow macaroni
- ½ cup cheeses of choice

### DIRECTIONS

1. Put macaroni in a mug and pour in water. (You may want to add more or less water depending on mug size, but there should be more than enough to completely cover noodles).
2. Microwave on high for 8 minutes pausing at the 5 and 2 minute mark to stir and add more water if necessary.
3. Cook until al dente.
4. Add cheese to pasta mixing with the small amount of water remaining at bottom of mug
5. If cheese does not completely melt, pop mug back in microwave for 30-60 seconds
6. Stir then enjoy!

- 2/1 FAFSA DEADLINE
- 2/2 WALK-TALK-N-WARMUP 12PM MEET AT GRIZ STATUE
- 2/ 3 FE PAYING FOR COLLEGE FINANCIAL EDUCATION 12-1PM ZOOM
- 2/8 WALK-TALK-N-WARMUP 2PM MEET AT GRIZ STATUE
- 2/9 WORKSHOP: MENTAL HEALTH SELF-LOVE-4PM 5PM,UC 329
- 2/10 FE STUDENT LOAN FORGIVENESS 12-1PM VIA ZOOM
- 2/17 FE REPAY DEBT 12-1PM VIA ZOOM
- 2/18 WALK-TALK-N-WARMUP 2PM MEET AT GRIZ STATUE
- 2/21 PRESIDENT'S DAY-NO CLASS
- 2/22 ZAYNA BDAY!
- 2/25 WORKSHOP: CAMPUS ENGAGEMENT 10-11AM UC 329
- 2/23 WALK-TALK-N-WARMUP 2PM MEET AT GRIZ STATUE
- 2/24-FE FRAUD 12-1PM VIA ZOOM
- 2/28 WALK-TALK-N-WARMUP 2PM MEET AT GRIZ STATUE



## DEADLINES

- 2/7 REGISTRATION BILL FINAL PAYMENT DEADLINE TO AVOID CANCELLATION OF CLASSES
- 2/7 LAST DAY TO DROP INDIVIDUAL SPRING CLASSES ON CYBERBEAR WITH NO "W"; REFUNDS WHERE APPLICABLE
- 2/22 SUMMER 2022 COURSE REGISTRATION OPENS FOR ALL STUDENTS, AUTUMN 2022 ADVISING FOR PRIORITY REGISTRATION BEGINS
- 3/28 AUTUMN 2022 PRIORITY REGISTRATION BEGINS FOR CONTINUING STUDENTS ACCORDING TO CLASS STANDING
- 5/6 LAST DAY TO DROP A CLASS WITH INSTRUCTOR'S, ADVISOR'S AND DEAN'S APPROVAL; A 'WP' OR 'WF' WILL APPEAR ON THE TRANSCRIPT FOR DROPPED CLASSES

FROM THE SMITHS





## RESOURCE SPOTLIGHT

### GUIDE FOR SELF LOVE--Seeking Help for Mental Health

HealthNut writer: Alex Donaldson

As college students, we all deal with a lot, including, schoolwork, jobs, socializing, and lots of other daily task and to dos. These things can become overwhelming and daunting. Being a college student myself, I know what it is like to feel all of these things start to pile up, while also dealing with my own personal mental health and well-being. It is important to understand how you are feeling when these things start to become overwhelming. Knowing what to do when you feel you are not stable and need support is crucial to your mental health. There are many students who deal with mental health issues, but never seek help because they may feel ashamed, guilty, or embarrassed for the way they are feeling. I am here to tell you that you have a right to feel the way you do. You are not alone in this situation and you deserve to feel like your best self. Seeking help for mental health is not a sign of weakness. It is a sign of strength. You have the power and capability to do what is best for you and your mental health by putting yourself first. Today I will be discussing the importance of seeking help when struggling with mental health and how to go about doing so as a college student.

#### Seeking Help First Starts with YOU

It is important to be aware of how you view yourself and your emotions. Be aware of how you are feeling in your body and know when it is necessary to reach out for help. It also takes self-discipline. You have to want to seek help first before reaching out for help. If you are disciplining yourself by making sure you are getting the help you need, you are more likely to see success and progress. Start out with something small to help you move through the thoughts and emotions you may be going through. Think of one thing that could help benefit your mental health, like getting outside for a walk by yourself or with a friend to help you feel present and grounded.

