Lanie Keast is from just up the road in St. Ignatius, MT. She comes to the University of Montana with big dreams and will be a name to watch in future political scenes. Majoring in Political Science, sparked by a cause for gun control, she hopes to focus her studies on women's rights, gender issues, and other areas that will help serve others. To build her skills, she is currently a member of the UM Democrat Club. When she can, she enjoys concerts and is looking forward to the Macklemore concert coming to UM in October. She has even seen Taylor Swift! She enjoys crocheting and reading fiction such as V.E. Schwab. She is looking forward to building connections here at UM. A lesson she has learned is “Be in the moment. Enjoy the little things.”

FAFSA UPDATE

October is financial literacy & FAFSA month, but there are major changes and improvements coming to the 2024–25 Free Application for Federal Student Aid (FAFSA®) form. As a result, the new form will be available in December 2023, not Oct. 1. You can still prepare by:

1. Gathering Your Documents. Before you begin the FAFSA.
2. Remember or create an FSA ID. To submit your FAFSA online you will need to have your FSA ID.
3. Use the FAFSA on the Web Worksheet.
UM FAMILY WEEKEND

UM Family Weekend 2023 is October 27th to October 29th.

For questions about Family Weekend, please email katie.helms@mso.umt.edu.

Service Wednesday (10/4, 12-4p)
Help Zootown Community Arts (ZACC) get ready for their Missoula Monster Project fundraiser. Volunteers will be responsible for assisting with the hanging and the display of the art for this annual event.
Ashley Wilson--ashley.wilson@umontana.edu

UM FALLEN EVENTS

OCTOBER 2023 EVENTS

4-Wellness Wednesday Hike “M”
4-ELCS-Navigating USA Jobs and Resume
4-ELCS-Conservation and Sustainability Fair
4-ELCS-Service Wednesday
5-FE-Know your credit score
5-ELCS-Govt. and Nonprofit Careers Fair
7-Govt. and Nonprofit Careers Fair
10-GU-Adjusting to College GEAR UP Workshop
11-Rec-Fall Gear Sale
18-Wellness Wednesday Pumpkin Carving
19-FE Terrified by Spending Plans
24-GU Spring Registration Workshop
27-29th- Parent Family Weekend
31-TRiO and GEAR UP Halloween Party
31-ELCS Health Professions Career Fair

Adjusting to College Life
How to adapt to college life as a freshman.
Tuesday, October 10, UC 215 from 3-5p

KNOW YOUR CREDIT SCORE (OCT. 5)
All presentations start at 12:00 p.m. (MST)
held in Aber Hall, Room 425 or Zoom:
TERRIFIED BY SPENDING PLANS? (OCT. 19)

(406) 243-5032

FALL 2023 ELCS CALENDAR OF EVENTS
SAVE THE DATE

OCT 04 WELLNESS WEDNESDAY M HIKE
04 5K FUN RUN/WALK
10 AMERICAN INDIAN WOMEN'S BOOK CLUB
14 FALL WELLNESS FAIR
16 FALL WELLNESS FAIR
18 WELLNESS WEDNESDAY PUMPKIN CARVING
28 GRIZ FOOTBALL TAILGATE
30 HALLOWEEN HAUNTED HOUSE, CONTESTS & PRIZES

HELPING HANDS
4-Wellness Wednesday
Hike “M”

4-ELCS-Navigating USA Jobs and Resume

4-ELCS-Conservation and Sustainability Fair

4-ELCS-Service Wednesday

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31-ELCS Health Professions Career Fair

UM GEAR UP SPRING REGISTRATION WORKSHOP
Prepare to meet with your advisor.

OCT 24 PFNAC
3 - 5PM
Student Lounge (210) & Computer Lab (208)

Bring your laptop and planner!

