

Check us out!



MARCH 2023



GEARZZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM



"My name is Cassie Paige Green and I went to high school in beautiful Superior Montana where I found my love for STEM classes. From amazing science and math classes to working as a wildlife firefighter in the summer I was inspired to take on a Biology major. With this major, I want to continue my education and either go to vet school or a credible naturopathic school to become a naturopathic doctor. This is my first year in college, and I love the university and my major so far. Outside of school, I am currently training for Olympic weightlifting and I absolutely love it! If Im not training or doing homework I am playing on an intramural basketball team, volunteering at my church, fly-fishing, skiing, or hanging out with friends."



Carter Jasper reminds us to DARE GREATLY!

"It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while **DARING GREATLY**, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat." -T. Roosevelt



Get ready to register...

Schedule an appointment with your advisor.

GEAR UP UNIVERSITY OF MONTANA

TABLE OF CONTENTS:

- SPOTLIGHT/REMINDER
- UPCOMING EVENTS
- RESOURCE SPOTLIGHT
- DEAR MONTE
- CRUSHING COLLEGE

LIKE US!



GEARUPUMT



remind

Check your email for a link



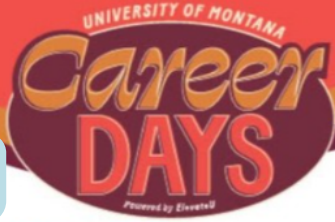
IMPORTANT DATES



MARCH 2023

Take root and grow your future.

Check **GEARUPUMT** Instagram for schedule



- 3/1- Wellness Wednesday, 11a-1p, PFNAC
- 3/2- Pickleball, 4-6p, Schreiber
- 3/2- FAFSA Help, 4-6p, RM 208 PFNAC
- 3/2- Student Loan Forgiveness, 12p, Aber 425
- 3/6- Help with resumes, cover letters, etc. 11a-12:30p, Gallagher Business Building
- 3/7- Four Bear Degree Planner, 1-3p, Student Learning Center, Library
- 3/8- GEAR UP SOUPer Wednesday, 11a-1p, PFNAC
- 3/8- Heartfulness Meditation, 10-11a, UC RM 207
- 3/9- Pickleball, 4-6p, Schreiber
- 3/15- Wellness Wednesday, 11a-1p, PFNAC
- 3/16- Pickleball, 4-6p, Schreiber
- 3/17- St. Patrick's Day
- **3/18-3/26- SPRING BREAK**
- 3/29- GEAR UP SOUPer Wednesday, 11a-1p, PFNAC
- 3/30- Pickleball, 4-6p, Schreiber



March Madness

Take the MADNESS out of Filling out the FAFSA

Christina Peltier
FINANCIAL AID SPECIALIST II-SCHOLARSHIP MANAGER
406-243-4810

Will be there to assist students

Come get help with your FAFSA

Thursday, March 2, from 4pm-6pm
Room 208, Computer Lab
Payne Family Native American Center



SUMMER

GET AHEAD | CATCH UP | STAY ON TRACK

UNIVERSITY OF MONTANA

MARCH	STUDENT LOAN FORGIVNESS (MAR. 2)
	INVESTING BASICS (MAR. 9)

WEDNESDAY @ 11A-1P PFNAC

E Mar 8 - Quillwork Workshop

L Cherith Smith (Upper Brule Sioux/Peigan) will be giving us some quillwork basics. Supplies provided!

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N

E Mar 29 - Stickgame

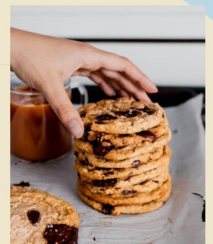
S Get your game on! We'll do a quick overview on how to play, then some games for bragging rights.



Cookies & Careers

Stop by during Cookies and Careers to ask your career questions in a casual setting - and grab a cookie!

