

MAY 2022

# GEARZZLIES' GAZETTE



NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM

## YEAR IN REVIEW



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Commit yourself to lifelong learning. The most valuable asset you'll ever have is your mind and what you put into it.



May 2022

- 5/2 10am-3pm, Study Break--in PFNAC
- 5/2 12pm-12:45pm, Wellness Walk (Stress Less), at the Griz Statue
- 5/3 12:15pm- 12:50m, Yoga on the Oval (Stress Less)
- 5/3 10am-2pm, Stress Less in the UC
- 5/4 10am-2pm, Stress Less in the UC
- 5/4 1pm-2pm, Forest Bathing (Stress Less), at Main Hall
- 5/4 8am-9pm, Share Kindness Day--Throughout the day there will be multiple opportunities to receive and give random acts of kindness.
- 5/5 12-1pm, Zoom, Thrifty Thursday: Paying for College 101
- 5/5 12-1pm, Popcorn Thursday at the Branch Center
- 5/5 4-6pm, Prescott House, **END OF YEAR CELEBRATION--Food, Fun, Friends!**
- 5/6 12-12:50pm, Sounds Meditation Therapy
- **5/9-5/13 FINALS!!!!!!**
- **FINALS Schedule: Check your syllabus or REGISTRAR HOME PAGE.**
- 5/23 Summer Classes Start

**FINALS WEEK ACTIVITIES**

**Our Top 3 Tips to Surviving Finals at Mansfield Library**

**#1 SERVICE DOG IN MANSFIELD LIBRARY--DOGS!**

Abbey, Albert and Raja the therapy dogs will be in the lobby of Mansfield Library on Monday, May 7th from 2:00pm-3:00pm and 11:00am - 3:00pm on Wednesday, May 9th. Come say hello to these beautiful pups for instant bliss.

**#2 DO SOMETHING RELAXING!**

Our adult coloring station will be located at the front entrance throughout finals.

best\_study\_spot\_award\_2017.jpeg  
Take a break from your computer screen and check out a game or puzzle.

Yoga mats are available at the Check Out Desk.

**#3 MAXIMIZE PRODUCTIVITY!**

Roof construction means that level five isn't as quiet as it usually is. We've made level one a quiet floor in the meantime. We also have free earplugs at the Information Desk! Need a scantron or pencil? We'll be handing out study supplies at the Reference Desk.

Practice that final presentation using the **One Button Studio.**

**"SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY-IN, AND DAY-OUT."**

- ROBERT COLLIER.



**DEADLINES**

**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**

The shadow by my finger cast  
Divides the future from the past:  
Before it, sleeps the unborn hour,  
In darkness, and beyond thy power.

Behind its unreturning line,  
The vanished hour,  
no longer thine:

One hour alone is in thy hands,  
**THE NOW ON WHICH  
THE SHADOW STANDS.**



**SEIZE**  
the  
**DAY!!!**

## **BEWARE OF SUMMER SLIDE!!!!**

Education is not something that should be neglected over the entire summer.

### What to do?

- **Study and Read**--Students should continue to stay educated throughout the summer on aspects that affect their field of study. Plus, keeping your brain active and learning is a good way to ensure that you can easily transition back into the school year.
- **Keep Up with News and Current Events**--It's important to understand what is going on throughout the nation and across the globe, even over the summer. This element can help students stay up to date and can influence their ability to participate in class discussions, write research papers, and even stand up for what they believe in and agree with.
- **Buy Textbooks**--It's never a good idea to wait to buy textbooks. The moment you enroll in a course and receive the list of required textbooks, it's time to purchase them. Waiting too long to buy books is a good way to ensure the best or most affordable options are gone. Students who purchase books earlier have a wider variety of books to choose from. From used textbooks to rentals, the early bird gets a better deal!
- **Clean Up Your Social Media Accounts**--Reputation means a lot—and first impressions matter. Universities and future employers have their own reputation to uphold, and they do not anticipate (or want) students' social media accounts tarnishing that reputation. Take down or completely avoid posting any unfavorable photos on any of your social media accounts for starters!
- **Get LinkedIn**--LinkedIn is the world's largest professional networking social media service. Getting a profile here is one of the best ways for students to prepare for their professional careers.
- **Be Sure to Register for Classes**--Meeting with an advisor will allow you better chance of getting into the classes you want before they're all filled. Don't waste time—get the enrollment process started as soon as possible!
- **Apply for Scholarships and Financial Aid**--if you have not done this yet, now is the time! University of Montana has a financial aid department to help assist you with this process.
- **Connect with Other Students**-- keep connected with Freshman roommates, friends made during the school year, professors, or future roommates.

