Mindy May
UM GEAR UP
PROGRAM COORDINATOR

Mindy May joined UM GEAR UP program in the fall of 2021 and LOVES IT!! The opportunity to meet incredible people and hear their stories, inspires her. Having been a college student herself, graduating with a bachelor’s in communications/master’s in higher education, and raising four children, helps her to understand the needs and issues of transitioning from high school into college. She loves meeting and sharing with students all the campus and local resources to help them engage, belong, and thrive in college and in life. In her free time, she is with family, playing pickleball, or enjoying the Montana outdoors.

Come visit her at 302 Aber Hall or call (406) 243-2281.

Do you need more time on tests? Help with notetaking? A service animal?

Call ODE--(406) 243-2203
ode@umontana.edu

List of accommodations:
- Accessible Parking Permits
- Alternative Formats
- Assistance animal or Emotional Support Animal in housing
- Assistive Technology
- Audio recording lectures
- Auxiliary Aids & Services
- Captioning (see Interpreting & Captioning)
- Classroom furniture
- Classroom location changes
- Course Substitution Assistance
- Flexibility with attendance & deadlines
- Housing accommodations
- Interpreting
- Note-taking accommodation
- Priority registration
- Service animals
- Testing accommodations

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Helpful APPS: Read&Write and Orbit Note

Available for all University of Montana students, faculty, and staff for use on and off campus. These literacy software solutions support struggling readers and writers, those with literacy difficulties (including dyslexia), and English language learners through a host of reading, writing, and study/research features. Read&Write/Orbit Note is supported on Windows and Mac platforms and is used globally in education, the workplace, and at home.

DO YOU HAVE QUESTIONS OR A HELPFUL APP TO SHARE: mindy.may@mso.umt.edu

TABLE OF CONTENTS:
- SPOTLIGHT/REMINDER
- UPCOMING EVENTS
- RESOURCE SPOTLIGHT
- DEAR MONTE
- CRUSHING COLLEGE

Like us!
February Happenings

2/2 - Paying for College, 2p.m. 425 Aber or on Zoom
   - Take STRONG Inventory at ELCS (406-243-4614)
   - Career Exploration tools–6pm, ELCS
2/5 - Balancing Your Values and Career Decisions, 11am, ELCS
2/7 - Industrial Technology Career Fair, 11a–2pm
   @ Missoula College West Campus (2795 37th Ave.)
2/8 - GEAR UP “Soup”-er Wednesday and
   - Wellness Wednesday, 11a–1pm PFNAC Rotunda
2/9 - ELCS STRONG Workshop, 3–4:30pm
2/13 - Networking Within Your Industry, 3pm, ELCS
2/16 - Know your credit score, 2pm. 425 Aber or on Zoom
2/16 - Maximize Your LinkedIn Presence, 4pm, ELCS
2/20 - NO SCHOOL
2/22 - GEAR UP “Soup”-er Wednesday and
   - Wellness Wednesday, 11a–1pm PFNAC Rotunda

Missoula College
Industrial Technology Career Fair
Tuesday, February 7th | 11 AM - 2 PM | Missoula College West Campus

Meet and network with employers to learn about internships, summer and part-time employment opportunities.

TUESDAY, FEBRUARY 7, 2023
11:00 AM - 2:00 PM
MISSOULA COLLEGE WEST CAMPUS
(2795 37TH AVE.)

Wellness Wednesdays
Spring 2023
Wed. 11a-1p PFNAC Rotunda

Feb 8 - Group Painting Project
Griz themed painting.
Canvas and acrylics provided.

Feb 22 - Mini Cedar Bark Baskets
Cameron Decker (Dine/Salish) will teach how to make Salish cedar bark baskets.

Thrifty Thursday
FEBRUARY
PAYING FOR COLLEGE 101 (FEB. 2)

KNOW YOUR CREDIT SCORE (FEB. 16)

“Soup-er” Wednesday, February 8th & 22nd
11a-1pm

GEAR UP for some soup as a group and wellness activity in PFNAC rotunda.

Watch for GEAR UP on the GO around campus. Come and say “hello”, get snacks, and school supplies throughout the year at various locations throughout campus.

