

Check us out!



SEPTEMBER 2022



# GEARZZLIES' GAZETTE

NEWSLETTER FOR UNIVERSITY OF MONTANA GEAR UP PROGRAM

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- 1 Fill out application/or come see Mindy at 302 Aber
- 2 Submit application to [mindy.may@mso.umt.edu](mailto:mindy.may@mso.umt.edu)
- 3 Either pickup order at UM Bookstore or wait for shipping.

## 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!

**Payne Family Native American Center**  
Office Hours--Room 113  
Faith Price  
(Community Prevention Coordinator):  
8a-3p-Tuesday/Wednesday  
Laura Bird: 2:30p-5p-Thursday



### SEPTEMBER 2022

- 9/1 First week nooners--UC; 12pm
- 9/1 Free Play Week--Gaming DEN; 9am-11pm
- 9/2 First week nooners--UC; 12pm
- 9/2 Free Play Week--Gaming DEN; 9am-11pm
- 9/2 Withdrawal on/before= 90% refund
- 9/3 Free Play Week--Gaming DEN; 9am-11pm
- 9/3 GRIZ FOOTBALL vs. Northwestern State 1pm
- 9/5 LABOR DAY HOLIDAY--NO CLASSES/OFFICES CLOSED!!
- 9/6 Take a break Tuesday--Mansfield Mall; 12pm
- 9/6 Deadline to Register: Explore Your Career and Major Interests: Strong Interest Inventory Workshop (9/13)
- 9/6 Student Game Nights--UC Gaming den; 8p-11p
- 9/7 Last day for students to add classes via CyberBear without consent of instructor.
- 9/7 AISS Wellness Wednesday--Payne Family Native American Center (PFNAC); 12p
- 9/8 Student Employment and Experiential Learning Fair-UC Center; 11a-2p
- 9/8 Winter & Spring Scholarships Information Session-Online; 6p-7p
- 9/10 GRIZ FOOTBALL vs. South Dakota-1:30pm
- 9/12 Withdrawal on/before= 75% refund
- 9/13 Take a Break Tuesday--Oval; 12pm
- 9/14 AISS Wellness Wednesday--(PFNAC); 12p
- 9/17 GRIZ FOOTBALL vs. Indiana State 11am
- 9/19 Last day to drop individual classes on CyberBear with refund
- Last day to withdraw from (drop all courses) with a partial refund.
- Last day to add classes with electronic override on CyberBear.
- Last day to change credits in variable credit courses & switch grade mode in CyberBear without instructor's consent.
- Last day to change grading option to or from audit.
- Last day to buy or refuse UM's student health insurance coverage.
- 9/19 DEADLINE FOR FINAL PAYMENT to avoid cancellation of classes
- 9/19 Withdrawal on/before= 50% refund--after 9/19=0% refund.
- 9/20 Take a Break Tuesday--Turner Hall; 12pm
- 9/20 The Hello Walk-- Turner Hall; 10am
- 9/20 Student Game Nights--UC Gaming den; 8p-11p
- 9/23 American Indian Heritage Day-Watch Griz Hub
- 9/23 GO GRIZ Days--UM Campus; 8am-3pm
- 9/23 Homecoming Yell Night Pep Rally--Oval; 8pm
- 9/24 Homecoming Parade--South Ave.; 10am
- 9/24 Homecoming GRIZ FOOTBALL vs. Portland State--2pm
- 9/26-9/30 NATIONAL GEAR UP WEEK!!!
- 9/27 Ice Cream Social to celebrate GEAR UP WEEK--Phyllis Washington Park Amphitheater; 6:30p-8pm
- 9/27 Student Game Nights--UC Gaming den; 8p-11p
- 9/28 AISS Wellness Wednesday--PFNAC

