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MAY 2023



# UNIVERSITY OF MONTANA GEAR UP

# GEARZZLIES' GAZETTE

ENGAGE


BELONG

THRIVE


NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM



The Peeps Connection Network



Videos for everything from registration to graduation.



[YouTube.com/uacstaff](https://www.youtube.com/uacstaff)

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GEAR UP UNIVERSITY OF MONTANA



GEARUPUMT



remind

Check your email for a link



# IMPORTANT DATES

MAY 2023

Mon. May 1

**Book Buy back** begins.  
Bookstore hours: M-TH 8-5:30pm, Fri. 8-5pm



Tues./Wed.  
May 2-3

**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>

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>

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/mtfukky>



"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





# RESOURCE SPOTLIGHT

## Campus THRIFT



Collect unwanted items from students leaving the residence halls and offer still-usable 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.

# SUMMER

GET AHEAD | CATCH UP | STAY ON TRACK  
UNIVERSITY OF MONTANA

## 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 ON 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

### Here's lessons your classmates learned this year....

Doesn't matter if you don't care about the class. Don't procrastinate. -D.C.

It's easier than you think it will be. -A. C.

You got this. I believe in you! -R. D.

It's easier than you think it will be. -A. C.

Time management doing research -C.K.

Don't be afraid and to be yourself, and stay on task with your homework. Everything will work out in the end. -B.G.

Don't be a \*\* kid. -M.K.

Start studying a week or two in advance. Study notes after class. Take time to relax and have fun. -S.F.

Stay on top of your assignments! Manage your time so you have time for work AND fun! -R.W.

The first people you meet are not always going to be around. So get out and make new friends. -J.D.

People want to listen to me. People love me. It's important for me to take up space. I have power and it's important that I use my voice. -H.H.

Don't skip to step 12 or 13 before step 1 through 11. Stay calm and breath always. It's a discipline. -J.B.

## 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



## 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.

Success is the sum  
of small efforts -  
repeated day in  
and day out.

Robert Collier

FINALS  
WEEK!

CRUSHING  
COLLEGE

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.