



GEARZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

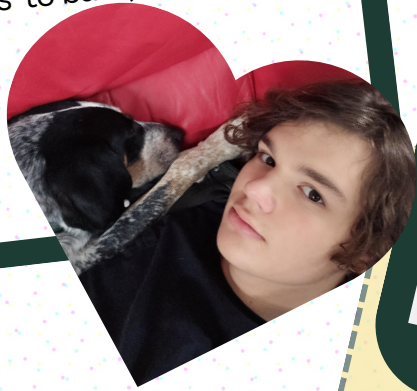
UM GEAR UP NEWSLETTER
FEBRUARY 2024



Click the link

GEAR UP Spotlight Liam McPherson

Trout Creek, Montana, is home to one of our GEAR UP friends, Liam Connor McPherson. Many of his friends call him Connor and others call him Liam, he doesn't have a preference. He has come to the University of Montana to study pre-nursing. If you need to know a home remedy for an ailment, Liam would know. He is very knowledgeable about plants and their uses. His interests include crocheting, poem writing, cooking, writing in a language he created, and choir. He loves to bake, especially breads! He is always seeking adventure and fun with those around him. Food and games with his friends are always the highlight of his day. He enjoys gardening and foraging. **Good Luck, LIAM!**



What's In This Month's Issue?

- Spotlight-Liam McPherson
- WHY???
- Contact Info
- Calendar
- Resources
- Dear Monte
- Crushing College

WHY???

Begin with the end in mind.
Shape your own destiny.

"I remember a conversation many years ago with a very bright 16-year-old high school student. He was undecided about his career. He wondered about the possibility of becoming a doctor of medicine. He asked me a simple question: "How many years did it take for you to become a heart surgeon?"

I quickly made the calculations: "From the time I graduated from high school until I first collected a fee for service as a surgeon, it took me 14 years."

"Wow!" he replied. "That's too long for me!" Then I asked, "How old will you be 14 years from now if you don't become a heart surgeon?"

"Just the same," he replied. "Just the same!"

-Russell M. Nelson



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FEBRUARY



1



A.I.M. Camp (Academic Improvement Methods)
Feb 1, UC 326
5:00 pm - 7:00 pm

5



Summer 2024 Courses Available to View
Feb 5, 8 am - Feb 20, 7:45 am

6



Industry and Trades: Careers and Internships Fair
Feb 6
11:30 am - 1:30 pm

7

FINAL PAYMENT DEADLINE TO AVOID CANCELLATION OF CLASSES

7



TRIO Stress Less with Curry Health Center
Feb 7, Aber 327
12p-1pm

8



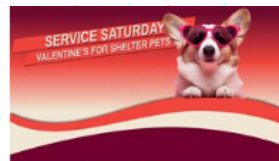
Interview Skills Panel
Feb 8, 2024
12:00 pm - 1:00 pm

THURS. 9



UM Pickleball Club
Every Thursday
Schreiber Gym
3:00 pm - 5:00 pm

10



Valentines for Shelter Pets
Feb 10
10:25 am - 12:30 pm

14



Wellbeing Wednesday- LOTS OF EVENTS!!
Feb 14 UC 2nd Floor
10:00 am - 2:00 pm

14



Valentines Day Social
Feb 14, Aber 327
3-5:00 pm

15



STRONG Interest Inventory Career Assessment Workshop
Register by February 8th,
Workshop: February 15 3p-4:30pm
Aber 206

15



Explore Your Career and Major Interests: Assessment & Workshop
Feb 15
3:00 pm - 4:30 pm

16



Winter Pep Rally - Bonfire and Fireworks
Feb 16
6:30 pm - 7:30 pm

19



President's Day
NO SCHOOL
Feb 19

20-24



Summer 2024 Registration Opens
Feb 20, 8:00 am - Jun 24, 5:00 pm

28



TRIO Day
February 28 UC Atrium
11am-1:00pm

FIND EVENT DETAILS ON

GRIZ HUB

DID YOU KNOW?



Physically
Socially distant,
but not alone.

Your mental health matters.

Text SCHOOL to 741741 for free, 24/7 crisis counseling.

confidential

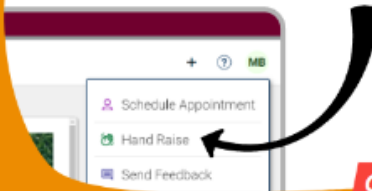


Everyone struggles now and then...



