

Check us out!



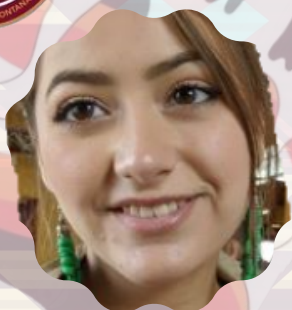
OCTOBER 2022



GEARZZZLIES' GAZETTE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM

Brylee Gardner is a GEAR UP student who graduated from Hardin High School. She is Apsáalooke from the Crow Reservation. Brylee is studying pre-law; she is specifically interested in Tribal Law and hopes to ultimately improve her community back home. She's enjoying her first semester at UM by meeting new people and having new experiences. Brylee stays involved with the campus community through Kyiyo Native American Student Association, American Indian Business Leaders (AIBL), and One Persons student groups.



Hi! I am the GEAR UP Coordinator at the University of Montana; I plan activities and can direct you to other resources on campus. I am looking forward to meeting students throughout the semester, you can find my office in Payne Family Native American Center, Room 113B. For a little bit about me, I grew up in Dixon, MT then graduated from high school in Missoula. My family is Bitterroot Salish and mostly reside on the Flathead Reservation. I am currently finishing my degree in Exercise Science, and I hope to use it to promote Community Health and Wellness through a modern and holistic approach. My favorite season is summer where I love to take mountain drives and float the river. I hope to see you around this semester!

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LIKE US!



GEAR UP UNIVERSITY OF MONTANA



GEARUPUMT



remind

Check your email for a link

IMPORTANT DATES

OCTOBER 2022

OCTOBER 2022

DEADLINES

- 11/9-Registration: Wednesday, 8 am - Sophomores
- 11/10: Sophomores (cont.)

SEE THE WORKSHOPS



UM GEAR UP PICKLEBALL:
WED. 6PM
AT UM TENNIS COURTS



KEEPING UM
CONNECTED
THROUGH
GRIZ HUB

Oct 15 @ 1pm vs. Idaho



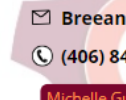
Mindy May UM GEAR UP Program Manager



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Aurora Liberty-Dupuis UM GEAR UP AISS Coordinator



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THRIFTY THURSDAY

UM FINANCIAL EDUCATION PROGRAM

PAYING FOR COLLEGE 101	SEPTEMBER 1 OCTOBER 6 NOVEMBER 3
STUDENT LOAN FORGIVENESS	SEPTEMBER 8 OCTOBER 13 NOVEMBER 10
REPAYING STUDENT DEBT	SEPTEMBER 15 OCTOBER 20
WELLS FARGO GUEST SERIES	SEPTEMBER 22 OCTOBER 27 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!

OCTOBER 18

NOVEMBER 9

NOVEMBER 30

All events start at 6:00 p.m., held virtually via Zoom:

<http://umontana.zoom.us/j/2482306737>

GEAR UP & TRIO SSS FAFSA HELP SESSIONS

GEAR UP & TRIO SSS

TRIO is offering two help sessions for you to complete your FAFSA application!

WHERE?

TRIO SSS Computer Lab

WHEN?

October 12th, 11am- 2pm

OR

November 3rd, 11am - 2pm

LIGHT UP YOUR CAREER READINESS!!!

ELEVATEU ONLINE

Informational Interviewing In-Depth

There is a raffle for UMoney at the end of the workshop! Tuesday, 10/11/22 at 4:30 pm
<https://umontana.zoom.us/j/94647456862>

Resumes and Cover Letters:

There is a raffle for UMoney at the end of the workshop! Thursday, 10/27/22 at 4:30 pm
<https://umontana.zoom.us/j/94647456862>

CAROL EVANGER 406-243-5940
CAROL.EVANGER@UMONTANA.EDU

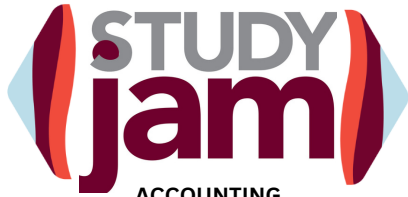
COLLEGE DOESN'T NEED TO BE SCARY....
WE ARE HERE TO HELP!!

Fail Well

Inspired by Joseph Grady

FAILING WELL, OR 'INTELLIGENT FAILURE,' MEANS ACKNOWLEDGING THAT FAILURE HAPPENS TO THE BEST OF US, AND BUILDING THE SKILLS NEEDED TO LEARN AND GROW STRONGER FROM ONE'S MISTAKES.

