



# GEARZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

UM GEAR UP NEWSLETTER  
NOVEMBER 2023



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

- First Gen Spotlight
- Meaning of Engage, Belong, Thrive
- First Gen Celebration
- FAFSA Update
- Calendar
- Relaxation Station
- Writing and Public Speaking Center
- Study Jam
- Dear Monte
- Crushing College

## First Generation Spotlight

Being first generation is not easy, but definitely worth it. A current University of Montana undergraduate, Sandee Sepulveda, shares a portion of her story. Since she was young there was a family push from her mom to go to college because her parents hadn't attended. When college did roll around, no one knew the beginning steps, so much of the preparation was on her own. She had to advocate for herself and ask questions. She reached out to high school counselors to begin the journey, then once on UM campus, TRiO was a great help with navigating the different aspects of college, one of the biggest barriers Sandee faced. Her advice: "Reach out and ask for help, especially since there are so many programs here on campus and that is their job. You don't need to worry alone and wallow in ambiguity, there is someone who can help."



# WIN!

# Engage Belong Thrive

What do these words mean/look like to you?

Email Mindy  
([mindy.may@mso.umt.edu](mailto:mindy.may@mso.umt.edu))  
your answer and win a Success Package!

**Come Celebrate!**

UC Atrium  
Wed., November 8th  
11am-1pm

Get a cookie      Get a button

Make a friendship bracelet

Wellness Wednesday Activities



# NOVEMBER



1

**11/1 ElevateU 3pm**  
Online: Carol Evanger, carol1.evanger@umontana.edu

2

**11/2 Financial Education 12p**  
Paying for College, 425 Aber Hall

4

**11/4 Service Saturday 12p-2p**  
Poverello Center, 1110 W Broadway Street

7

**11/7 Take a Break Tuesday**  
12p-2p UC Center

8

**11/8 First Generation Celebration**  
11am-1pm UC

**11/9 PRIORITY REGISTRATION**



**PICKLEBALL**  
EVERY Thursday,  
from 5-7pm at  
Schreiber Gym

14

**11/14 GEAR UP Scholarship Workshop**  
3p-5pm UC

15

**11/15 TRiO and GEAR UP Friendsgiving**  
3pm-5pm 425 3rd Floor Aber Hall



**Relaxation Station**

10am-3pm Curry Health Center, Room 111  
November: 1, 3, 6, 8, 10, 13,  
15, 17, 20, 22

16

**11/16 Holiday Financial Survival**  
12pm 425 Aber Hall

**11/17 & 11/20 FRESHMEN REGISTRATION**

28

**11/28 GEAR UP for Dinner**  
5-7:30pm in Food Zoo-Wellness Supplies



**HAPPY THANKSGIVING**

Wednesday, November 15th  
3-5pm in Aber 327



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## Where can I find scholarships?

### UM Scholarship Portal

The scholarship portal filters out scholarships that are relevant to you. Begin by filling out the General Application! Find the link on the UM website:

[www.umt.edu/finaid/scholarships/](http://www.umt.edu/finaid/scholarships/)

### Office of External Scholarships and Fellowships

Set up an appointment or drop by the OESF to meet with an expert who can help support you throughout the process.

[www.umt.edu/external-scholarships/](http://www.umt.edu/external-scholarships/)

### Departmental Scholarships

Your department may have additional funds to help support you. Look on the scholarship page listed about or reach out to your department.

### Scholarship Databases

Do your research. Try a Google search. Treat scholarship hunting as a job, what best fits your needs and what are the requirements to be considered as a candidate. There are many scholarships out there with varying award amounts.

## NOVEMBER 2023

### FINDING YOUR REGISTRATION TIME

Students are assigned time tickets for class registration in CyberBear. The time ticket displays a date & time range for self-service registration.

From is the earliest date & time a student may register for classes. To is the latest date & time a student can use self-service registration for that semester.

Time tickets are generated shortly before advising begins for the priority registration period.

#### To view your time ticket:

- Log in to CyberBear
- Click Student Services
- Click Student Profile
- Change the term in the top left corner to the term you plan to register
- Click Registration Notices in the top right corner
- Time Tickets are listed at the bottom
- Registration Notices

## Scan for Scholarships

UM-Missoula College



University of Montana



## Registration Times

**Thurs. Nov. 9, 8am**

Eligible athletes, students who use military or VA education benefits, Four Bear participants, and Davidson Honors College students

**Fri. Nov. 17 & Mon. Nov. 20, 8am**

Freshmen



DEAR MONTE,

What should I keep in mind when preparing for scholarships?

### Tip #1

Have a system for keeping track of scholarship due dates. Try a spreadsheet and make it as detailed or simple as you like.

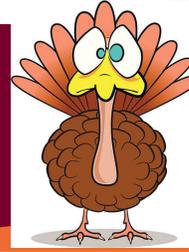
### Tip #2

Write personal essays in your free time or during breaks from school. **Winter break** is a great time to begin writing essays to have ready for spring when most scholarships are due. The Writing Center can help you get started and help you edit your final product.

### Tip #3

Ask for Letters of Recommendation a month ahead of time. Your mentors and professors are busy people, allow them time to write a letter that will be in depth and stand out!

**NOVEMBER  
2023**



**CRUSHING  
COLLEGE**

## Avoiding Thanksgiving Slump

### 1. Set realistic expectations

Setting lofty study goals can be a recipe for disaster during a break. Set a reasonable amount of time and divide your assignments into smaller tasks, which you tackle one day at a time. This way, you would avoid getting overwhelmed or, worse, annoyed by how much is on your plate.

### 2. Create a to-do list

Create a daily to-do list that sets a task or amount of time you want to dedicate to each course or lecture, you'll be more motivated to be productive.

### 3. Plan to study early (or late...)

The holidays are busy. With family visiting from out of town and friends making plans to catch up, the best way to ensure productivity is to pencil it in before (or after) the day's activities.

### 4. Be outspoken

Once you set a study schedule, let your family and friends know about your obligations. Often family and friends believe that since you're on break, you're not studying. By telling those around you about your plans for maintaining your productivity, they can not only honor that time but encourage it if they notice you are falling behind.

### 5. Don't cram

One of the most important holiday study tips you can follow is being consistent.

### 6. Study for finals

Whether it's midterms or final exams, a holiday break is the perfect time to go over the notes from the beginning of the semester. Even a twenty-minute study session each day can help refresh your memory and help you be more prepared for when you return to school.

### What to Know BEFORE You Go

1. What are your current grades?
2. Do you need tutoring? Other help?
3. What type of finals do you have: Cumulative? Unit? Presentation? Paper? (Plug- we have the Writing and Public Speaking Center)