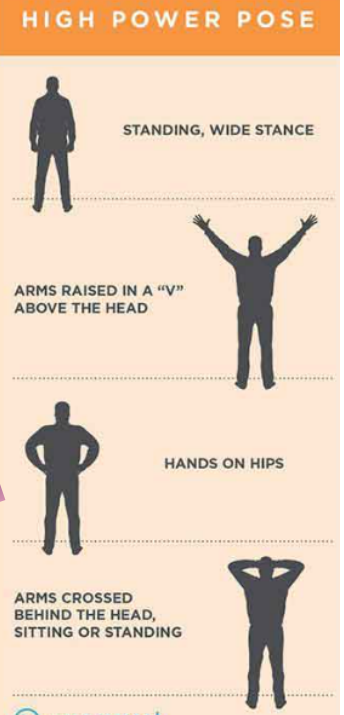
Nervous or anxious about starting your first year at University of Montana? No sweat, strike a pose, a

## 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/>



"OUR BODIES CHANGE OUR MINDS,

AND OUR MINDS CHANGE OUR BEHAVIOR,

AND OUR BEHAVIOR CHANGES OUR OUTCOMES."

- AMY CUDDY

**GIVE IT A TRY**

### 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
- 2-3 tablespoons mini chocolate chips

#### Instructions

In a large bowl, stir together quick cooking oats and crispy rice cereal. Set aside.  
 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). Once it begins to boil, let boil for 1 more minute in the microwave. Remove from microwave and stir in peanut butter and vanilla until smooth.  
 Pour hot honey mixture over dry ingredients and mix until thoroughly combined. Pour into a lightly greased 8x8 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.





**RESOURCE SPOTLIGHT**

**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).

**Explore Your Career or Major Interests:  
Strong Interest Inventory  
Workshops**

**Workshop Dates/Times:**

- Tuesday 9/13, 3pm - 4:30 pm | REGISTER by 9/6
- Wednesday 10/19, 6pm - 7:30 pm | REGISTER by 10/12
- Wednesday 10/26, 2pm - 3:30 pm | REGISTER by 10/19

Join us and explore fulfilling careers and academic pathways that align with your interest, personal styles, and preferences.

**ELEVATEU**

(406) 243-2022  
ELCS@UMONTANA.EDU  
EXPERIENTIAL LEARNING & CAREER SUCCESS  
ABER HALL, 2ND FLOOR



- Join live coaching sessions with industry experts in business, sustainability, data science, & more.
- Explore 22 online learning journeys that support and strengthen career preparation on the following topics:

Self-Awareness | Career Awareness | Career Exploration | Personal Branding | Professional Relationships | Professional Skills | Informational Interviews | Networking | Company Research | Résumés and Cover Letters | Applications | & more



UNIVERSITY OF MONTANA  
EXPERIENTIAL LEARNING AND CAREER SUCCESS

**EXPLORE  
EXPERIENCE  
EMBRACE  
ELEVATEU**



## DEAR MONTE

**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.**



**CRUSHING COLLEGE**

## Advocate for YOURSELF

Recently I went to Washington D.C. for a GEAR UP conference. Mind you, I am a native Montanan who has traveled a little. I wanted to take the metro to get around cheaper, but I didn't want to end up in Maryland! I was nervous. I barely knew how to use the local Missoula bus system, let alone a major metropolitan area one! I wanted to do it. I wanted to overcome my fear. The lesson I quickly learned?

### **I HAD TO ASK FOR HELP!!**

So many people, strangers, were more than willing to guide me on how to navigate the metro and bus system, but I had to put myself out there, get out of my comfort zone and ASK! Once I asked, I did see sites I may not have seen without advocating for myself. You can too!

This experience is the same as navigating your collegiate experience. The first step was desiring to go to college. Then possibly asking a counselor or family member to help you accomplish the application process. You are here now at the University of Montana and there are so many people waiting, willing, and wanting to help successfully guide you from point A to point B, BUT you have to put yourself out there and ask the questions.

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>

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MANSFIELD LIBRARY

FALL  
SEMESTER  
HOURS

AUGUST 29 - DECEMBER 17

**Monday - Thursday:**

7:00am - 1:00am

**Friday:** 7:00am - 7:00pm

**Saturday:** 10:00am - 7:00pm

**Sunday:** 10:00am - 1:00am



**Library Hours**