

Check us out!



NOVEMBER 2022



GEARZZZLIES' GAZETTE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM



XAVIER XTRAVAGANZA: GRITTY FIRST-GEN

My name is Xavier and I'm considered a "First Gen" college student, graduate, and continuing student here after. If I could impose one ideal upon you, as you embark upon your journey to where I've just been, it would have to be **"GRIT"**. It takes true grit, to be a successful First-Gen student. Grit is known by many faces; **one's spirit, one's determination, one's stamina, one's perseverance**. You will be faced with many unknown challenges, as I was, and it will take all of your grit to make it through. Refuse to give up when you are 100% sure you're right, but learn to back down and respect others when you're 100% wrong. 99.9% of the people here want you to succeed and this is why they are here, to help you do just that, but **you have to meet them halfway**. For me, my lesson to be learned, was just **"showing up"**, that was MY meeting them halfway. I guarantee you, without knowing you, that if you just **show up every day to class, and ask questions**, any question every question, there really aren't any wrong questions. If you're being sincere in your asking, you will succeed. Once I learned that, how to just show up, and ask questions, everything else started to fall into place. Your educators will see you trying, and do whatever it takes to make sure you successfully complete their course, as well as others. Everyone on campus is connected, not because we all go to the U of MT or because we are all "Griz", but because we all have decided to answer that higher calling of learning from the generations past, and will soon be the ones to educate the generations to come. Whatever you decide to do, or wherever you decide to go, **you will be setting that example and that standard that others will admire and look up to. This all will come from the grit deep within you. Don't be afraid to let it out.**



GEAR UP for RILEY WERK

Naahaah ph'i ih niit' oin noh niit' iihohoh. Tei' itaahaa I3aa naahaasihinoo. Naaniisihit Riley Werk. Niinaanoo oo'ooniihnen noh nookiineih. Niinihtoonooh in oo'ooniitaan. Niiwootonooahaanoo in University of Montana in Missoula.

Hello everyone, my name is Braveheart Woman. My English name is Riley Werk. I'm an enrolled member of the Aaniiih and Nakoda nations on the Fort Belknap Reservation. I now reside in Missoula, Montana and am attending college at the University of Montana. I am an English major with a concentration in Education. I like to swing dance, sing round dance songs, and hang out with my friends. What I like most about being in Missoula is how inclusive and welcoming everyone is. Coming from a rural area, city life seemed intimidating, but once I moved over to Missoula, I felt at home and welcomed. There's never a dull moment on campus and I love it that way!

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LIKE US!



GEAR UP UNIVERSITY OF MONTANA



GEARUPUMT



Check your email for a link

IMPORTANT DATES

NOVEMBER 2022

November 2022



11/14-11/15

**DEADLINES
REGISTRATION!**

1. Schedule an appointment with your Advisor
2. What if you don't know who your advisor is? Log in to Cyberbear, your advisor's name can be found in your Student Profile under Student Services.
3. Get PIN # from advisor
4. Register in Cyberbear

****Share with any member of GEAR UP your spring class schedule and be registered to win prizes!!**

**CELEBRATING
First
Generation
Students!**

Come Celebrate with Donuts and swag on November 9th in the UC & Oval from 11am-1pm

**Happy Wellness
Wednesday!!!**
Every week at PFNAC 12-1pm



vs. Cal Poly

11/5 6pm
HERE!

BRAWL OF THE WILD!!

11/19 12PM



THRIFTY THURSDAY **UM FINANCIAL EDUCATION PROGRAM**

PAYING FOR COLLEGE 101	One Day LEFT! NOVEMBER 3
STUDENT LOAN FORGIVENESS	One Day LEFT! NOVEMBER 10
DUE DEC 1	FINISH The FAFSA
WELLS FARGO GUEST SERIES	One Day LEFT! NOVEMBER 17

All presentations start at 12:00 p.m., held virtually via Zoom:
<http://umontana.zoom.us/j/2482306737>

UM FINANCIAL EDUCATION PROGRAM

FAFSA NIGHTS

NEED HELP COMPLETING YOUR FAFSA APPLICATION? JOIN US!

Only **TWO TIMES LEFT!**

NOVEMBER 9

NOVEMBER 30

All events start at 6:00 p.m., held virtually via Zoom:
<http://umontana.zoom.us/j/2482306737>

What are your plans?

UM Friendsgiving

Tuesday, November 22, 3p-5p

FREE Meal in UC Commons

Need to RSVP

Need a Ride

for the Holidays?

LET US KNOW!