--Florida National University (<https://www.fnu.edu/9-ways-prepare-college-summer-2/>)



## DEAR MONTE

Dear Monte,

I am nervous as I move on to my sophomore year in college that I won't be as supported as I have been my freshman year. How do I feel secure?

---Shaky Future Sophomore

---

For good reason, Shaky. Transition from high school to college is stressful, but so is the change to a more focused sophomore year too!

### Focus Your Extracurriculars

Your first year of college is your chance to try a little bit of everything and figure out what you like. As a sophomore, it's time to be more selective.

### Connect Regularly with Your Advisor

As a sophomore, you are in full control of your academic standing—so it's important to map out pathways for your success.

### Build Relationships with Faculty

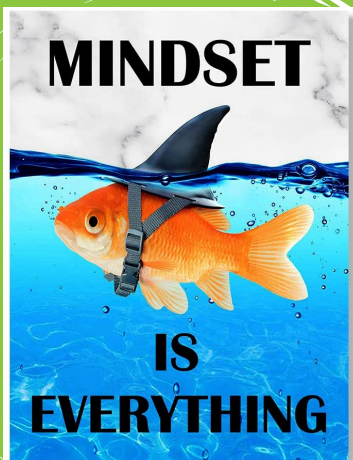
It's important to take advantage of opportunities to work with faculty or get to know them better.

### Make Use of Campus Resources

During your sophomore year, you'll have to take initiative and seek out assistance.

### Look for Community Service

Your advisor can help you map out opportunities that mesh with your interests and schedule.



## CRUSHING COLLEGE

### Tips from a College Senior

- 1) **Advocate** for yourself and your peers- if you don't, no one else will.
- 2) **College is about experiences**-go to the events on campus even if you think you won't like them: sporting events, cultural celebrations, plays, concerts etc.
- 3) **Learn your limits**- there are so many opportunities on campus, and it is a wonderful thing! However, it can be easy to overload. Sometimes you just have to say no thank you!

Need to relax before finals? Color this pages and turn bring them to 302 Aber Hall for \$5 BEAR BUCKS!!!!

GAIN \* RETAIN \* ATTAIN

GEAR UP for

a bright future!

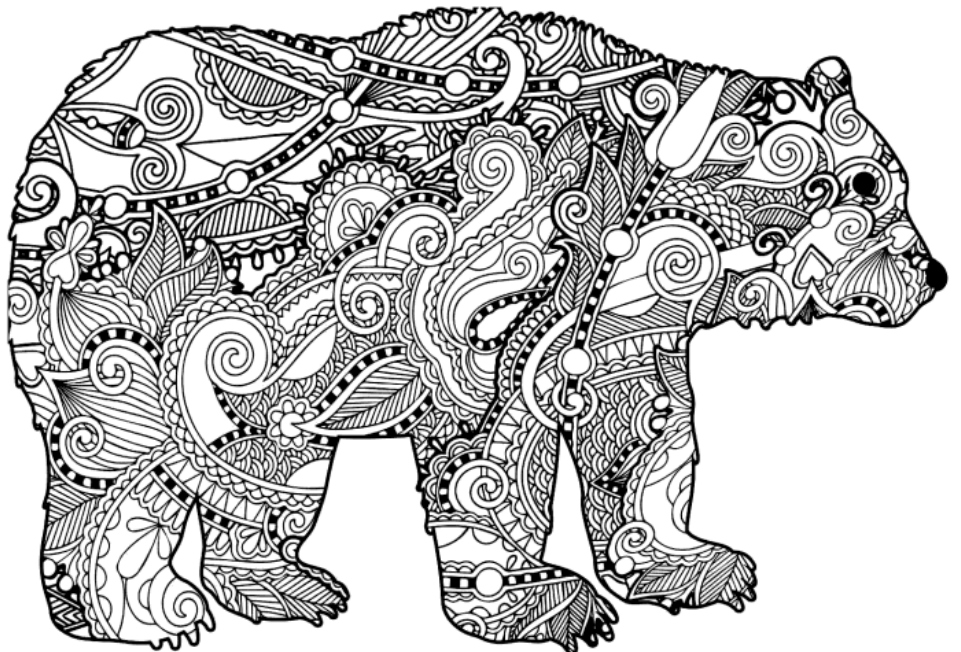


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Griz

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