



# GEARZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

UM GEAR UP NEWSLETTER  
JANUARY 2024



Click the link

## GEAR UP WELCOMES Tanya Gardner

Tanya Plainfeather-Gardner, Crow tribal member, is the new smiling face in GEAR UP AISS office at the Payne Native American Center. She wears many hats as a mother, sister, daughter, grandmother, auntie and friend. She is non-traditional senior art major at the University of Montana. Her interests include beading, cooking, and being with family. She is thrilled and grateful for the opportunity to work with students, GEAR UP staff, and other collaborative departments this upcoming spring semester 2024.



### What's In This Month's Issue?

- Spotlight-Tanya Gardner
- TRiO & Montana 10
- Starting Class
- GEAR UP Contact Info
- Calendar
- Resources
- Dear Monte
- Crushing College

Textbooks Mentoring Tutoring



**Erin Shaw**

(406) 243-5032

[erin.shaw@mso.umt.edu](mailto:erin.shaw@mso.umt.edu)



**Joseph Grady**

[joseph1grady@umontana.edu](mailto:joseph1grady@umontana.edu)

(406) 243-5590

### Let's get it STARTED! CLASSES BEGIN January 18th

If you haven't already registered for spring semester classes,

**NOW IS THE TIME!**

You **must** meet with your advisor to plan your courses for the upcoming semester. You will need an advising PIN that you obtain when you meet with your advisor.

**??-Call Mindy or Tanya**

HERE TO HELP



**Mindy May**

UM GEAR UP Program Coordinator

[mindy.may@mso.umt.edu](mailto:mindy.may@mso.umt.edu)

406.243.2281



**Tanya Gardner**

UM GEAR UP AISS Coordinator

[tanya1.gardner@umconnect.umt.edu](mailto:tanya1.gardner@umconnect.umt.edu)

406.243.6308

# JANUARY 2024

7

**FOOTBALL CHAMPIONSHIP GAME- 12PM**



Montana Sun, Jan 7  
12:00 PM



SD State

10

**FIRST DAY OF HOUSING**

10-13

**NEW STUDENT ORIENTATION**

15

**MARTIN LUTHER KING DAY--NO SCHOOL**

18

**FIRST DAY OF CLASS**

24

**LAST DAY TO ADD CLASSES VIA CYBERBEAR  
WITHOUT CONSENT OF INSTRUCTOR**

26

**PEP RALLY 6-7PM IN RIVERBOWL**

27

**N7 BASKETBALL GAME**

30

**GEAR UP FAFSA WORKSHOP-UC 215 4P-5P**



**N7 UM BASKETBALL  
JANUARY 27 & FEBRUARY 3**

Grizzlies celebrate indigenous communities throughout the night, including pregame with tribal flags and the singing of the honor song, and at halftime with a performance from the Kyiyo dancers.



Break out your flannels, jeans, and boots! Foresters' Ball on February 2nd and 3rd

**GRIZTIX**

University of Montana  
Financial Education

**RIVERBOWL BONFIRE  
AND Pep Rally**



Questions: Call Mindy May  
(406)243-2281



**GEAR UP for  
2024-2025 FAFSA Help  
ALL WELCOME**

Tuesday, January 30th  
UC 215 from 4p-5pm



JANUARY 2024

## PAY FOR COLLEGE BY BEING A RESIDENT ASSISTANT (RA)

We are currently in our RA recruitment push as we roll into the last month of our application being open.

- **The role provides a great financial opportunity to help pay for school**
- **It is a wonderful leadership position on campus.**

Please visit our website and apply online!  
<https://www.umt.edu/housing/employment/ra.php>

**The application will close on Sunday, January 28.**

Questions?

**TRISTAN CUTTEN**  
COMMUNITY DIRECTOR FOR  
ABER & PANTZER HALL

| 406-243-5003 | 406-243-2499  
[tristan.cutten@mso.umt.edu](mailto:tristan.cutten@mso.umt.edu)

**f A f S A HELP**

**Opening December 31**

The period leading up to and following Dec. 31 as a soft launch period. Students and families will have ample time to complete the 2024-25 FAFSA, and do not need to rush to fill out the form immediately when the soft launch period opens, as FSA will not transmit results to schools until later in January.



UM FINANCIAL EDUCATION

ANDREA JANSSEN  
DIRECTOR

PHONE: 406.243.6016

EMAIL: [ANDREA.JANSSEN@MSO.UMT.EDU](mailto:ANDREA.JANSSEN@MSO.UMT.EDU)



## GOAL SETTING TIPS

Want more? Ask Mindy and Tanya



It's the season for goal setting—let's do it right! Where there is a will, there is a way. The will is the "why" and the way is the "how". **Know "WHY" you are wanting to accomplish the task. Then set small steps on "HOW" you are going to accomplish it.** Consider the obstacles. Post these where you can see them daily. Check out videos about goal setting: [W.O.O.P.](#) or [SMART Goals](#). Make goals that you are willing and able to keep, that inspire you, and you feel you can achieve. This will help you feel excited about the year ahead.

