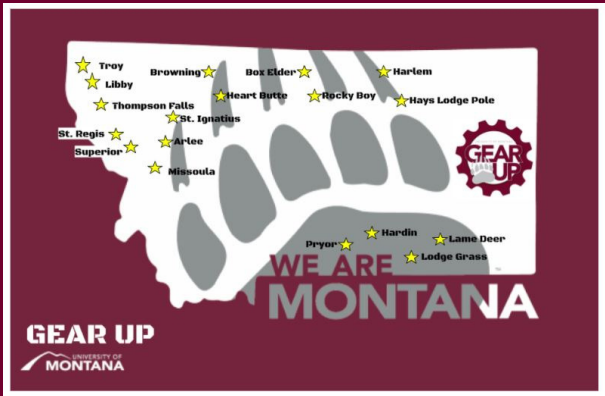


MARCH 2022



# GEARZZLIES' GAZETTE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM



## TABLE OF CONTENTS:

- STAFF SPOTLIGHT
- UPCOMING EVENTS
- DORM HACKS
- RESOURCE SPOTLIGHT
- DEAR MONTE
- CRUSHING COLLEGE
- SCHOLARSHIP REMINDER



Michelle Guzman, AISS Director,  
American Indian Student Services

**Michelle Guzman** is Shoshone-Bannock from Fort Hall, Idaho. In 2014 Michelle worked as an Academic Advisor in the Native American Studies Department and in 2018 became the Director of American Indian Student Services (AISS) here at University of Montana. She has a degree in Anthropology with an emphasis on American Indian studies from University of Washington, a 2nd degree in Elementary Education from Haskell Indian Nations University, and a Master's in Curriculum and Instruction from University of Montana. Her first objective is to create a home away from home for students. A place where they can come feel like family and community. They can lay on the couch, work with tutors, access the food pantry, or school supplies. They can get what they need here. A one-stop-shop where they can get questions answered, when they leave here they feel like their questions aren't left unanswered.



Brad Hall, Tribal Outreach Specialist  
Office of the President

**Dr. Brad Hall** is a Blackfeet educator and historian who was raised on the Blackfeet Indian Reservation outside of Browning, Montana. He has committed most his career to improving education systems on the Blackfeet Indian Reservation, at the Heart Butte School District and Blackfeet Community College. His current appointment is at the University of Montana-Missoula as the Tribal Outreach Specialist. This role supports university efforts to increase access and services that provide Native students access to four-year degrees (and beyond) through pathways designed in collaboration with tribal colleges and high schools around Montana. Dr. Hall is graduate of Montana State University-Bozeman with a Bachelor's degree in History Teaching (2009). These formative experiences led him to pursue a Master's degree in Education (2012) and in 2018 his doctoral degree in Educational Leadership, both from Montana State University-Bozeman. Dr. Hall's outreach to other tribal communities has been vastly expanded through his presentations nationally and publications involving research, professional development for culturally-based pedagogical approaches, and leveraging cultural values to promote best practices in tribal, educational settings, and among community leaders from around Indian Country.

3/2 12-2pm, PNAFC Rotunda, "Souper" Wednesday:

3/3 12pm, ZOOM, Thrifty Thursday: Paying for College 101

3/3 11am-2pm, UC Ballroom, Student Employment and Experiential Learning Fair

3/6 1pm, Missoula Public Library, GEAR UP for GOOD--Dr. Seuss Day Celebration! Volunteering

3/8 Literature Review: Finding and Evaluating Sources

3/9 12-2pm, PNAFC Rotunda, Wellness Wednesday

3/10 12pm, ZOOM, Thrifty Thursday: Student Loan Forgiveness

3/15 6pm, Yard Games on the Oval

3/16 12-2pm, PNAFC Rotunda, "Souper" Wednesday

3/17 12pm, ZOOM, Thrifty Thursday: Repay Student Debt

**3/21- 3/25 SPRING BREAK**

3/23 12-2pm, PNAFC Rotunda, Wellness Wednesday

3/24 12pm, ZOOM, Thrifty Thursday: Healthy Financial Habits with Wells Fargo

3/29 12-1pm, Mules on the Oval-SERIOUSLY!

3/30 12-2pm, PNAFC Rotunda, "Souper" Wednesday



## DEADLINES

**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**

**5/14 RESIDENCE HALLS CLOSE AT NOON FOR SUMMER BREAK**

## Infused water

Do you need to drink more water but hate the taste? Here are some healthy options to add flavor, and when you are done drinking the water, you get a little snack!

