

Check us out!

JUNE 2023



GEARZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM



Let's Get to Know You



Wouldn't it be nice to know some people even before coming to campus? That's the goal with this opportunity. Scan the QR code to access a **GEAR UP Lookbook for Fall 2023.**

Answer a few questions, then check back once in a while to see who has posted to our group. It would be great to meet you!

https://docs.google.com/presentation/d/1EnbcV5JuPdtqqmmdhHNCBHPByF0vjR3qAYUgvi0iQ_w/edit#slide=id.p

	Name:
	Where You're From:
	A fun fact about me is...
	Something I can offer...
	One of my Montana favorites...
	Welcome!

Your UM GEAR UP Connection!



Mindy May

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UM GEAR UP Coordinator

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Hello!

We are excited to welcome you to our  family. We are **HERE** for you every step of the way.

Please call us and ask your questions.

If we don't know the answer, we will help find the answer with you. Our goal is to help you feel **confident, prepared,** and **ready** for a new life experience. **GO GRIZ!**

Let's  to **ENGAGE, BELONG, & THRIVE!**

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LIKE US!



GEARUPUMT



GEAR UP UNIVERSITY OF MONTANA



[HTTPS://WWW.UMT.EDU/GEAR-UP/](https://www.umt.edu/gear-up/)

GEAR UP for New Fall Class at UM—Pickleball



PICKLEBALL COURSE

CRNs are--

ST: Pickleball - 74601 - ACT 191 - 02 and

ST: Pickleball - 74602 - ACT 191 - 03.

Student may now enroll via Cyberbear.

ST: Pickleball - 74601 - ACT 191 - 02

Indoor Only Non-marking court shoes required Minimum Enrollment of 8 students

Associated Term: Autumn Semester 2023

Registration Dates: Mar 27, 2023 to Dec 31, 2023

Levels: Undergraduate

UM-Msla Campus
Lecture Schedule Type
1.000 Credits

Type	Time	Days	Where	Date Range	Instructors
Class	1:00 pm - 1:50 pm	MW	Schreiber Gym	Aug 28, 2023 - Dec 15, 2023	Mindy S. May

ST: Pickleball - 74602 - ACT 191 - 03

Indoor only non-marking court shoes required Minimum Enrollment of 8 students

Associated Term: Autumn Semester 2023

Registration Dates: Mar 27, 2023 to Dec 31, 2023

Levels: Undergraduate

UM-Msla Campus
Lecture Schedule Type
1.000 Credits

Type	Time	Days	Where	Date Range	Instructors
Class	9:00 am - 9:50 am	TR	Schreiber Gym	Aug 28, 2023 - Dec 15, 2023	Mindy S. May

GEAR UP Dual Enrollment for High Schools



University of Montana Online Course\Dual Enrollment College and Life Success

COLS 191

8 week course/2 credits

October, 16, 2023-December 15, 2023

Capacity: 20 students

Instructor: Mindy May

An online course through Missoula College to help prepare high school seniors and juniors for the transition into life and college. Emphasis and practice of techniques and strategies to improve soft skills, executive function skills, and academic skills. Topics include self regulation, emotional intelligence, time management, study skills, effective learning, and more. Focusing on preparing students to effectively navigate life and postsecondary education.

HOW TO REGISTER:

1. Go to website:
mc.umt.edu/dualenrollment
2. Scroll down to "New Students"
3. Scroll down to "Application"
4. Hit the "Apply Now" link

FIRST TWO CLASSES ARE FREE

For More Information

Jordan Patterson
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Learn How to Best Prepare




"One of the most important lessons I've learned since graduation is that life after

college is very much what you make it. College is one of the last times in your life where other people set up milestones and big turning points for you. Afterwards, you have to make them yourself." Words of wisdom from **Thomas Frank**, student success guru on Youtube. He hosts a channel about college success topics such as, productivity, time management, study skills, and lots more. He is fun and informative....check it out!


<https://www.youtube.com/@Thomasfrank>



The Peeps Connection Network



Videos for everything from registration to graduation.



[YouTube.com/uaecstaff](https://www.youtube.com/uaecstaff)



"YouTuber and author, **Rob Kenney**, has offered fatherly advice on how to do about everything.

The title of his book, "Dad, How Do I?: Practical Dadvice for Everyday Tasks and Successful Living" says it all about what he teaches. His YouTube channel demonstrates tasks like how to tie a tie or how to change propane tank, almost any task you would want or need to know. USA Today and Good Morning America recently spotlighted him and his how-to-fix-it prowess. If you need to know how to do something, need a Dad joke, or words of wisdom, take a look at Rob's YouTube channel, "Dad, How do I?"