Slips were typically precipitated by:

- A lack of personal control
- Excessive stress
- Negative emotion.



## The Scholarship Hunt

Financial Aid

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

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



Don't forget about departmental scholarships. Many of UM's academic departments award scholarships directly to exceptionally talented students. Application for most, but not all, academic department scholarships is made using the [UM Scholarship Portal](#). Deadlines vary by department.



# CRUSHING COLLEGE

**DEAR MONTE,**

*I struggled with time management last semester. What can I do to improve?*

*--Procrastinator Pro*

## YOU ARE NOT ALONE!

We are here to help! At the end of the fall semester, I asked several students what lessons they had learned their first semester at UM, number one answer?

### The power of time management.

You want to work smarter not harder. Everyone has the same amount of time in the day, it's a matter of effective planning and intentional organization. YouTube has plenty of videos to instruct you on "best" practices, but the key to success is....

#### finding what works for YOU!

- Find one day a week where you sit down and look at what is ahead. (Benefits of using a calendar or planner- see attached SEMESTER/WEEKLY CALENDAR!

*If you need a hard copy planner, we have FREE ones in GEAR UP office!*

- Make a **master list** of everything you need to get done. Classes, study time, laundry, grocery shopping, etc. Allow 2-3 hours per credit hour for studying. Break this into bite size chunks and place the priorities in your weekly calendar.
- **Stop and think.** Sit down either morning or night and look at the day recently finished, evaluate, reprioritize for the next day. Visualize tasks being completed.
- Create **good routines** and **STICK** with them.
- Keep a **life balance.** There are a lot of good things to do on campus--say "NO" to some of them, yet, have a balance of fun too!

## Don't be S.A.D. Winter Wellness

As winter sets in and daylight hours dwindle, many individuals find themselves grappling with the dual challenges of cold weather and reduced sunlight. For students and workers alike, this seasonal shift can have a significant impact on both mental well-being and performance. Spending fewer and fewer hours in the sun can take its toll on your health so make sure you're meeting all of your nutrient needs by eating foods rich in vitamin D like fatty fish, egg yolk, oranges, and bananas. You'd be surprised how much a lack of vitamin D can affect your physical and mental wellbeing. People lacking in vitamin D report symptoms such as fatigue, poor sleep, depression, loss of appetite, and frequent illness. This culmination of symptoms due to a lack of vitamin D in the winter is often referred to as SAD or seasonal affective disorder.

SAD often translates into a noticeable decline in motivation and productivity. The reduced exposure to natural light also affects the production of serotonin and melatonin, neurotransmitters that play a crucial role in regulating mood and sleep patterns. SAD may affect your performance in school or at work as well as your relationships with your friends and family.

If you're experiencing the effects of SAD this season, consider:

1. **Engaging in regular exercise to boost your serotonin production,**
2. **Eat foods high in vitamin D: egg yolks, red meat, oranges, and fish.**
3. **Reach out to friends and family for support--**  
Curry Health Center/Wellbeing Support Coordinators.

Remember that by taking care of yourself now you are setting yourself up for success in the future.

Resource: The Path | Fall 2023 GEAR UP Wyoming

**ACADEMIC COACHES:**

**ASK MINDY & TANYA**

**JANUARY 2024**





Post this calendar with all your due dates so at a glance you know when tests, payments, or other deadlines are coming! No SURPRISES!!!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY	1	No classes 15	16	17	Classes Start 18	19	20
	2	21	22	23	Last day for students to add classes via CyberBear 24	25	26
	3	28	29	GEAR UP Workshop UC 215 4-5pm 30	31		
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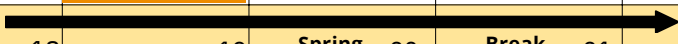
Last day to drop Spring classes with no "W"; FINAL PAYMENT! \*\*Multiple Deadlines\*\* Check Website

Adds & drops require instructor's & advisor's approval using the Course Add/Change/Drop link in CyberBear. \$10 fee applies per add/drop

Possible Autumn 2024 advising for priority registration begins; Summer 2024 course registration opens-Check website

Adds require instructor's & advisor's approval (Drops-need instructor, advisor, AND DEAN) using the Course Add/Change/Drop link. \$10 fee applies

Last Day of Regular Classes Last day to withdraw from Spring semester (drop all asses) by 5:00 p.m.





# You fail to plan, you plan to fail!

Using time wisely was the **#1** piece of advice for incoming freshman. Write **EVERYTHING** down so you know when and what you need to do (class, study time, grocery shopping, laundry--ALL!) Schedule 3 hours per credit hour.

**WRITE IT and POST IT.**

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