406-243-2281

**KEEPING UM
CONNECTED
THROUGH
GRIZ HUB**



TRIO PLEASE JOIN US! **GEAR UP**

**FALL
WORKSHOPS & EVENTS**

- NOVEMBER 3RD: 11AM-2PM
◦ FAFSA ASSISTANCE!
ABER#327
- NOVEMBER 9TH: 11AM-1PM
◦ FIRST GEN DAY!
UC & OVAL
- NOVEMBER 17TH: 3PM
◦ FINANCIAL EDUCATION
"LIVING WISELY ON A TIGHT BUDGET"
ABER #327

TRIO SSS UNIVERSITY OF MONTANA

RESOURCE SPOTLIGHT



Curry Wellness offer programs to address a variety of topics that impact your health and well-being including stress management, safe partying, healthy sexuality, tobacco cessation, safer sex, exercise, and healthy eating.

SERVICES

Well-being Support Coordinators

Health Coaching

Wellness Consultations

Wellness Wall

Condom Wall & Safe Sex Supplies

Emergency Period Essentials

Stress Busting Kits

Nicotine Quit Kits

Coping Skills for Stress Management

Relaxation Station

ADDITIONAL RESOURCES TO EXPLORE

- Kognito
- YOU @ UM
- Wellbeing Moodle Course
- Montana Thrive app
- Virtual Mindfulness Mediations



Want to get involved?

Contact **Kayli Julius** about [Peer Wellness Education classes](#), the [Student Health Advisory Committee](#), or [Peer Wellness Advocate Volunteer Program](#).

Phone: 406-243-6719

Email: kayli.julius@mso.umt.edu

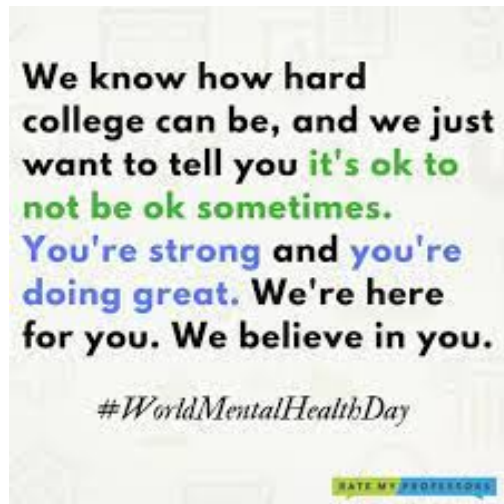
Website: <http://www.umt.edu/curry-health-center/wellness/Optimal-Bear.php>

DIGITAL RESOURCES

Wellness (umt.edu)



- Curry Health Center
- Curry Health Center
- [curryhealthcenter](#)





DEAR MONTE

Dear Monte,

My roommate is nice but he is really messy and I like the place clean. What do I do?

--Clean King

- It starts with a **kind but firm conversation**. You may have to practice in a mirror first, because it is tricky to broach the topic. *"Explain that you'd like to propose some changes, and make it your problem instead of your roommate's. For example, you might say, "Listen, I know that I'm a bit of a neat freak, so do you think you could help me out?""*
- **Define what exactly bothers you**-- dishes left in the sink, clothes on the floor, towels not hung up---but make it a small list, don't dump everything all at once. Decide maybe up to three things that bother you the most and address that first.
- **Have defined spaces--yours, theirs, and ours**. If stuff starts creeping into the shared space, you have the right to mention it.
- **Chore chart**--a great way for everyone to know who is responsible for what and when.
- **Make it a party!** Offer to work on cleaning the place together--turn up the tunes and get to work--TOGETHER!

(How to Deal with a Messy Roommate by the Storage Queens)

"Acknowledging the good that you already have in your life is the foundation for all abundance."
—ECKHART TOLLE



CRUSHING COLLEGE

7 Steps to Managing Overwhelming Finals

[on Curry Health Center Website under Wellness](#)



TUNE IN to thoughts and feelings

Notice negative thoughts that may be zapping your motivation
*Ask yourself, "What am I telling myself about this project that is making me feel so overwhelmed by it?"



CHANGE PERSPECTIVE this takes practice

Calm down by taking several slower, deeper breaths or do another relaxation skill:

- *Remind yourself "I am feeling stressed, but I am not helpless" or "My stress can help me get this done."
- *Repeat your relaxation skill until you feel calmer and more mentally clear



BRAINSTORM

Write a list of smaller steps that make up the whole task in no particular order.

- *Break down each step into smaller steps until you find a few steps that are more doable.
- For each step, ask yourself questions such as "What part of this do I know how to do?" "Who can I brainstorm ideas with?"
- *Create an outline or organize the steps as needed.



BEGIN

Do one small thing, maybe the thing you least dread doing. Projects don't have to be done in order from beginning to end. Check it off the list.



GIVE YOURSELF CREDIT for having started

Do another thing and so on, chipping away at the whole.



USE YOUR MOMENTUM

As you understand more and more how to complete the whole task, develop a more specific plan and timeline for completing it. Remember, most projects take longer than you expect.



WHEN YOU GET STUCK, REPEAT THE PROCESS

*adapted from "Steps for Overcoming Learned Helplessness and Procrastination"
BYU Stress Management and BioFeedback Services website: <https://caps.byu.edu/biofeedback>