



# GEARZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

UM GEAR UP NEWSLETTER  
MARCH 2024



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

- Spotlight-Ethan Morley
- Registration Workshop
- Calendar
- Resources
- Dear Monte
- Crushing College

## GEAR UP Spotlight Ethan Morley

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!



## PREPARE FOR REGISTRATION APRIL 2-3

- 1 Go to Cyberbear>Student Services> Degreeworks
- 2 Review classes needed to graduate. Create a plan in "Plan Ahead"
- 3 Use "what if" tool for exploring other majors/minors
- 4 Find your advisor by looking on "Student Profile" on Cyberbear.
- 5 Schedule an appointment with advisor through Navigate. (See page 2 for what to ask advisor)
- 6 Get registration pin from advisor. Check "notices" for dates you can register.

**GEAR UP for Registration**

Come plan for **Fall 2024** semester and prepare to meet with your advisor. Explore your degree path and learn about your options with help from Undergraduate Advising.

**SNACKS PROVIDED**

March 12th  
215 UC  
4-5pm

Date of Sophomore Registration

04:02:24  
Month Day Year

Log onto CyberBear > Student Services > Registration





# March



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



**Wellbeing Wednesday**  
 Mar 13, UC 10am-2pm

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

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

**Wellness Walks**

Meet at Griz Statue **EVERY WEDNESDAY!**  
 12p-12:30p

**Pickleball**

Schreiber **EVERY Thursday!**  
 3p-5p

**TRiO Budgeting Tips with Andrea Janssen**  
 Mar 6, Aber 3rd Floor  
 12 pm - 1 pm

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

Movement Time Management

**TRiO Wellbeing Tuesdays**

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

**Relaxation Station**

Curry Health Center  
**EVERY Thursday!**  
 9am-2pm

**AISS Wellness Wednesdays**

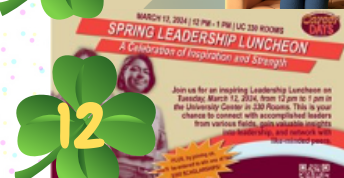
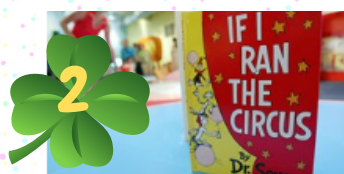
Payne Family Native American Center  
**EVERY WEDNESDAY!**  
 12p-2pm

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

UNIVERSITY OF MONTANA Career DAYS		
FEB.	GET SWEET ON YOUR CAREER Strong Interest Inventory Assessment	15
FEB.	BIOTECH CAREER EXPO	15
MAR.	BUSINESS CAREER EXPO	5
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

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

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



**Find details on Griz Hub**



# Questions Every Student Should Ask Their Academic Advisor

MARCH 2024

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?

Sharing is Caring



**GRIZ  
GIVE & GET**

A Platform to Give Away Unwanted  
Items & Get Free Stuff



Log in to Microsoft Teams with your university email and join the Team with this code to start giving and getting! 6146k0p



Go Griz Bear colored by Rae M.

Color a bear, send me a picture, and **WIN** an insulated lunch bag!

HERE TO HELP



**Mindy May**  
UM GEAR UP Program Coordinator  
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406.243.2281



**Tanya Gardner**  
UM GEAR UP AISS Coordinator  
tanya1.gardner@umconnect.umt.edu  
406.243.6308

## FAFSA FINISHED?

Reach out to Mindy or Tanya or Andrea in Financial Education



UM FINANCIAL EDUCATION  
ANDREA JANSSEN  
Phone: 406.243.6016  
andrea.janssen@mso.umt.edu





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.umn.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

SPRING  
BREAK

CRUSHING  
COLLEGE

MARCH  
18-22

Know Before  
You GO!

Either before you leave for break or while on it, dedicate about an hour to going through each syllabus and Moodle. Locate any upcoming assignments, papers, projects, or tests and their due dates for the remainder of the semester.



How to  
Improve

Taking time to examine your performance on finished tests, quizzes, papers and projects can help you understand how to adjust your study for better performance.



Plan  
Ahead

If you know that a major project is coming due, plan your time effectively. Divide large assignments into manageable parts and hold yourself to accomplishing each part in a timely way.



Know Your  
WHY!

Everyone does better when they feel motivated. Remember why you are doing this and it is only a little bit longer. Think of a reward and give yourself something to work towards earning.



MARCH 2024



Color a bear, send  
me a picture, and **WIN**  
an insulated lunch bag!  
[mindy.may@mso.umt.edu](mailto:mindy.may@mso.umt.edu)



**Color  
a  
bear**