RESOURCE SPOTLIGHT



ACCOUNTING

Accounting 201
Accounting 202

BIOLOGY

BIOB 101N: Discover Biology
BIOB 160N: Principles of Living Systems
BIOB 170N: Principles of Biological Diversity

BUSINESS FINANCE

BFIN 322: Business Finance

BUSINESS MANAGEMENT INFORMATION SYSTEMS

BMIS 270: MIS Foundations for Business
BMIS 365: Business App Development
BMIS 372: Information Infrastructures
BMIS 373: Business System Analy & Design

CHEMISTRY

CHEMISTRY 121N/123N
CHMY 104: Preparation for Chemistry
CHMY 121N: Intro to General Chemistry
CHMY 123N: Intro to Organic and Biochemistry
CHMY 141N/143N, CHMY 141N: College Chemistry I
CHMY 221: Organic Chemistry I

MUSIC THEORY

MUSI 105: Music Theory I
MUSI 106: Music Theory II
MUSI 205: Music Theory III
MUSI 206: Music Theory IV

PHYSICS

PHSX 205N: College Physics I
PHSX 207N: College Physics II
PHSX 215N: Fund of Physics w/Calc I
PHSX 217N: Fund of Physics w/Calc II

SPANISH

SPNS 101: Elementary Spanish I
SPNS 102: Elementary Spanish II
SPNS 201: Intermediate Spanish I
SPNS 202: Intermediate Spanish II

Contact Shannon
for Study Jam specific inquiries

M-F, 8-5 pm.

Office for Student Success

Aber 423 | 406-243-2295

shannon1.janssen@umontana.edu

Getting the Most out of Tutoring



WHICH??

Come straight from lecture OR attempt the homework outside of tutoring and then come in with specific questions? Both strategies are great ways to utilize group tutoring. It is important for students to determine what approach works best for them.



BRING YOUR CLASS MATERIALS.

Having your resources with you helps you familiarize yourself with them and helps the tutor reference specific examples.



HAVE A QUESTION OR TWO.

Take some time to identify where you are struggling with the course content. Your questions clue the tutor in on how best to help you and makes sure you know where to focus your energy during tutoring sessions.



TRY TO FLY ON YOUR OWN.

Pay attention to where you get hung up. Call the tutor over as you identify these pain points for some direct feedback. Develop a process for evaluating your work in the moment which helps tremendously when it comes to tests and using foundational knowledge in future classes.



HAVE REALISTIC EXPECTATIONS.

Expect to struggle and make mistakes. Learning is not easy and, at times, uncomfortable.



TUTORING IS SUPPLEMENTAL AND NOT AN ALTERNATIVE.

Tutoring is designed to enhance and support learning that is already taking place. Tutoring is best used early and in tandem with lectures, readings, and homework.



TAKE A BREAK.

Know your limitations and take a break during the sessions if you start to feel overwhelmed or if you find yourself zoning out.



DEAR MONTE

Dear Monte,

**How do I study for Midterms?
-Anxious Tester**

- **Look at the study guide.** Looking at the study guide can help you find key points from class that will be on the exam.
- **Read over your notes.** Any important things in class that you might have highlighted is usually on the exam.
- **Study with a classmate.** Sometimes talking to people in the same class can help you remember key points and remind each other of things covered in class.



Bring us your best joke and pick a treat.

“HA HA HA”



CRUSHING COLLEGE

Light at the End of the Tunnel

We’ve all heard the saying, a metaphorical reminder that things will eventually get better.

I recently went hiking at the Ape Caves, a 2,000 year-old lava tube formed by Mt. St. Helens. Upon researching what type of equipment I would need to bring with me, I found that it was recommended to carry two sources of light. As I looked into hiking other cave systems, I found that recommendation to be common.

As an undergraduate student, I remember always hitting a slump in October. With midterms looming ahead, club obligations picking up, and no break in near sight, my peers and professors would throw around the phrase, “there’s a light at the end of the tunnel,” like confetti. While this was a nice and gentle reminder that things would slow down again, it encouraged me to primarily place my focus on getting to the end of the semester.

The fact of the matter is that **there IS a light at the end of the tunnel. The semester WILL end. You will EVENTUALLY catch a break.** But in the meantime, as you trudge through the middle of the semester, maybe you could carry two sources of “light” with you, aka, make sure you are doing things to alleviate your stress while you are in “the tunnel” to help you reach “the light at the end.”

What does this realistically look like? There is a tendency that when someone feels overwhelmed to readjust their schedule to make everything fit, and the first things to go are the things that people do for themselves. However, taking away activities that promote **self-care** isn’t effective in the long run. Don’t turn your sources of light off during dark times! When I was in the Ape Caves, and turned off my lights, I could barely see my palm in front of my face. There is no way that I could’ve navigated my way back to the light at the end!

Choose two things that you know you like doing, whether it be talking to a distant friend, exercising, going out for ice cream on a Friday night, sitting by the river while studying, or watching your favorite show, and always **prioritize** those two things in your schedule.

For more advice on wellness, please visit the [Curry Health Center](#).

Written by: Zayna Fairhart, Former GEAR UP Peer Mentor

Curry Health Center

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