



# GEARZZLIES' GAZETTE

ENGAGE

BELONG

THRIVE

UM GEAR UP NEWSLETTER  
SEPTEMBER 2023



## What's In This Month's Issue?

- Spotlight
- Small Fish, Big Pond
- Greek Week
- Calendar
- Office of the Registrar
- Office for Disability Equity
- Dear Monte
- Crushing College
- TRiO College Advice
- Weekly Calendar

## GEAR UP Spotlight

ELLYSE MOCCASIN – HARDIN HIGH SCHOOL



Ellyse wants to give a voice to those who need support. She hopes to become a civil rights lawyer, a goal that began when she was young. She plans to start by attending the University of Montana Pre-Law Program. Ellyse participated in track and cross country in high school, earning All-State honors seven times and winning the state cross country title this past fall. She hopes to get a scholarship at UM and continue running in college as a student athlete.

Community is very important to Ellyse. She is the youngest of five and the last of her siblings at home. She appreciates living in Hardin because her family and culture are there. Ellyse's dad passed away last year, and that changed her as a person. At first, she wanted to give up, but she redirected her thinking and began to aspire to a better future. She and her mom support each other, so Ellyse is sad to leave home, but she is excited to see what her new lifestyle will be like in her first year of college.

From Bright Futures-MT GEAR UP

## Greek Week vs. Rush

### GREEK WEEK:

Greek Week is a time in the spring when the members of the fraternity and sorority community come together around events of celebration - be it community service events or events that celebrate fraternities and sororities.

### RUSH:

Prospective sorority and fraternity members visit houses, interview with current members and hope to be chosen and initiated into the sisterhood or brotherhood.

**Esteban Castillo M.Ed.**  
DIRECTOR OF FRATERNITY AND SORORITY INVOLVEMENT

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esteban.castillo@umt.edu

## Feel Like a Small Fish in a Big Pond?

Is it normal to feel a little out of place when you go away to college? Of course, it is! Don't let it discourage you from pursuing your educational dreams and goals, but it can be helpful to know what to expect when you do go to University. Many students, especially those coming from smaller towns, experience feelings of being overwhelmed by the size of a campus and the number of people. At the University of Montana, for example, there are over 12,000 students and employees! That's a lot bigger than many Montana towns. While that can feel overwhelming, it can also be a cool opportunity to meet new people and be a part of a self-contained community. There are lots of ways to combat the feelings of getting lost in the mix or being a small fish in a big pond: Obviously, as you make friends and get to know other students, you'll feel more settled and confident. This can take a little time though (that's also totally normal). In the meantime, connecting with an advisor, a professor or another support staff can give you someone who's able to answer questions, help problem-solve any issues that come up, and get make sure you know you don't have to do it on your own! The key is to be patient, ask lots of questions, communicate what you need and find the people who support you! College is YOUR community. You belong there and you can do it!

--Peter Donaldson  
TRiO Advisor/Tutor Manager

Still apply for **Defer Payment-**  
**Final deadline 9/18!**

# SEPTEMBER

# 2023

S M T W T F S



Learn the UM/Missoula transit system: Meet Thursday, Sept. 14, 4-6pm in front of the Music Building at Bus transfer station.

					1	2
3	4 9/4-Labor Day NO SCHOOL	5 9/6-GEAR UP (GU) & TRIO BBQ 12-2p	6 9/6-Last Day to add classes via CyberBear	7 9/7-Financial Education (FE) 12p-425 Aber	8 9/8-Welcome FEAST Ovaal 11a-2pm	9
10	11	12 9/12- GU Academic Success Workshop UC 215 4-5pm	13 9/13-Employment Fair Oval 11a-1pm	14 9/14-Learn the Bus System 4pm-6pm	15 9/15-Last Day to drop classes via CyberBear	16
17 9/18-LOTS! Checkout the list below	18 9/18-Final Defer/Payment DUE!	19 9/19-29-LOTS! Checkout the list below	20	21 9/21-Financial Education (FE) 12p-425 Aber	22	23
24	25	26	27	28	29	30