- ▶ Tuesdays: 11 a.m. - Noon
- ▶ Location: Branch Center - UC 201



ELEVATEU
» ONLINE «

TAKE A BREAK TUESDAY

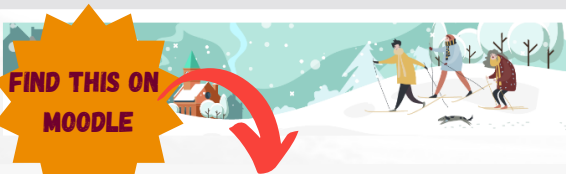


RESOURCE SPOTLIGHT



Curry Health Center Wellness helps students develop healthy lifestyle behaviors to enhance student success and well-being. Our programs address a variety of topics that impact your health and well-being including stress management, safe partying, healthy sexuality, tobacco cessation, safer sex, exercise, and healthy eating. By helping students live well, in turn, we help them succeed academically at UM. Our services for students are free of charge. Be on the lookout for reminders from us on some of the wellness events going on in the next couple weeks!

Student News



NEW! Feeling stress, overwhelmed, or unwell? Not sure who to talk to or which resource is best? Meet with a well-being

support coordinator!

Get Support!

WELL-BEING SUPPORT COORDINATORS:

Master Level Social Work students to provide prevention support for well-being related issues for students. Please note these services are provided by health coaches. These coaches function in a non-clinical capacity and they are not licensed mental health providers.

What services do we provide?

- 1:1 well-being support for students in person or via zoom
- Assist students in accessing resources on and off campus

What is an appropriate referral?

- Support in coping with stress, anxiety, and feeling overwhelmed
- Sleep and Sleep hygiene
- Time Management and Procrastination
- Movement and Nutrition
- Assistance with finding the right resource for support

Two options for referrals:

1. Complete online referral form: https://umt.co1.qualtrics.com/jfe/form/SV_cTq1BO0XyqpXTAG
2. Complete referral within Navigate-select alert reasons "wellness"



Dear Monte,
How do I prepare for midterms?
-Ready Freddy

1. Look through the syllabus and write down the date of the Midterm in all your classes.
2. Go through your class notes and quizzes. Often professors use similar questions on topics that have been covered in class.
3. Ask professors for help. If they don't provide you with a study guide, I would reach out to them and ask them so you know what to study.
4. Try your best and remember spring break is right around the corner. Walk into midterms with a positive mindset and after all your hard work, you'll have a break after all your exams

Good luck!

What I can NOT control...

- SOMEONE ELSE'S BEHAVIOR
- HOW OTHERS PERCEIVE ME
- IF PEOPLE LIKE ME OR NOT
- WHAT HAPPENS AROUND ME
- MY PAST MISTAKES
- OTHER PEOPLE'S OPINIONS
- THE BOUNDARIES THAT OTHERS SET
- HOW OTHERS RESPOND AND REACT
- HOW OTHERS COPE WITH TRAUMA
- MY PAST CHOICES
- WHO PEOPLE CONNECT WITH
- PEOPLE'S BELIEFS AND VALUES
- THE FUTURE



CRUSHING COLLEGE

10 COMMON HABITS OF SUCCESSFUL PEOPLE

THEY WAKE UP AND START THEIR DAY EARLY

THEY AVOID CONTEXT SHIFTING BY NOT MULTI-TASKING

THEY WRITE LISTS AND SET PRIORITIES

THEY HAVE BOUNDARIES

THEY EXERCISE AND EAT A HEALTHY DIET

THEY WRITE IN A JOURNAL

THEY KNOW WHEN AND WHERE THEY WORK BEST

THEY DELEGATE AND AUTOMATE TASKS WITH SYSTEMS

THEY MEDITATE OR TAKE TIME TO PAUSE

THEY TRACK AND MONITOR THEIR RESULTS

5 Ways to Manage Test Anxiety

1. Avoid the perfectionistic trap.
2. Banish the negative thoughts
3. Get enough sleep.
4. Be prepared.
5. Take deep breaths

Aurora at Wellness Wednesday

