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!
November 2022

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!!

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

Celebrate First Generation Students!

Washington State
Gry's
vs. Cal Poly

11/5 6pm
HERE!

Brawl of The Wild!!!
11/19 12PM

What are your plans?

UM Friendsgiving
Tuesday, November 22, 3p-5p
FREE Meal in UC Commons
Need to RSVP

KEEPING UM CONNECTED THROUGH GRIZ HUB

TRIO
P.LEASE JOIN US!

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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.

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

Wellness (umt.edu)
**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)

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**7 Steps to Managing Overwhelming Finals**

- **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*