## 9/25-9/29 NATIONAL GEAR UP WEEK

9/27-ELCS & TRIO Workshop 12p-2p-327 Aber

### Dates - Deadlines 2023-2024 University of Montana

FALL SEMESTER 2023

September 4, 2023	Labor Day	No Classes, Offices Closed
September 5, 2023	TRIO Tutoring Begins	See staff for fall schedule
September 6, 2023	Last day to add classes via CyberBear with instructor consent	
September 15, 2023	Last day to drop individual classes on CyberBear; Last day to add classes	
September 18, 2023	<ul style="list-style-type: none"> <li>Last day to drop individual classes on CyberBear with refund</li> <li>Last day to withdraw from (drop all courses) with a partial refund - Withdrawal Policy linked below.</li> <li>Last day to add classes with electronic override on CyberBear.</li> <li>Last day to change credits in variable credit courses &amp; switch grade mode in CyberBear.</li> <li>Last day to change grading option to or from audit.</li> <li>Last day to buy or refuse UM's student health insurance coverage.</li> </ul>	<p>Class day 15</p> <p>Any student not registered for at least one course (on schedule in CyberBear) must submit a Request to Late Register. Requests are not guaranteed approval.</p> <p><b>"Education is the most powerful weapon which you can use to change the world"</b></p> <p><i>Nelson Mandela</i></p>

September 19-29, 2023

#### Through Class Day 45:

- Course adds & drops require instructor's & advisor's approval using the Course Add/Change/Drop link in CyberBear. \$10 fee applies per add or drop.
- A 'W' will appear on the transcript for dropped classes. No refunds.
- Students can change variable credit amounts and grading options (except audit) on eligible courses using the Course Add/Change/Drop link in CyberBear.

**"If you're not willing to learn, NO ONE can help you. If you're determined to learn, no one can STOP YOU."**



September 25-29, 2023

National GEAR UP Week

### Info from TRIO & GEAR UP Planner



2023-2024 Planner

Did you get one? Come to 302 Aber Hall

Come get your GEAR UP t-shirt at 302 Aber to celebrate National GEAR UP week!

SEPTEMBER 2023

## Office of the Registrar

What do they do?

The Registrar's Office maintains academic records and provides support services to students. Support offered includes transcripts, class scheduling and registration, ensuring graduation requirements, processing grade submissions, and can answer questions about a student's academic progress.

Additionally, the Registrar's Office develops the academic calendar and course catalog. The Office of the Registrar can help with graduation audits, FERPA assistance, and transfers.

The University of Montana Registrar webpage has helpful step-by-step instructions demonstrating how to register. A helpful tool for potential students.



Go to [www.umt.edu/registrar/](http://www.umt.edu/registrar/) to learn more about the University of Montana specific services.

## Contact

Main(406) 243-5600

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[registration@umontana.edu](mailto:registration@umontana.edu)

[transcripts@umontana.edu](mailto:transcripts@umontana.edu)

[graduation@umontana.edu](mailto:graduation@umontana.edu)

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Office of the Registrar  
Aber Hall Room 623  
32 Campus Drive  
Missoula, MT 59812

Disability Services for Students

DSS (MSA503)  
Lommasson Center 154  
University of Montana  
Missoula, MT 59812

## GLEAN

Better Notes

Glean Notetaker is a cloud-based software for students with a note-taking accommodation approved by the Office for Disability Equity.

Glean records the audio in class or online while the student types notes or flags lecture content. There are many ways to take notes with Glean. Glean also provides a transcription of the lecture audio if required. (Transcript quality is based on the quality of the recording)

### GLEAN ON YOUTUBE

To request access to Glean, students must contact the Office for Disability Equity. Upon approval for Glean usage, the Assistive Technology Specialist will send a link to a request form asking a few questions. Upon required completion, an invitation from Glean will be sent via their student email with account setup instructions and how to access the note-taking program.

Contact ODE.

Email at [ode@umontana.edu](mailto:ode@umontana.edu)  
or call 406-243-2243.

## OFFICE FOR DISABILITY EQUITY

- Have an IEP in high school?
- Need a service animal?
- Need a notetaker?
- Need more time on tests?
- Need flexibility on attendance?

Come visit the Office for Disability Equity to find the right accommodations to help you be successful at UM.



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## DEAR MONTE, HOW DO I STUDY?

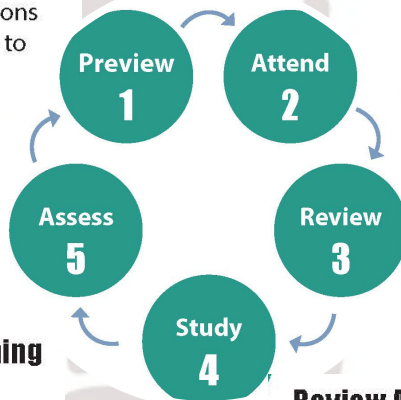
Try The Study Cycle version from Purdue University!

