

Check us out!



JANUARY 2023



# GEARZZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM

THERE IS HELP!



## Academic Coaches



Aurora Liberty-Dupuis

PFNAC Room 113B  
aurora.LibertyDupuis@mso.umt.edu  
406.243.6308

## STRUGGLING WITH...

TEST PREP

TIME MANAGEMENT

STUDY SKILLS

NOTE TAKING

ANXIETY

MOTIVATION



Mindy May

302 Aber  
mindy.may@mso.umt.edu  
(406) 243-2281



BreeAnna Polk

breeanna.polk.umt.edu  
(406) 845-5605

WE ARE HERE TO HELP!!!



## MENTOR PROGRAM



Tiara Walks



Aspen Left Hand

Our goal is to provide a welcoming and supportive environment here at the University of Montana. Mentors offer an extended network of additional resources and information as well as a familiar face to check in with. GEAR UP will continue to put on events throughout the semester so keep an eye out for our emails! If you're interested in the Mentorship Program, fill out an application and email it to Aurora Liberty-Dupuis or drop off at her office in PFNAC 113. Remember, you don't have to participate in the Mentorship Program to attend events, hope to see some new faces soon!

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GEAR UP UNIVERSITY OF MONTANA



GEARUPUMT



remind

Check your email for a link





## RESOURCE SPOTLIGHT

# MARCH 1st

### CONTINUING STUDENT SCHOLARSHIPS

ADMINISTERED BY THE FINANCIAL AID OFFICE

Phone: (406) 243-5373 Email: [finaid@umontana.edu](mailto:finaid@umontana.edu)

5th Floor Aber Hall

The Financial Aid Office administers several scholarships that are available only to continuing students. Application is made through the UM Scholarship Portal. The application deadline for these campus-wide scholarships is **March 1** for the upcoming academic year.

Applicants must meet the following requirements:

- Be pursuing first bachelor's degree
- Have earned 12 or more graded credits at UM
- Have a minimum cumulative GPA of 2.5 (some scholarships have higher GPA requirements)

For need-based scholarships, **file the FAFSA by March 1, 2022**

### UM SCHOLARSHIP PORTAL:

[https://umt.academicworks.com/users/sign\\_in](https://umt.academicworks.com/users/sign_in)

**Don't  
Forget**



**\$250 PER YEAR!**



UNIVERSITY OF  
**MONTANA**

**BOOK  
LOAN  
PROGRAM**



Dear Monte--

I didn't do so well in my classes last semester, what can I do to do better spring semester?

--Hoping to Rebound

You are on the right track!

**Step #1: Have a desire to change.**

Take a minute and to write down on several post-it notes your **WHY**, then put them in noticeable places to remind you, especially when you are struggling, what's the point of all this effort and money. Ask yourself "WHY" are you going to college? Why does this matter?

**Step #2: Do a self assessment**

Answer questions about your areas of strengths/weakness and how could you improve?

Did you attend class regularly?

Did you take good notes?

Did you review information regularly?

Did you use your time wisely?

Did you organize yourself efficiently?

Did you use available resources?

**Step #3: Create a plan for change**

Write down what you want/need to do. Be specific. Need help? Call your Academic Coaches (front page of this newsletter!)

*All successful people have a goal. No one can get anywhere unless he knows where he wants to go and what he wants to be or do.*

-Normal Vicent Peale



**CRUSHING COLLEGE**

"In order to design successful habits and change your behaviors, you should do three things. #1 Stop judging yourself. #2 Take your aspirations and break them down into tiny behaviors. #3 Embrace mistakes as discoveries and use them to move forward."

— B.J. Fogg, Tiny Habits

<b>S</b>	<b>Specific</b> Clearly State your Goal
<b>M</b>	<b>Measurable</b> Ensure you can Measure Success
<b>A</b>	<b>Attainable</b> Set Goals you know you can Achieve
<b>R</b>	<b>Relevant</b> Set Goals Relevant to your Career or Education
<b>T</b>	<b>Time-Based</b> Set a Deadline for Completion

**EXAMPLE**

SMART goal for waking up earlier

**Specific:** I want to wake up earlier each morning to have more time for my morning routine.

**Measurable:** I'll start setting my alarm clock for 7:30 AM this week, and each week set it earlier by 30 minutes. Plus, I'll write on my calendar the time when I actually woke up to measure progress.

**Attainable:** My schedule allows me to go to bed at a decent time each night, so waking up earlier won't take many hours of rest.

**Relevant:** My morning routines are filled with social media, and I feel rushed trying to get to school each day, so waking up early would help me feel calmer.

**Time-bound:** In four weeks, I want to wake up two hours earlier than when I usually wake up now. -BetterUp