GET TO KNOW A GEARZZLY:
TARYN THOMPSON

Taryn Thompson graduated from Libby High School in 2022 and is a History major at the University of Montana. Taryn found her love for history and teaching through speech and debate. Taryn is also passionate about public speaking. Along with her studies she is also a member of the Grizzly Marching band.

Go Griz!
SEPTEMBER 2022

Nervous or anxious about starting your first year at University of Montana? No sweat, strike a pose, a

**POWER POSE!**

You've seen them around but just may not be aware they are powerful. In Amy Cuddy’s extremely popular TED Talk, “Your Body Language May Shape Who You Are,” the premise was simple – hold a power pose for 2 minutes and it will not only affect the way you behave but it will even change your body chemistry. Power poses increase our feelings of strength and decreases feelings of fear.

Resource: [https://howardfeldman.co.za/the-power-pose-using-body-language-to-lead/](https://howardfeldman.co.za/the-power-pose-using-body-language-to-lead/)

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### Dorm Life Eats: Peanut Butter Chocolate Chip Chewy Granola Bars

_by RACHEL CONNERS on FEB 4, 2012 (updated JAN 3, 2021)_

#### Ingredients

- ¼ cup butter, softened
- ¼ cup honey
- ¼ cup packed brown sugar
- ¼ cup peanut butter
- 2 cups quick-cooking oats (not rolled oats!)
- 1 cup crispy rice cereal
- ½ teaspoon vanilla

#### Instructions

1. In a large bowl, stir together quick-cooking oats and crispy rice cereal. Set aside.
2. In a heatproof bowl or Pyrex measuring cup, stir together butter, honey and brown sugar. Microwave until it starts boiling (about 2 minutes with my low-wattage microwave, could be sooner for you).
3. Once it begins to boil, let boil for 1 more minute in the microwave.
4. Remove from microwave and stir in peanut butter and vanilla until smooth.
5. Pour hot honey mixture over dry ingredients and mix until thoroughly combined. Pour into a lightly greased 8×8 pan and let sit at room temperature for about 2 hours or in the refrigerator for a half hour or until set. Cut into 10 bars and store tightly wrapped in plastic wrap or in a Tupperware.

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Wondering if you’re in the right major or what career options you should consider?

Your first year of college is the perfect time to be in exploration mode - there’s so much you haven’t yet experienced or been exposed to, so how do you know you’re on the right path for you? Start by taking the Strong Interest Inventory, which will give you a detailed report of career fields, occupations, and fields of study that are aligned with your interests and personal styles. Get your results in a group workshop format or individual appointment. Follow the instructions here and be sure to register for the group workshop at least a week in advance: https://www.umt.edu/experiential-learning-career-success/students/strong-interest-inventory.php.

Looking for a part-time job or internship (on- or off-campus)?

Don’t miss the Student Employment and Experiential Learning Fair on Thurs. 9/8, 11am-2pm in the University Center Ballroom. Log into Handshake to view a list of participating employers (more signing up every day!).

Not sure what a career fair is or how to prepare? Join us for the Prepare for the Fair workshop on 9/6 at 12pm (in-person and virtual) – register in Handshake. All who register will receive the recording.

Learn more about ElevateU – UM’s signature career readiness program – powered by the office of Experiential Learning and Career Success (ELCS). Come see us for help with your career exploration or job/internship search (located in Aber Hall, 2nd Floor).
Dear Monte,

As a first year freshman I can’t find my classes and I am always late because I get lost. How do I know where to go before classes start?

- **LOOK ON CYBER BEAR FOR BUILDING NAMES AND ROOM NUMBERS AND USE THE PARKING MAP LOCATED ONLINE OR ON YOUR GEAR UP PLANNER AND FOLDER.**

- **WALK WITH A FRIEND! IF YOU HAVE A FRIEND IN ONE OF YOUR CLASSES TAG ALONG AND YOU CAN FIND YOUR WAY AROUND TOGETHER.**

- **DON’T BE AFRAID TO ASK FOR HELP! YOU MIGHT BUMP INTO SOMEONE LOOKING FOR THE SAME CLASS AS YOU AND PEOPLE ARE ALMOST ALWAYS HAPPY TO HELP.**

This is a time, as students, where you should not feel ashamed or scared to ask for help because this is your future, and you are the ones who have to live it. So the power is in your hands. Seek out the following:

- Find an advisor or ally to talk to, and talk often

- Use University resources like career services and counseling services

- Find opportunities to explore courses

- Don’t settle on a major but do visit faculty and staff often to stay on track

Resource: [https://www.communicatingpsychologicalscience.com/blog/learn-to-be-an-advocate-for-yourself](https://www.communicatingpsychologicalscience.com/blog/learn-to-be-an-advocate-for-yourself)