Tues., Oct. 31
3-5pm
TRiO Computer Lab 3rd Floor Aber Hall

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TRiO & GEAR UP Halloween Party
THE RELAXATION STATION

Hannah Ryan | hannah.ryan@umont.edu

THE RELAXATION STATION IS A FREE SERVICE TO STUDENTS WHERE YOU CAN BOOK A 15-45-MINUTE RELAXATION GETAWAY FROM ALL THE ‘GET UP AND GO’.

The Relaxation Station is a free service to students where you can book a 15–45-minute relaxation getaway. You can request to have the room set-up for you in any of the following ways-- everything is thoroughly sanitized.

- Meditation (mat, blanket and/or pillow included)
- Progressive breathing and other breath techniques
- Relaxing stretching (mat and blanket included)
- Lead yoga
- Relaxing music
- “Happy light” (sun lamp)
- Aromatherapy
- Coloring sheets
- Digital Detox room

Relaxation Station Bookings
Email wellbeing@mso.umt.edu with any questions.

Where: Room 111 in the Wellness Office of Curry Health Center

STUDY JAM

Fall 2023

Please contact Shannon at shannon.janssen@umontana.edu for Study Jam–specific inquiries over the M–F, 8–5 pm.

Please contact Christian, Elli or Claire (Study Jam Coordinators) for specific inquiries during the evening sessions.

Christian Newby
christian.newby@umontana.edu

Ellianna Hightower
ellianna.hightower@umconnect.umt.edu

Claire Broling
claire.broling@umconnect.umt.edu

VISIT EARLY. VISIT OFTEN.

Online and in-person appointments are available six days a week. Same-day appointments are often available!

Need last-minute feedback and don’t have an appointment?

Drop-in hours are available in the
- UC Branch Center (Room 206)
- Payne Native American Center (Room 113)
- 3–4 pm Tuesdays and Wednesdays.

(406) 243-2450
writingcenter@umontana.edu
**Dear Monte,**

I've been here for over a month, and want to make friends. How do I do that, especially if I am an introvert?

Signed--Kinda Shy

Hi, Kinda Shy, you are not alone. Many students are coming to a new place, with new people. Advocating for yourself is knowing your needs and prioritizing them. There are many things you can do to connect with others.

- **Start small.** Look at your roommate, floormates, people at the Food Zoo, or classmates. Who shares similar interests?
- **Give yourself time.** Relationships are built over time, be patient yet persistently putting yourself out there.
- **Identify your interests.** Find or start a club. Like pickleball? There is UM Pickleball club. Like crocheting? Start a club! There are over 150 organizations on Griz Hub.
- **Attend events** and get involved in campus events, activities, and workshops.
- **Ask open ended questions**—more than just yes or no answers. Start with “why”, “how”, or “what”. Example: What do you like about where you are from?
- **Listen.** Be present and mindful of what the person is saying, especially to their name!

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**Registering for Next Semester**

- **Oct 6** – Spring course schedule will be available on or around Oct. 6
- **Oct 9** – Advising for spring semester 2024 priority registration begins
- **Nov 6** – Priority registration begins for students who qualify for ODE accommodations.
- **Nov 9** – Open for eligible athletes, students with VA or military benefits, Four Bear participants, Davidson Honors College students.
- **Nov 17** – Registration opens for Freshmen @ 8am

#1 Explore Degree Works

Log onto CyberBear > Student Services > Degree Works

View classes required to graduate.

Create “Plans” for upcoming semester.

Use “What If” tool for exploring other majors or adding minors.

To view Spring Courses: log onto CyberBear > Student Services > Registration. (available Oct. 6)

#2 Set up appointment with your Advisor

Go to “My UM”, www.umt.edu/my/, then click the Navigate Icon.

or

Download the Navigate App and use UM credentials to log in.

#3 Meet w/ Advisor and get Registration PIN

If you don’t know who your advisor is, look at your Student Profile on CyberBear.

Bring your questions, concerns, and future goals to your advising meeting. Your advisor can help set you on the right path and introduce new career connections.

#4 Register for classes

See the dates above to determine when you are able to register.

Log onto CyberBear > Student Services > Registration

You will need the registration PIN that you will receive from an advisor.