

Check us out!



FEBRUARY 2023



GEARZZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM

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.



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

Do you need more time on tests?

Help with notetaking?



A service animal?

Call ODE--(406) 243-2203

ode@umontana.edu

List of accomodations:

- 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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LIKE US!



GEAR UP
UNIVERSITY OF MONTANA

GEARUPUMT

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, 2p.m. 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

REGISTER BY FEB. 2 TO TAKE STRONG IN ADVANCE

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

WORKSHOP ON THURSDAY, FEB. 9, 3-4:30PM

ELEVATEU ONLINE

- Career Exploration Tools, 2/2, 6:00 PM
- Balancing Your Values and Career Decisions, 2/5, 11:00 AM
- Networking Within Your Industry, 2/13, 3:00 PM
- Maximize Your LinkedIn Presence, 2/16, 4:00 PM

Pickleball EVERY Thurs. 4-6p Schreiber



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

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

UM FINANCIAL EDUCATION PROGRAM

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

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

FEBRUARY

PAYING FOR COLLEGE 101 (FEB. 2)

KNOW YOUR CREDIT SCORE (FEB. 16)



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.



"SOUP-ER" WEDNESDAY
 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.

RESOURCE SPOTLIGHT

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/.

I NEED TO...

- [Add or Drop a Class](#)
- [Discover a Major](#)
- [Change or Declare a Major](#)
- [Meet My Advisor](#)
- [Plan My Schedule](#)
- [Override a Prerequisite](#)
- [Take a Missoula College Course](#)



Download the Navigate app

Check out Degree Maps to find your specific major map!

UNIVERSITY OF MONTANA University of Montana - Four-Year Graduation Plan 2021-2022
College of Humanities and Sciences
Bachelor of Arts (BA) in Political Science

This is an example of a four-year graduation plan for a degree in Political Science. This is a sample student plan. Students should meet with an academic advisor prior to registration to finalize their own plan.

Year 1	Year 2	Year 3	Year 4
Fall PSCL 2105 - Intro to American Government 3 PSCL 2205 - Intro to Comparative Government 3 WRIT 101 - College Writing 3 Foreign Language 4 General Education Course 3	Fall PSCL 300+ Field Course 3 PSCL 300+ Field Course 3 General Education Course 3 Elective 5	Fall PSCL 300+ Course 3 Elective 12 General Education Course 3 Elective 5	Fall PSCL 400 Advanced Writing in Political Science 3 PSCL 300+ Course 3 PSCL 498 Internship 3 Elective 7
Spring PSCL 210X - Intro to International Relations 3 PSCL 210E - Intro to Political Theory 3 Foreign Language 4 Contemporary Math 3 General Education Course 3	Spring PSCL 300+ Field Course 3 Intermediate Writing 3 General Education Course 3 Elective 6	Spring PSCL 300+ Course 3 General Education Course 3 Elective 9	Spring PSCL 300+ Course 3 PSCL 300+ Course 3 PSCL 498 Internship 3 Elective 6
Credits 15 Credits Summer 0 Credits	Credits 15 Credits Summer 0 Credits	Credits 15 Credits Summer 0 Credits	Credits 15 Credits Summer 0 Credits
Total Credits 33	Total Credits 33	Total Credits 33	Total Credits 33

Notes:
Political Science electives may select one or more of the following concentrations: "General Political Science," "American Politics," "International Relations & Comparative Politics," "Public Administration & Public Policy," "Public Law."
Please consult with your faculty mentor when selecting concentrations. These courses are part of the plan above and do not require additional credits.

ELEVATEU

YOUR SIGNATURE CAREER READINESS PROGRAM
Focus on the skills you need to succeed

Discuss Majors & Career Paths with Your Academic Advisor and a Career Coach Create Your Handshake Profile Take COLS 194 Freshman Seminar Enroll in Four Bear Take C&I 160 Learning Strategies Attend the Student Employment & Involvement Fair Participate in a Micro-Internship Take a Career Interest or Personality Assessment Participate in Service Saturday Create Your LinkedIn Profile Participate in ElevateU	Discuss Career Readiness Steps with a Career Coach Draft & Review Your Résumé with a Career Coach Practice Interview Skills Explore Internship Options with a Career Coach Declare Your Major & Minor Consider Work, Service, or Intern Abroad Participate in a Service Activity Join a Major-Specific Student Club Select a Faculty Mentor Conduct Faculty-Led Research Attend the Student Employment & Involvement Fair	Discuss Graduate & Professional School with a Career Coach Update Your Résumé Intern and/or Volunteer in Your Field Present Research at UMCUR Complete an Micro-Credential Draft & Review Your Cover Letter with a Career Coach Explore Peace Corps, VISTA & AmeriCorps Take a Service Learning Course Study Away (Domestic or International) Practice & Polish Interview Skills with a Career Coach Attend a Career Fair	Complete a Second Internship Finalize Your Résumé Finalize Your Cover Letter Explore Student Loan Forgiveness Ask for Recommendation Letters Confirm Professional References Review & Order Your Official Transcript Apply for Peace Corps, VISTA, or AmeriCorps Take the GMAT, LSAT, GRE, PRAXIS, etc. Apply for Jobs, Graduate, or Professional School Complete the First Destination Survey Join UM Alumni Association
FRESHMAN EXPLORE	SOPHOMORE EXPERIENCE	JUNIOR EMBRACE	SENIOR ELEVATE

TODAY'S EMPLOYERS EXPECT THAT CANDIDATES CAN:

1. Communicate Clearly
2. Work in Teams
3. Manage Time & Stay Organized
4. Think Critically & Solve Problems
5. Be Comfortable with Technology
6. Work with a Diversity of Peers
7. Be Workplace & Civic Leaders
8. Pursue New Skills

UM classes and experiential learning activities will help you develop and hone these important skills

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



Pickleball EVERY Thurs. 4-6p Schreiber



CRUSHING COLLEGE

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*