### Preview Before Class

Skim the chapter. Note headings and boldface words. Review summaries and chapter objectives. Come up with questions you'd like the lecture to answer for you.

### Attend Class

Answer and ask questions and take meaningful, thorough notes.



### Assess Your Learning

Periodically perform reality checks. "Am I using study methods that are effective? Do I understand the material enough to teach it to others?"

### Review After Class

As soon after class as possible, read notes, fill in gaps, and note any questions you have.

### Study the Material

Repetition is key. Ask questions such as "why", "how", and "what if." Use Intense Study Sessions (see below). Do 3 - 5 short study sessions a day. Use weekends to review. Read notes and material from the week to make connections.

## INTENSE STUDY SESSIONS

- |                            |                   |  |
|----------------------------|-------------------|--|
| <b>1. Set a Goal</b>       | (1 - 2 minutes)   | <b>Decide</b> what you want to accomplish in your study session  |
| <b>2. Study with Focus</b> | (30 - 50 minutes) | <b>Interact with material</b> – organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc. |
| <b>3. Reward Yourself</b>  | (10 - 15 minutes) | <b>Take a break</b> – call a friend, play a short game, get a snack  |
| <b>4. Review</b>           | (5 minutes)       | <b>Go over</b> what you just studied   |



# CRUSHING COLLEGE

## Ways to Cope With Homesickness

During orientation last week I saw a GEAR UP friend and asked, "How are you doing?" She said, "I'm homesick." I asked, "What are you doing about that?" She replied, "Calling home often and getting involved in activities to distract my thoughts." Great tips from a novice :) Here are some other tips that might help from Sarah Wood, reporter for U.S. News.

Homesick students should

- bring and share comfort items from home,
- schedule chats with loved ones,
- maintain a routine,
- get involved on campus and
- seek out help if needed.

"Sometimes with the feeling of loneliness, we can start to feel like we're the only one who is experiencing that," says Margaret Morgan, director of the Center for Student Support and Care at the University of Notre Dame in Indiana. "The feelings of loneliness, especially moving somewhere new, is an incredibly typical experience. So giving yourself permission to feel those things and acknowledging that's a part of it is huge."

While homesickness is common, it should pass over time, experts say. Students can share their feelings and concerns with their resident adviser or even a trusted faculty member. However, if the feelings persist and become worse, experts advise reaching out to mental health counselors on campus. There are also other mental health resources available nationwide, such as the 988 suicide and crisis hotline.



Counseling

Dental

Wellness

Pharmacy

Medical

All students welcome.

**Make your appointment today!**



# SEPTEMBER 2023

# LESSONS LEARNED FROM BIG SKY EXPERIENCE

## TRIO

STUDENT SUPPORT SERVICES

## TRIO STUDENT PANEL

Transportation--Go to <a href="#">UM TRANSPORTATION AND PARKING SERVICES</a> <a href="#">Come to the bus riding activity next week on Thursday from 4p-6pm</a>
Parking--Go to <a href="#">UM TRANSPORTATION AND PARKING SERVICES</a>
Dorm Life--Make connections- (leave door open). Use your RA
Community events: Use Grizhub and <a href="#">missoulaevents.net</a>
You gotta say something--self advocacy (starts by developing relationships)
Go to small events if you are introverted
Learn your food plan--find three different meals you like on campus and understand how it works, know the different food places on campus you can use your food plan, use Rise and Rooted as reward, use Food Zoo first so don't run out of food money, \$200 on Griz Card-they give 20%--find free food events--filter on Griz Hub.
Flex Dollars vs. Meal Plan--Bear Bucks, UMoney, Flex Dollars--money disappears--go to market and buy all that can. Check in app--holidays--food only
Check balance-- <a href="#">eAccounts</a>
<a href="#">UMontana App</a> --video on this!
How maintain good work life balance--Organization/Time management--style will vary due to personal tastes, know where and when things are and are due--hard copy planner/computer, use apps like Trello or Reminder, use semester/weekly calendar
3 hours per credit hour--put times for study on calendar
<b>DON'T PROCRASTINATE</b>
Scheduling up the wazoo--when to study, when to play, find the gaps in schedule and using them to do you at night, use reminders--1 main calendar or categorize, sit before class and look at a tree, write out your schedule
Don't turn in nothing--always turn in something
Treat college like a job--8-4p
Floating through high school--learn how to study
Find your best time for studying.
Find comfy place to study
Talk to your advisor about gaps in schedule, should you fill it?
**How to find advisor--Cyberbear--Mindy May is your secondary advisor, other set of advisors: GLI, Honors, TRIO, Athletics
Study groups--pros and cons
If fall behind, reach out
Teachers won't remind you--refer to syllabus (look at it as a contract between you and the professor)
Pin--how to find--ask your advisor. Not sure who your advisor is? Call Mindy (406-243-2281) or call Office for Student Success 406-243-2835 and schedule an appointment with Undergraduate Advising
<a href="#">Use Navigate app</a>
Be selfish about your academics!! You are paying for your classes \$150+/- per class
Use a professor's office hours--right from the start, go introduce yourself. You may need a letter of recommendation and having them know you sooner rather than later can help. Also know TA office hours.
What irritates a professor--when absent and asking if you missed anything important, asking questions that are found in the syllabus, not asking for help sooner, communication throughout the semester-absences, missed points, etc.
Use <a href="#">Curry Health Center</a> and the Wellness Corner--massage chair!!
Come up with a plan on how to deal with stress
What most important skill to have--time management, fear, pride don't get in the way--be teachable
Get a FAN!
If have a disability--GLEAN-Read article in this newsletter