Rob Kenney

<https://www.youtube.com/@Dadhowdoi>

Avoiding Summer MELT

Here's what happens: You complete all the steps needed to enroll in college or career school. The school accepts you.

You even apply for financial aid and show that you intend to enroll by paying a deposit. But—for any number of reasons—you don't enroll in your fall classes. Ultimately, you're unable to bridge the gap between high school and college.

AVOID SUMMER MELT WITH THESE FOUR TIPS:

STAY IN CONTACT WITH YOUR SCHOOLS.

See UM GEAR UP Connection information on front page....write it down, put the numbers in your phone, post the information somewhere.

READ ALL YOUR MAIL.

Don't ignore your mail, whether it arrives through the postal service or by email. You want to make sure you're receiving all your admissions documents and financial aid offers. Neglecting the mail may cause you to miss requests for items like your final high school transcript or health records.

TRACK YOUR ACTIVITIES WITH A CHECKLIST.

You've got **BEAR TRACKS** to keep you in line. Log into the Bear Tracks portal using the admitted student's personal email address. This email address will be the one that our emails go to. Print it off and post it so you know what you need to do. If you get stuck, feel free to call for help--

OFFICE OF ADMISSIONS (406) 243-0211

CHECK THE STATUS OF YOUR FINANCIAL AID.

Make sure to apply for federal student aid and complete your Free Application for Federal Student Aid (FAFSA®) form. If you've already completed this step, review your award letter. If you have any questions, reach out to the financial aid office.

FINANCIAL AID (406) 243-5373

<https://studentaid.gov/articles/summer-melt-tips-incoming-freshmen/>

SIGN UP 



TRIO

STUDENT SUPPORT SERVICES

ONE MORE CHANCE!!

If you are an admitted student to the University of Montana, then **COME TO THIS!**



JUNE 10TH



For Griz Parents

(to share with students)

The Transition from High School to College

This transition begins when students receive their acceptance letters and make a commitment to attend a particular institution. The process will likely last the first academic term--or even year--but parents can begin helping students navigate that transition successfully before they arrive on campus. Some suggested strategies are described below.

PRACTICE COLLEGE BEHAVIORS OVER THE SUMMER

The summer before the first college year is a great time for your student to begin practicing certain behaviors and tasks that college students must manage on their own. It is also an ideal time to have some important conversations about your and your student's expectations of the college experience.

Learn how to set an alarm clock (or use the alarm function on their phones). If you haven't been waking up your student in the mornings, now is the time to stop. College residence halls are not hotels, and students must learn to get themselves up on time.

Hit the laundry room. Summertime is a good time to teach your student how to properly sort clothes, read care labels, and operate the machines.

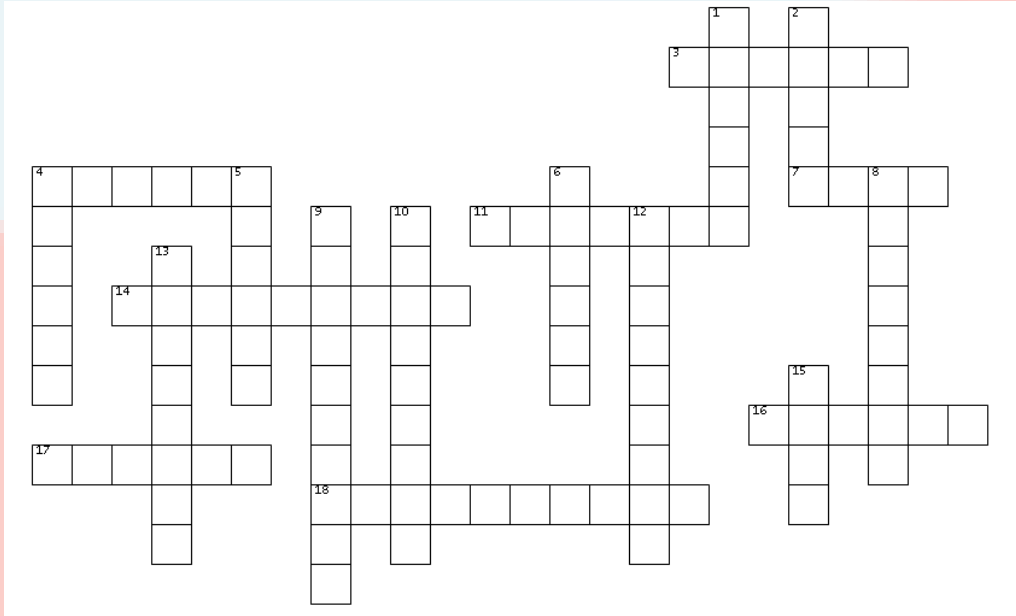
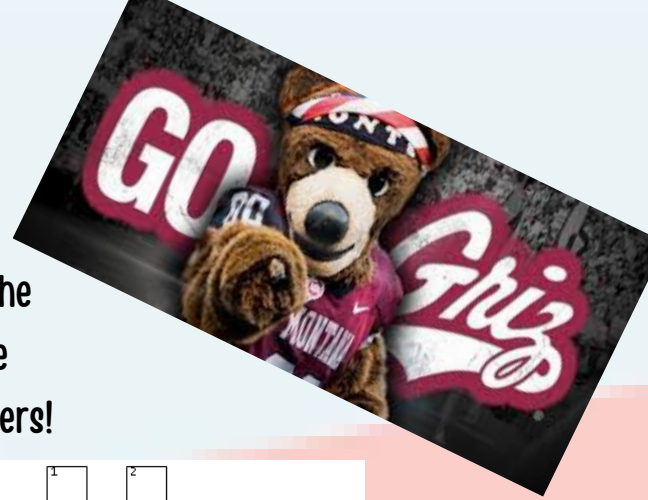
Manage their finances. If your student is going to have to have a checking account, debit card, and/or credit card, then now is the time to make sure they know how to budget. Financial issues cause more problems between students and parents than anything else the first year. Work with your student to create a budget to manage summer expenses (e.g. transportation to work, personal care items, savings for the upcoming academic year, entertainment expenses), and then coach them on keeping track of income and expenses. Check in to see how well they are sticking to the budget, and make suggestions for adjustments as needed.