ELEVATEU

MEET AND NETWORK WITH EMPLOYERS TO
LEARN ABOUT INTERNSHIPS,
SUMMER AND PART-TIME EMPLOYMENT OPPORTUNITIES.

12:00 p.m. 425 Aber or on Zoom
http://umontana.zoom.us/j/2482306737

Register by Feb. 2
to take STRONG in advance

Pickleball EVERY Thurs. 4–6p
Schreiber

Love your career,
love your major
ELCS (406-243-4614)
Take a career interests assessment!

Workshop on Thursday, Feb. 9, 3–4:30PM

FEBRUARY 2023
Undergraduate Advising Center

What is the Undergraduate Advising Center (UAC) and how can it help me?

The UAC is an academic support unit within the Office of Student Success (OSS), they can be found on the 4th floor of Aber Hall. The UAC serves as the academic home for all Undeclared, Pre-Nursing, undergraduate non-degree, and first-year Pre-Medical Sciences and Pre-Physical Therapy majors. If you’re not sure who your major specific advisor is, you can find the Advising Directory on their UM webpage: www.umt.edu/undergrad-advising-center/.

The UAC is also the place for anyone campus-wide seeking assistance with general education requirements, registration support, major identification and declaration, academic petitions, and graduation applications. Students can schedule an appointment with an UAC staff member through the Navigate platform or come by the center during drop-in hours, look on their webpage for the most up-to-date hours.

Degree Maps can be found for all majors to help you take a proactive look about upcoming semester classes and activities.
Dear Monte,
It’s my second semester settling into a new routine and classes, but I’m starting to feel lonely. How can I get involved and meet other students?

Great question! Many students are in the same spot as you. The University offers many opportunities to connect with your peers.

There are over 150 ASUM recognized clubs and organizations. To browse options, visit the Organizations page on Griz Hub and select ASUM Student Groups on the drop-down menu.

Skim the weekly newsletter that UM sends to your email to find upcoming events of the week. Showing up regularly not only enhances your overall academic experience but allows you to connect with other students of similar interests.

- American Indian Student Services puts on weekly events to create a space for students to engage with one another and meet with departments across campus.
- Introduce yourself in class – study groups
- Go to floor meetings in your dorm
- Volunteer/ campus jobs – Handshake
- Intramurals
- Navigate Study Buddy
- Spend time in Common areas/ student lounges
- Study outside of your dorm

Curry Health Wellness - (406) 243-2122
https://www.umt.edu/curry-health-center/
Curry Health Center Wellness helps students develop healthy lifestyle behaviors to enhance student success and well-being. Our programs address a variety of topics that impact your health and well-being including stress management, safe partying, healthy sexuality, tobacco cessation, safer sex, exercise, and healthy eating. By helping students live well, in turn, we help them succeed academically at UM. Our services for students are free of charge.

Set a routine – and keep it.
Having a routine has been shown to lower people's stress levels and help them feel more productive and focused.

Get enough sleep.
College students who prioritize sleep are likely to see positive effects like improvements in academic performance, their ability to concentrate while studying and less daytime sleepiness.

Exercise.
The U.S. Department of Health and Human Services recommends adults exercise at least 2.5 hours each week – that’s only about 20 minutes per day! Also it can make people happier, improving functional capacity, lowering risk of diseases and decreasing depression and anxiety.

A Nutritious, Balanced Diet
This can help you think clearly and improve your attention span, whereas eating lots of processed foods can lead to inflammation, which may contribute to mood disorders like anxiety and depression.

Drink plenty of water.
Your brain is 73% water, so drinking lots of water is also important to healthy brain functioning. Without enough water, the brain starts to shut down, which can lead to symptoms of depression and anxiety.

Practice mindfulness, meditation and gratitude.
Mindfulness increases awareness of the present by focusing on thoughts, feelings and sensations. One way to do this is through meditation, benefits including increased ability to manage stress, increased self-awareness, increased patience and tolerance and even improved sleep quality. To practice gratitude, focus your attention on things you are grateful for. Benefits include improved relationships with others, experiencing more joy and pleasure and even strengthening your immune system.

Clean up.
Cleaning and decluttering helps people gain a sense of control, improve their mood and even reduce levels of anxiety. –Resource: Mental Health First Aid