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.”

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

Engage, Belong, Thrive

What do these words mean/look like to you?

Email Mindy (mindy.may@mso.umt.edu) your answer and win a Success Package!
11/1 ElevateU 3pm
Online: Carol Evanger, carol1.evanger@umontana.edu

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

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

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

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

11/9 PRIORITY REGISTRATION

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

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

11/16 Holiday Financial Survival
12pm 425 Aber Hall

11/17 & 11/20 FRESHMEN REGISTRATION

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

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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/

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/

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.

Find the link on the UM website:
www.umt.edu/finaid/scholarships/

NOVEMBER 2023
FINING 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.

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

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!

DEAR MONTE.

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

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)