



GEARZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

UM GEAR UP NEWSLETTER
OCTOBER 2023



What's In This Month's Issue?

- Spotlight-Lanie Keast
- Follow our social media
- Griz Hacks
- FAFSA Update
- Calendar
- Relaxation Station
- Writing and Public Speaking Center
- Study Jam
- Dear Monte
- Crushing College

GEAR UP Spotlight LANIE KEAST

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:

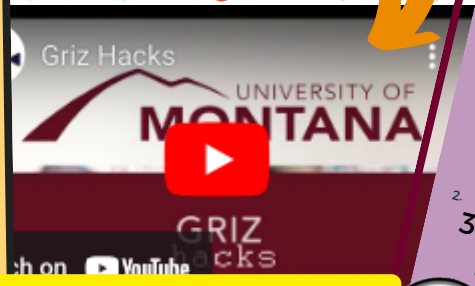
1. **Gathering Your Documents.** Before you begin the FAFSA.
 1. Remember or create an FSA ID. To submit your FAFSA online you will need to have your FSA ID.
 2. Use the **FAFSA on the Web Worksheet.**



UM Financial Education
ANDREA JANSSEN
Director
Phone: 406.243.6016
Email: andrea.janssen@mso.umt.edu



GRIZ HACKS Video!



youtube.com/watch?v=IWpjBmJMjYk

FOLLOW UM GEAR UP

Facebook: GEAR UP University of Montana

Instagram: gearupumt UM GEAR UP

Website: umt.edu/gearup/



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)

FALL 2023
ELCS
CALENDAR OF
EVENTS
SAVE THE DATE



OCT 04
NAVIGATING USA
JOBS & FEDERAL
RESUME WORKSHOP

OCT 04
CONSERVATION &
SUSTAINABILITY
CAREERS &
OPPORTUNITIES FAIR

OCT 05
GOVERNMENT &
NON-PROFIT CAREERS
& OPPORTUNITIES FAIR


OCT 31
HEALTH
PROFESSIONS
CAREER FAIR

NOV 07
START SMART SALARY
NEGOTIATION
WORKSHOP

NOV 16
GRADUATE
SCHOOL FAIR

OCT

- 04 WELLNESS WEDNESDAY M HIKE
- 07 5K FUN RUN/WALK
- 10 AMERICAN INDIAN WOMEN'S BOOK CLUB
- 14 FALL WELLNESS FAIR
- 18 WELLNESS WEDNESDAY PUMPKIN CARVING
- 28 GRIZ FOOTBALL TAILGATE
- 30 HALLOWEEN HAUNTED HOUSE, CONTESTS & PRIZES



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@umt.edu



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

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

Bring your laptop
and planner!

UM FAMILY WEEKEND

UM Family Weekend 2023 is

October 27th to October 29th.

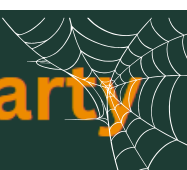
For questions about Family Weekend, please email
katie.helms@mso.umt.edu.



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



Halloween Party





OCTOBER 2023

Writing and Public Speaking Center

THE RELAXATION STATION

Hannah Ryan | hannah.ryan@umt.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.

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

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

STUDY JAM Fall 2023

Please contact Shannon at shannon1.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



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!



CRUSHING COLLEGE

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.



Mindy May
UM GEAR UP Program Coordinator
mindy.may@mso.umt.edu
406.243.2281



Aurora Liberty-Dupuis
UM GEAR UP AISS Coordinator
aurora.libertydupuis@mso.umt.edu
406.243.6308

OCTOBER 2023