

JANUARY 2022



GEARZZLIES' GAZETTE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM

TABLE OF CONTENTS:

- STUDENT SPOTLIGHT
- UPCOMING EVENTS
- DORM HACKS
- PHOTO FUN
- DEAR MONTE
- CONQUERING COLLEGE

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.





JANUARY 2022

- 1/18 SPRING SEMESTER CLASSES BEGIN
- 1/21 WALK-TALK-N-WARM-UP MEET 12PM AT GRIZ STATUE
- 1/25 GEAR UP FOR SNOW GAMES ON THE OVAL 3PM MEET AT GRIZ STATUE
- 1/26 LAST DAY FOR STUDENTS TO ADD CLASSES VIA CYBERBEAR WITHOUT INSTRUCTOR CONSENT
- 1/26 STUDENT EMPLOYMENT AND EXPERIENTIAL LEARNING FAIR
- 1/27 WALK-TALK-N-WARM-UP MEET 12P AT GRIZ STATUE
- 1/27 KNOW YOUR WHY & GOAL SETTING WORKSHOP 7PM UC329

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>



DEADLINES

- 1/18 REGISTRATION BILL PAYMENT DEADLINE DUE DATE TO AVOID \$80 LATE REGISTRATION FEE
- 1/26 LAST DAY FOR STUDENTS TO ADD CLASSES VIA CYBERBEAR WITHOUT THE CONSENT OF THE INSTRUCTOR
- 2/7 REGISTRATION BILL FINAL PAYMENT DEADLINE TO AVOID CANCELLATION OF CLASSES
- 2/7 LAST DAY TO DROP INDIVIDUAL SPRING CLASSES ON CYBERBEAR WITH NO "W"; REFUNDS WHERE APPLICABLE
- 2/22 SUMMER 2022 COURSE REGISTRATION OPENS FOR ALL STUDENTS, AUTUMN 2022 ADVISING FOR PRIORITY REGISTRATION BEGINS
- 3/28 AUTUMN 2022 PRIORITY REGISTRATION BEGINS FOR CONTINUING STUDENTS ACCORDING TO CLASS STANDING
- 5/6 LAST DAY TO DROP A CLASS WITH INSTRUCTOR'S, ADVISOR'S AND DEAN'S APPROVAL; A 'WP' OR 'WF' WILL APPEAR ON THE TRANSCRIPT FOR DROPPED CLASSES



St. Ignatius School Visit

2021 PHOTO FUN OF UM GEAR UP



Welcome Ice Cream Social



Weekly Walk-Talk-n-Warmup



Stress Less Fest



Arlee School Visit



Halloween Celebration



Arlee FAFSA Night



CONQUERING COLLEGE

Zayna's Tips and Tricks

-Goal Setting-

Every winter break, my family puts a jigsaw puzzle together. Over the years, we have developed a process that we now use every time. First, we find all the edge pieces and put them in a pile, then we sort the other pieces by similar colors. After the pieces are all sorted, we put them into Ziplock baggies and only focus on putting one subset of the puzzle together at a time.

First, we put together the edge, and then we put together the other pieces one baggy at a time.

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>

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.



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

