Ethan Morley is cooking...literally. He has big dreams to become a chef in France and is headed to Culinary Institute of America to fulfill his dreams. This hasn’t always been the case. In high school he played the tenor sax and wanted to pursue music and become a band teacher. He’s proof that you can change your mind, at that is ok! While in high school, tragic events inspired Ethan and friends to create a club, “Mental Health Matters”, which still exists. He enjoys traveling and going to Seattle and experiencing Pike’s Market. Ethan has big plans and is working to make them happen. Wishing you all the best!
TRiO Budgeting Tips with Andrea Janssen
Mar 6, Aber 3rd Floor
12 pm - 1 pm

Service Saturday: Dr. Seuss Bday
Mar 2, Missoula Public Library,
10:15 am - 2:30 pm

FAFSA Workshop
Mar 5 & 26, Mansfield Library
(Buckhous Room, Level 2, MLIB 284)
6pm-8pm

Wellbeing Wednesday
Mar 13, UC 10am-2pm

Social Round Dance
Mar 14, PFNAC 6pm-9pm

Wellness Walks
Meet at Griz Statue • EVERY WEDNESDAY!
12p-12:30p

TRiO Wellbeing Tuesdays
Aber 3rd Floor Tutor Rm.
EVERY TUESDAY!
12:30p-1:30p

Pickleball
Schreiber • EVERY Thursday!
3p-5p

TRiO St. Patrick’s Day Social
Mar 13, Aber 3rd Floor, 3 pm - 5 pm

Spring Leadership Luncheon:
A Celebration of Inspiration & Strength
Mar 12, 2024 11:45 am - 1:00 pm

GEAR UP for Registration
Mar 12. UC 215, 4 pm - 5 pm

Find details on Griz Hub

TRiO St. Patricks Day
WEDNESDAY, MARCH 13TH
3-4PM
TRIO OFFICES

Wellbeing Wednesdays
Payne Family Native American Center
EVERY WEDNESDAY!
12p-2pm

Relaxation Station
Curry Health Center
EVERY Thursday!
9am-2pm

AISS Wellness Wednesdays
EVERY WEDNESDAY!
12p-2pm

WELL-BEING TUESDAYS
Stop in anytime – Tuesdays 12:30 - 1:30
TRiO SSS Tutor Center
Kate Shelby, Well-Being Support Coordinator

Career Days
GET SWEET ON YOUR CAREER
Spring-Montana Industry Assessment

25 & 26

MAR.
LUNCH AND LEARN WITH THE FBI
5
MAR.
SPRING LEADERSHIP LUNCHEON
12
MAR.
EDUCATORS’ CAREER ROUNDTABLE
14
MAR.
ALTERNATIVE SPRING BREAK
in Seattle, Washington
17
MAR.
HIRE GRIZ! SPRING CAREER FAIR
28
APR.
MISSOULA ARTS MIXER
2
APR.
CYBER SECURITY CHALLENGE & NETWORKING NIGHT
12
Questions Every Student Should Ask Their Academic Advisor

One of the most valuable resources available to you is your academic advisor. You may have TWO--check in Cyberbear on your student profile. They can help guide you with your educational goals, assisting in course selection, and providing support throughout your college experience. It’s important to ask the right questions during advisor meetings. Here are some key questions you should consider asking your academic advisor:

Clarification of Degree Requirements:
- What courses are required for my major/minor, and how do I stay on track to fulfill these requirements?
- Are there any prerequisite courses I need to complete before taking more advanced classes in my field of study?

Academic Progress and Planning:
- Can we review my academic progress so far and discuss my future academic plan?
- Are there opportunities for internships, study abroad programs, or research experiences related to my major?

Course Selection and Scheduling:
- Which courses do you recommend I take next semester/year?
- How can I balance my course load effectively to ensure a well-rounded education?

Career and Graduate School Preparation:
- What career paths align with my major, and what steps can I take to prepare for them?
- Are there resources available to help me prepare for graduate school or professional certification exams?

Seeking Support and Resources:
- What academic support services are available on campus, such as tutoring, writing centers, or study groups?
- Can you provide guidance on applying for scholarships, grants, or financial aid related to my field of study?

Personalized Advice and Guidance:
- Based on my interests and strengths, do you have any recommendations for extracurricular activities or clubs I should consider joining?
- How can I make the most out of my college experience beyond just academics?

Navigating Challenges and Concerns:
- If I’m struggling in a particular course, what resources or strategies can I use to improve my performance?
- How should I handle schedule conflicts or unexpected circumstances that may impact my academic progress?

Long-Term Academic and Career Goals:
- Can we discuss my long-term academic and career goals, and how can I work toward achieving them?
- Are there networking opportunities or alumni connections that could benefit me in my chosen field?

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Go Griz Bear colored by Rae M.

Color a bear, send me a picture, and WIN an insulated lunch bag!
Dear Monte—

I am feeling overwhelmed. I am not sure I want to keep going to school? What can I do? —Ocean of Overwhelm

Feeling too overwhelmed to know where to begin? You’re not alone. Your academic advisor can help you put together a plan for your next steps. Here are some options to consider.

**Grading Option Change:**
Contact the Registrar’s Office at (406) 243-5600 or registration@umontana.edu for questions about the course drop policy.

**WARNING:** Not all courses are offered with a credit/no credit option. Check your syllabus or contact the Registrar’s Office to verify at registration@umontana.edu.

**WARNING:** Major, minor and general education requirements must be taken for a traditional letter grade.

**Withdrawing:**
It can be challenging to juggle school, family, financial needs, work, medical challenges, and all other aspects of life. We understand that at times it can feel very overwhelming, but withdrawing may not be your only option. Talk to your academic advisor, weigh out the pros and cons, and know ALL the facts before you withdraw. How will it impact financial aid? **Contact the Financial Aid Office at (406) 243-5373.**

[https://www.umt.edu/withdrawal/](https://www.umt.edu/withdrawal/)

**Housing:** Students who reside in a University residence hall, University Villages, or Lewis & Clark Villages must notify the proper officials in the UM Housing Office of that they are withdrawing from the semester. Contact UM Housing at 406-243-2611.

**Dining:** Students who have meal plans must to cancel their meal plan. Contact Campus Dining at dining@umontana.edu
Color a bear, send me a picture, and WIN an insulated lunch bag!

mindy.may@mso.umt.edu