From: Meggan Hill

Website: <https://www.culinaryhill.com/8-infused-water-recipes/>

For All Options:

- 5 cups water
- 1 cup ice cubes optional

For Honeydew, Cucumber, and Mint:

- 1/2 cup honeydew cubes
- 1 cucumber thinly sliced
- 10 fresh mint leaves torn

Blueberry, Lemon, and Rosemary:

- 1/2 pint blueberries
- 1 lemon thinly sliced
- 4 sprigs fresh rosemary

Pineapple, Coconut, and Lime:

- 1 cup pineapple chunks, fresh or frozen
- 1 cup coconut chunks, fresh or frozen
- 1 lime thinly sliced

Watermelon, Kiwi, and Lime:

- 1 cup watermelon cubes
- 1 kiwi diced or cut into circles
- 1 lime sliced into circles

Instructions

- In a large pitcher, place the desired combination of fruit or herbs. Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired.



Education is the most powerful weapon which you can use to change the world.

— Nelson Mandela —





# ELEVATEU

EXPLORE. EXPERIENCE. EMBRACE. ELEVATE.

ElevateU, University of Montana's signature career readiness program, prepares students for a meaningful career and well-lived, joyful life starting from day one. Being career ready means you have the education, skills, and tools needed to launch, carry-on, and pivot your post-graduation career. ElevateU is designed to move students through levels of career readiness and wayfinding; starting with exploring interests, then gaining experiences, embracing opportunities, and elevating to a career.

## To login to ELEVATEU Online:

1. Click on <https://app.careercore.org/>
2. Click on University of Montana which will take you to your NetID login
3. After you login to your NetID and you land on the Career Core page, click refresh to add your content, first time only
4. Watch the welcome videos and you can try out any of the available content with more to be added throughout the semester
5. The On-Demand live sessions with coaches are located on the calendar. Currently, all sessions are show in EST and please change your settings to MST.



# FIND YOUR ADVISOR

## IT'S THAT TIME OF YEAR!

You need to make an appointment with your advisor to plan for fall registration (starting March 28th). Follow this link if you need help:

<https://www.umt.edu/undergrad-advising-center/>



## DEAR MONTE

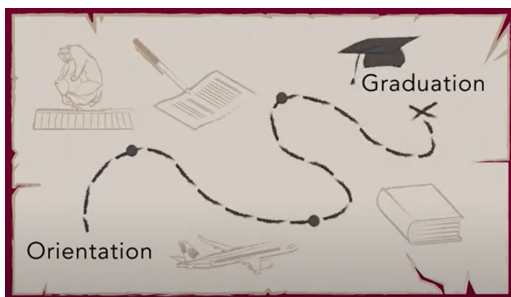
I want to finish school in four years but I am nervous about doing 15 credits my freshman year. What do you suggest?  
--Signed, Finish in Four

Hello Finish in Four,

The University of Montana has several resources to navigate that decision.

1. UM has a program called, "Four Bear Program." The goal of the program is simple: to help students graduate from UM in four years. Schedule an appointment with your advisor and they can guide you through the steps to make that happen.
2. A few factors to consider:
  - Do you need to work to pay for college? Are you involved in extracurricular activities such as athletics, music, etc.?
  - When calculating your time, follow this rule of thumb: For every credit allow 2 hours of study time. For example: 3 unit course 3 units x 2 hours of studying (per unit) = 6 hours of study time. If it is science based class allow 3 hours to every 1 hour.
  - If you have had prior experience in high school to prepare you for the rigor of college, by taking AP or dual enrollment courses.
  - There are also courses offered during the summer semester so you can have a lighter load during the regular semester to focus and do well academically, then enroll for summer.

With your advisor you can decide what your personality, work ethic, and time schedule can manage.



# CRUSHING COLLEGE

## How to Prep for Your Next Big Test:

You know you need to study, but where should you begin? Here are some tips on how study to make sure that you are efficiently and effectively retaining information:

- After class each day, spend at least 15 minutes reviewing the information that you just learned.
- At the end of week quiz yourself on the information that you learned that week
- When you have multiple tests to take chunk out your time. For example, only study for Stats for 1.5 hours, take a little break, then study for Biology for 1.5 hours, take a little break, then go back to Stats, instead of studying for Stats for 3 hours straight.
- Study in the same type of environment that you are going to take your test in. If that's a noisy place, study in a noisy place. If you aren't going to eat before your test don't eat while you are studying.
- Re-write your notes. If you have the supplies use different colors when you are writing. It looks good and it helps you remember more.



## College Tip

Money is out there.....deadlines are fast approaching

### LEARN ABOUT SCHOLARSHIPS

- Check out our website for a list of scholarships: <https://www.umt.edu/gear-up/academic-success/scholarship-sites/default.php>
- Google "University of Montana FINANCIAL AID>Scholarships"
- Google Montana University System: <https://mus.edu/Prepare/Pay/Scholarships/>