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<td>Mon. May 1</td>
<td><strong>Book Buy back</strong> begins. Bookstore hours: M-TH 8-5:30pm, Fri. 8-5pm</td>
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| Tues./Wed.   | **Stress Less**—10am-2pm at the UC  
Chair massage, acupuncture, crafts, herbal tea, snacks |
| May 2-3rd    | **AISS Study Break** 11a-3pm at PFNAC                                       |
| Wed. May 3   | Study at a different university but pay in-state tuition. Learn about the **National Student Exchange** in a virtual NSE Info Session. Virtual 11a-12pm. [https://umontana.zoom.us/j/9370466225#success](https://umontana.zoom.us/j/9370466225#success) |
| Thurs. May 4 | **Pickleball** 4p-6pm in Schreiber Gym                                       |
| Thurs. May 4 | **GEAR UP and TRIO End of Year Celebration**—2p-4pm, PFNAC Firepit        |
| Fri. May 5   | **Last day of Spring instruction**  
Last day to withdraw from Spring semester (drop all classes) by 5:00 p.m. |
| Sat. May 6   | **GO GRIZ DAY!** Admitted students and their families are invited to celebrate admission to UM. [https://www.umt.edu/admissions/campus-visit/go-griz-day.php](https://www.umt.edu/admissions/campus-visit/go-griz-day.php) |
| Sun. May 7   | **Pickleball Tournament**: UM tennis courts, 10am courts open, $10 per team, $5 per individual—Register: [https://www.instagram.com/um_pickleball/](https://www.instagram.com/um_pickleball/) |
| May 8-12     | **Final Exams Week**  
Library offering extended hours, therapy dogs, coffee & snacks |
| Tues. May 9  | **Cookies and Careers**—11a-12pm, Branch Center. Ask a Career Advisor your career questions & get a cookie. |
| May 15-18    | **Alternative summer break**: trip to the Rasmuson Wildlife Conservation Center experience in the field of conservation. The cost of the trip is $100 and includes lodging, transportation, programming and meals for 3 days. Register: [https://tinyurl.com/mtfukkzy](https://tinyurl.com/mtfukkzy) |

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken.”  
– James Dent
RESOURCES SPOTLIGHT

**Campus Thrift**

Collect unwanted items from students leaving the residence halls and offer still-useable items back to the campus community at a discounted rate.

**COLLECTION:** Outside Jess, Miller, Craig, & UM Residence Halls; Thursday May 11, Friday May 12 (12p-5pm), and the morning of Saturday May 13 (9a-12pm).

**SETUP:** Monday May 15 and Tuesday May 16 from 9a-5pm.

**SALE:** Wednesday, May 17 from 9am-2pm in Schreiber Gym.

**THE BENEFITS OF TAKING SUMMER CLASSES**

- You’ll usually graduate faster.
- More availability.
- Smaller classes.
- Cheaper textbooks.
- It can be a great time to take classes you're dreading.
- Take classes you couldn’t get into previous semesters.
- Enjoy Missoula and the community in the summertime.

**UM SUMMER PROGRAM**

(406) 243-5673

UMSUMMER@MSO.UMT.EDU

**EVENTS**

**Monday, May 22**

10-week Summer Session
May 22, 2023 8:00 am - Jul 28, 2023 5:00 pm

5-week Summer Session I
May 22, 2023 8:00 am - Jun 23, 2023 5:00 pm

**Monday, June 26**

5-week Summer Session II
Jun 26, 2023 8:00 am - Jul 28, 2023 5:00 pm
Crushing College

MAY 2023

DEAR MONTE,
HOW DO I PREPARE FOR FINALS?

--TERRIFIED TAKING TESTS

FINALS WEEK!

Finals week is right around the corner. Here are some tips:

If you're not sure when your final is, check out the Spring Finals Week Schedule on the Registrar's website under the Calendar tab.

You can request an alternate date to take an exam if you are scheduled for more than two exams in one day. If an agreement cannot be reached with your instructor, contact your Dean, GEAR UP or AISS.

The last day of classes, May 5, is the last day to withdraw, drop a class, or request a Credit/No Credit or an Incomplete instead of a letter grade. Talk with your instructor and advisor. We are here to help advocate for you, too.

Congrats! You made it through your first year. So what's next?

Now is wonderful time to reflect on your first year and envision what you want your next year to look like.

Think about the extracurriculars you would like to see yourself in. Research and make a plan, there are many groups and activities to join. You can always create something that isn't in place yet.

Break bad habits that don't serve you. The most common habits college students struggle with are procrastination, missing class, nutrition and sleep. Finding ways to take care of yourself will allow you to put forth your best effort while getting an education and improve your experience in college.

It’s no secret that college is hard, make sure to take care of yourself. Self-care looks different for everyone. It’s okay to take time for yourself to avoid crashing. Remember, you’re doing amazing!

Invest in a planner and use it! Learning effective time management can be a huge feat. Pay attention to your study habits. Where, when, and with whom do you study your best? Scheduling a dedicated time during your day can help combat procrastination and help you stay caught up in classes.

Think about what you want to get involved in and who can help you along the journey. Summer is great time to start considering networking, volunteer, and job opportunities that best suit your interests. Even if you end up not liking something, now you know more about what you want in your future.

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

Robert Collier

DEAR MONTE,
HOW DO I PREPARE FOR FINALS?

--TERRIFIED TAKING TESTS

• MAKE A CHECKLIST OF ALL THE FINALS AND TIMES YOU HAVE TO HELP PREPARE AND STUDY FOR EXAMS.

• PUT IT ON THE CALENDAR SO YOU CAN WATCH TIME FLY BY AND KEEP AN EYE ON IMPORTANT DATES.

• STAY CALM! TRY YOUR BEST TO STUDY AND PREPARE AND REMEMBER TO TAKE CARE OF YOURSELF DURING STRESSFUL TIMES.