GET TO KNOW A GEARZZLY: BREANNA POLK

Montana GEAR UP Program Bright Futures

BreeAnna Polk’s love for music began in the sixth grade. Her drive is to share that passion with the Browning community. After graduation, Polk will study music as the University of Montana in hopes of returning to Browning as a band teacher.

So far, Polk has learned over 10 instruments and participated in several elite ensembles. She played tuba with the honors performance series at Carnegie Hall, and traveled to Europe with Northern Ambassadors of Music, a choir. She also competed at state festival, receiving a superior rating, and ranking her the as the top tuba player in Montana.

Outside of music, Polk spent several hours throughout high school volunteering for Bear Medicine and Browning High School food pantries. She even organized a food drive at her school’s basketball game that collected over 200 food items as a project for the Governor and First Lady Leadership Council. Beyond her drive to reduce hunger in the community, Polk has helped run her local cheer camp for several years.

As she looks forward to the future, Polk hopes to continue her hard work at UM and eventually return to Browning to continues sharing her passion for music with her community.
Microwave French Toast in a Mug

- 2 slices of bread
- 1 egg
- 1 tablespoon butter
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract

In a large mug, melt the butter in the microwave for about 30 seconds. Roll the butter around in the cup to coat it. In the mug whisk the egg with a fork until well blended. Sprinkle the cinnamon over the egg and add the vanilla then stir again. Cut or tear the bread into bite size pieces and add to the egg mixture in the mug, pressing the bread down in to the egg. Let the mixture sit for a minute so the bread will soak up the egg. Microwave on high for 30 seconds at a time until the egg is cooked through. It usually takes about 90 seconds total. Enjoy with the syrup of your choice right out of the mug or you can plop it onto a plate and cut it up.

https://www.tipsfromatypicalmomblog.com/2015/01/microwave-french-toast-mug.html
Welcome Ice Cream Social

Weekly Walk-Talk-n-Warmup

St. Ignatius School Visit

Halloween Celebration

Stress Less Fest

Arlee School Visit

Arlee FAFSA Night
DEAR MONTE

This first semester was really hard for me. I was free from my parents and could do what I want, but the independence killed my grades. What can I do to recover?

--Freedom Fighter

Dear Freedom Fighter,

Independence is a good thing, but comes with responsibility. You just need to know how to wisely manage your time. There is no one to remind you of what you need to do,

1. Find an effective academic planner.
2. At the beginning of the week, set aside time to create a master task list, prioritize that list, then fill in your schedule with when you will accomplish those tasks and when you study the best.
3. Everyday, at whatever time you choose, look at your day so you know what is coming and you can plan accordingly.
4. Having a semester calendar posted somewhere with ALL your due dates can be helpful at a glance. (Check your email, a Spring 2022 Semester Calendar and a weekly calendar has been sent to you).
5. On your weekly calendar include chores-e.g. laundry, grocery shopping, activities, etc.

Just like putting puzzles together, achieving goals is a process. Very few people can set a goal, and get their desired outcome in one step. The video linked below describes a process of how to set goals so that you are more likely to achieve them

https://www.youtube.com/watch?v=XpKvs-apvOs

Make sure to REWARD yourself for even small tasks you accomplish!