Getting on the wait list for on campus apartments as soon as you can.
More scholarships--start with department, scholarship portal, Office for external scholarships. Even go in NOW, after school has started, and ask about money not used by students opting out of coming.
Look at the scholarship hunt as a job--Beware of scholarship scams--do NOT give money
Most stressful part--Finals--know types of tests, know where you are at grade wise, 5 tests in one week--if you mess up, it's ok--not about short game, about long game, understand incomplete
Understand <a href="#">withdrawal process</a>
What does the registrar do? Read the Resource section in the newsletter
** <a href="#">SQR3</a> --how to study a textbook--Attend the Academic Success Skills Workshop September 12th at 4pm in UC 215
Study buddy--find someone in your class or on your floor to study with. Make sure you both understand the rules for studying together.
Who is your network--classmates, advisors, groups, clubs,
<a href="#">Executive function skills</a> --skills employers want
Embrace the suck--classes you don't want to take but are required to take. Look and find skills that you are learning, experiences that are building your resume, something positive
Professor unwilling to bend--what do? Talk to advisor, the Dean of the college
Financial Aid--deferment plan/payment plan, Fill out FAFSA early, know how much you owe or how much you should receive
Buying textbooks--Facebook marketplace, <a href="#">Chegg.com</a> , eBay, talk to professor see if have extra copies, copies at the library, share with classmate.
RA--they are people too, may not getting it right the first time
Roommate communication--lifelong friendships, fill out the roommate agreement
Communicate early and often
Working: Pros-get money, learn responsibility & skills
Ask for help
No regrets--study abroad,
Get involved, stay engaged
Prepare yourself to be marketable upon graduation, it's a process.
Be open minded
Get to know professor
Check your email
Finalize Bill--deadline? 8/28, Deferment payment plan-deadline September 18th
Beware of scammers
Trust your instincts
Be familiar with campus--bleeding control kits, AED,
If you have firearm--store at UM Police station 24/7
Against rules to have marijuana on campus
Constitutional carry state--in public open carry--legal here--against campus rules to have firearm
Can turn in for prorated refund if turn in parking permit
<a href="#">Well-being support coordinators</a> --where are they
Best coffee spot on campus--Bizz Buzz or Think Tank, Most affordable--Loose Caboose, Best Coffee--CMC Mountain Copper Coffee, Coolest Vibes--Butterfly Herbs, Hidden Gem--Lighthouse Coffee, Study Space--Break, (according to Sam May in TRiO)
How to get to Missoula College--Green Line on UDash
Can live off campus second semester--Greek Life

# SEPTEMBER 2023



# You fail to plan, you plan to fail!

Using time wisely was the #1 piece of advice for incoming freshman. Write **EVERYTHING** down so you know when and what you need to do (class, study time, grocery shopping, laundry--ALL!) Schedule 3 hours per credit hour.

**WRITE IT and POST IT.**

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
5 am :30							
6 am :30							
7 am :30							
8 am :30							
9 am :30							
10 am :30							
11 am :30							
12 PM :30							
1 PM :30							
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