Practice making decisions. Today's parents have a habit of making most decisions for their children in an effort to help them avoid mistakes. Yet, the occasional mistake can be a valuable learning experience. Try to let your student make important decisions, and trust that most of those decisions will be sound. For example, if your student will live in a residence hall, the opportunity to stay out late every night is ever present. If you currently have a curfew at home, it might be a good idea to allow your student to decide what time is reasonable for them to be home and still meet obligations to the family and summer employment. When things do not go as planned, talk with your student about what they might do differently in the future.

Learn to manage time effectively. Nothing is more difficult for first-semester college students than managing their time. Today's students have been scheduled from birth, yet college provides minimal structure. If students are working or engaged in significant volunteer service the summer before college, help them develop a schedule that balances work, family and personal obligations.

Make healthy choices. Staying healthy in college goes hand in hand with time management and involves getting adequate rest, eating right, exercising, and being responsible for one's own health care. If you have been managing these things for your student, the summer is a great time to begin turning over the reins and having conversations about the kinds of choices most likely to support overall health and college success. --(Navigating the First College Year -A Guide for Parents and Families. NODA)

Find the answers to the puzzle in the newsletter, fill out the blank squares, send me a picture of the completed puzzle (mindy.may@mso.umt.edu), and I will send you Grizzly stickers!



ACROSS

- 3. TO PREPARE FOR COLLEGE, LEARN TO TAKE CARE OF YOUR _____.
- 4. THIRD WORD OF THE UM GEAR UP MOTTO
- 7. SUMMER _____ IS WHEN A STUDENT DOESN'T QUITE COMPLETE TASKS.
- 11. TO PREPARE FOR COLLEGE, LEARN TO DO YOUR OWN _____.
- 14. _____ AID IS WHO YOU WOULD CONTACT TO LEARN MORE ABOUT FAFSA.
- 16. SECOND WORD OF THE UM GEAR UP MOTTO
- 17. BEAR _____ IS THE UM FRESHMEN CHECKLIST.
- 18. IS WHO YOU CAN CALL IF YOU HAVE A PROBLEM WITH YOUR BEAR TRACKS.

DOWN

- 1. LAST NAME OF THE DADVICE EXPERT.
- 2. TO PREPARE FOR COLLEGE, LEARN TO SET AN _____.
- 4. FIRST NAME OF COLLEGE SUCCESS YOUTUBER.
- 5. FIRST WORD OF THE UM GEAR UP MOTTO
- 6. ONE OF THE UM GEAR UP CONTACTS
- 8. A WAY TO GET TO KNOW EACH OTHER BEFORE SCHOOL STARTS
- 9. NEW CLASS BEING OFFERED IN THE FALL AT UM.
- 10. INSTAGRAM ADDRESS
- 12. TO PREPARE FOR COLLEGE, LEARN TO MAKE YOUR OWN _____.
- 13. TO PREPARE FOR COLLEGE, LEARN TO MANAGE YOUR _____.
- 15. COLLEGE INFO _____ IS THE NAME OF HIS WEBSITE.

USE THE CLUES TO FILL IN THE WORDS ABOVE.
 WORDS CAN GO ACROSS OR DOWN.
 LETTERS ARE SHARED WHEN THE WORDS INTERSECT.