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!

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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
**FINAL PAYMENT DEADLINE TO AVOID CANCELLATION OF CLASSES**

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

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

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

**FEBRUARY**

1
- Feb 1
- **You're Invited! A.I.M. Camp**
  - Thursday, February 1, 5-7:45 pm
  - Academic Improvement Methods

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

6
- **SUMMER**

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

10
- UM Pickleball Club
  - **Every Thursday**
  - Schreiber Gym
  - 3:00 pm - 5:00 pm

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

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

16
- President’s Day
  - NO SCHOOL
  - Feb 19

19
- STROHH thermoogy Inventory
  - Career Assessment Workshop
  - Register by February 8th,
  - Workshop: February 15 3p-4:30pm
  - Aber 206

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**
What should I be when I grow up???

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

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 so many programs to help students in 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

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
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)

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!

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<td>Make a mixtape playlist of your favorite songs, and listen to it.</td>
<td>Get some booty! Do 100 squats today.</td>
<td>Movie night! Watch your fave movie or TV show.</td>
<td>Buy yourself flowers.</td>
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<td>Extra snuggles. Go to bed 1 hour early, or stay in bed 1 hour late.</td>
<td>Spend time with you - No phone at meals today!</td>
<td>Real Talk! Write 3 positive things about a body part you’re insecure about.</td>
<td>Dance to your favorite song as you get dressed.</td>
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<td>Rise and shine! Stretch for 10 min, or do 10 Perfect Morning Stretches*</td>
<td>Cook yourself dinner - your fave recipe!</td>
<td>Listen to a podcast that inspires you.</td>
<td>Take a romantic stroll - Walk 10,000 steps today!</td>
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<td>Galentine’s Day. Text or visit with a person who brings you joy.</td>
<td>Love letter: Write 5 reasons you’re grateful to be you!</td>
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*Watch on YouTube!