#### Do Not Feel Ashamed for Seeking Help

We all have our struggles and setbacks, but that does not mean we should criticize ourselves for feeling the way we do. Have compassion for yourself and the way you are feeling. Know that you have the right to feel your emotions for the sake of your mental health and well-being. Seeking help can help you better understand your emotions and thoughts and may lead you in the direction of recovery and understanding yourself more. Your mental health struggles do not define you as a human being. They are a part of you, but you are not your struggles. Give yourself some grace for the way you are feeling.

#### Vulnerability and Boundaries

Setting up a system where you feel comfortable reaching out to someone is vital to achieving the help you deserve and need. It is important to build a good strong relationship with the person you are seeking help from, as well as trust. It is best to express your feelings and emotions to someone you feel comfortable being vulnerable with and can trust talking about your emotions and thoughts with.

The question is, "When do I seek help from a mental health professional?" If you are experiencing difficult feelings, thoughts, or emotions that may be strenuous to handle on your own, it is best to seek help from a trained professional. If you are experiencing excessive worry or feeling anxious most or all of the time, having suicidal thoughts, or using substances, food, or activities to numb emotional pain, reach out to a counselor on campus to help you work through these difficulties. You are not alone and the people here at Curry want to help.

Working on your mental health is not always easy and there are going to be days that are really good and other days that are not so good. Recovery and treatment are up and down battles. However, it is doable and is something I believe you can achieve. Remember to give yourself a break from the busy activities you have going on in your life. Take some time out of your day to sit with yourself and feel grounded in your body. Connect with others around you. Also, continue to take care of your physical health as well by making time for movement and eating nourishing foods. I wish you nothing but the best of luck in your journey and know that I am cheering you on from the sidelines.

Posted on March 22, 2021



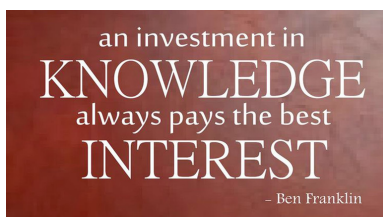
## DEAR MONTE

**It's the third week of the semester and I'm already struggling in one of my classes. My professor is kind of scary... how can I ask him for help?**  
**-- Scholar Seeking Success**

Dear Scholar Seeking Success,

Your professor may seem scary, but it is important to remember that professors are there to support their students! There are several different ways to go about communicating with your professor. First, check your syllabus to see if your professor has a preferred form of communication (email, phone number, etc.) Some professors hold office hours and you can go in and drop by. If those methods don't work, go to class early, or stay a little late, and ask your professor when they have time to chat.

When you finally get the chance to talk, remember that honesty is the best policy. If you slept in and skipped class, just say that. Open and honest communication is key.



# CRUSHING COLLEGE

**Mindy May's Words of Wisdom**



You are familiar with this question, you started asking it when you were young, "Why? Why? Why?" You were curious, and knowing the reason for something helped motivate you. That is still the case even in college. When we know WHY we are doing something, the steps to accomplish a goal becomes a little more clear, the desire is deepened, and the motivation is anchored. Take a minute and ask yourself, "WHY? Why are you in college? Why does the effort matter? Now, write it down on sticky notes and post them in places you can see them.

Then, when you are having a moment, a day, a week when you are wondering 'why am I doing this', those sticky notes will remind you of your cause, your purpose, your WHY.

### Benefits of knowing your WHY:

1. It keeps you anchored and motivates.
2. It gives focus, uplifts, and encourages through hard times.
3. It helps guide the decision making process.



Money is out there.....deadlines are fast approaching

### LEARN ABOUT SCHOLARSHIPS

- Check out our website for a list of scholarships: <https://www.umt.edu/gear-up/academic-success/scholarship-sites/default.php>
- Google "University of Montana FINANCIAL AID>Scholarships"
- Google Montana University System: <https://mus.edu/Prepare/Pay/Scholarships/>