Get help by clicking on
Hand Raise

in the Navigate app



Academic struggles
Food/housing issues
Anxiety or stress



GET THE APP www.umt.edu/navigate

Text HOME to 741741 from anywhere in the United States, anytime.

Crisis Text Line
is here for **ANY** crisis.

A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.



RESOURCES

The University of Montana has a so many programs to help students is various ways.

We invite you to explore the website for
The Office for Student Success

officeforstudentsuccess@mso.umt.edu
406-243-2800

Come visit us on the 4th floor of Aber Hall.

FOR STUDENTS

- Freshmen Course Registration
- General Education Requirements
- Tutoring
- Math Placement
- Four Bear Program
- Early Alert
- Student Wellness
- TRiO Student Support Services
- Exploratory Studies Program
- Withdrawal
- Undergraduate Advising for undeclared, non-degree, and pre-health professions
- Academic Services

**ASK
FOR
HELP**

Give yourself the treat of the

STRONG

Interest Inventory

Workshop

on February 15

This event is all about finding the perfect career path for you. During this workshop we'll help you to match your interests and personal style to a meaningful career and academic journey. Register by February 8th, 2024, and we'll even throw in some tasty refreshments to sweeten the deal!



Details:



When: February 15: 3-4:30pm

**Where: Aber Hall, Level 2,
Rm 206**

Register on Handshake



DEAR MONTE,

I am not doing well in class and I think it is because I am not sleeping well. What do you suggest?

-A Griz Needing to Hibernate

College students rank sleep problems as the No. 2 cause of difficulties with academic performance. Stress is No. 1.

I am hearing this from several students, they have insomnia or just not sleeping well. There are several things to take into account and some strategies to try.

- The key to getting a good night's sleep is establishing healthy sleep habits, also known as sleep hygiene.
- Deciding to make sleep a priority.
- Staying ahead of coursework and avoiding distractions and procrastination.
- The next step is establishing healthy bedtime and daytime patterns to promote good quality sleep.
- Limit caffeine in close proximity to bed time. College students should also avoid alcohol intake, which disrupts quality sleep.
- Avoid electronic screens (phone, laptop, tablet, desktop) within an hour of bedtime.
- Engage in daily physical exercise, but avoid intense exercise within two hours of bedtime.
- Establish a sleep schedule. Be as consistent as possible in your bedtime and rise time, and get exposure to morning sunlight.
- Establish a "wind-down" routine prior to bedtime.
- Limit use of bed for daily activities other than sleep (e.g., TV, work, eating)



CRUSHING COLLEGE

By Tanya Gardner

BE LIFE-LONG STUDENT

I am gearing up to earn my Art degree, and the reason I love the college experience is because there are so many resources for students to receive help. I have met Art industry professionals and assisted three Artist in residency who visited the University Art Department. These Artist shared their experiences, knowledge and expertise. Connecting and networking with industry professionals is possibly the most important piece of advice I could give.

Own your experiences.

I am always looking at job posting or career positions with various entities and agencies. I am checking to see what these companies are looking for. I often feel that I don't have enough experience; however, I do have experience in my field of study. When I write my resume, I make sure I utilize the classroom or studio time experience.

'Take time to gather up the past so that you will be able to draw from your experience and invest them in the future.' – Jim Rohn

date yourself Challenge

We tend to be our own worst critic. But not anymore!
We're taking the next 14 days to fall in love with ourselves.

FEBRUARY 1-14, 2023

You can start any day!

1

Make a
♥mixtape♥
playlist of your
favorite songs,
and listen to it.

2

Get some booty!
Do 100 squats
today.

3

Movie night!
Watch your
fave movie or
TV show.

4

Buy yourself
flowers.

5

Extra snuggles.
Go to bed
1 hour early,
or stay in bed
1 hour late.

6

Spend time with
you - No phone
at meals today!

7

Real Talk!
Write 3 **positive**
things about a
body part you're
insecure about.

8

Dance to your
favorite song as
you get dressed.

9

Rise and shine!
Stretch for
10 min, or do
[10 Perfect
Morning
Stretches*](#)

10

Cook yourself
dinner - your
fave recipe!

11

Listen to a
podcast that
inspires you.

12

Take a
romantic stroll -
Walk 10,000
steps today!

13

**Galentine's
Day.**
Text or visit with
a person who
brings you joy.

14

Love letter:
Write 5 reasons
you're grateful
to be you!

LOGILATES

*Watch on YouTube!