

April 2024

Happy Spring to all!

With approximately five weeks remaining in the semester, I am experiencing a mix of emotions – both excitement and a tinge of sadness as it draws to a close. Graduate school is a unique period that is fleeting. While papers, exams, and classes have been demanding, the friendships, experiences, and knowledge gained have been enlightening and impactful. For some of you, this semester is not the last, and the journey will carry on. However, for some, including myself, this chapter concludes on May 11th with a mix of celebration and weariness. Let's give our best effort (even if it varies daily) and strive to complete this semester with a feeling of pride and achievement. This newsletter contains tips and strategies to hopefully assist you in navigating the final weeks effectively!

All the best,
Maggie Brock

A message from the Writing Center:



WE KNOW THAT MANY OF YOU ARE UP AGAINST WRITING DEADLINES THIS SPRING AND SUMMER. DON'T PANIC!

HERE ARE SOME THINGS YOU CAN DO:

- NEED ACCOUNTABILITY? IT'S NEVER TOO LATE TO JOIN WEEKLY ONLINE WRITING GROUPS. OUR COME-WHEN-YOU-CAN WRITING GROUPS ARE M/W FROM 10-11AM AND T/TH FROM 8-9AM THROUGH THE END OF THE SEMESTER. PROTECT SOME WRITING SPACE AND GET SOME WRITING DONE! A LITTLE BIT CAN GO A LONG WAY. REGISTER HERE TO GET THE ZOOM LINK.
- STUCK ON A WORD, A PARAGRAPH, A SECTION? IN SO DEEP YOU CAN'T SEE STRAIGHT?!? MAKE AN ONLINE OR IN-PERSON APPOINTMENT WITH ONE OF OUR PROFESSIONAL WRITING CONSULTANTS. LOG INTO OUR SCHEDULER HERE, OR EMAIL WRITINGCENTER@UMONTANA.EDU TO GET SOMETHING SET UP.
- WORRIED THAT WRITING WILL GET IN THE WAY OF FUN SUMMER PLANS? WE'VE GOT YOUR BACK! SIGN UP FOR OUR HALF-DAY PLANNING RETREAT MAY 20TH FOLLOWED BY FIVE WEEKS OF SUMMER WRITING GROUPS, MAY 21-JUNE 20. MORE INFO AND LINKS HERE.



QUESTIONS? CHECK OUT OUR FOR GRAD STUDENTS PAGE OR EMAIL WRITINGCENTER@UMONTANA.EDU

UM Conference on Undergraduate Research

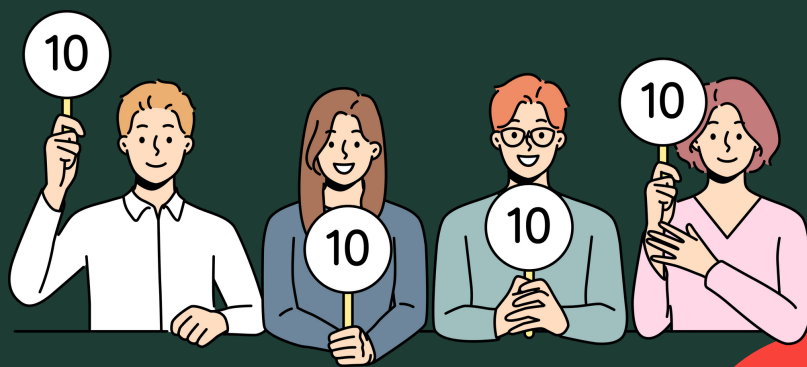
JUDGES NEEDED

THE UMCUR IS SEEKING GRADUATE STUDENT JUDGES FOR THIS YEAR'S UM CONFERENCE ON UNDERGRADUATE RESEARCH. JUDGES ARE CRITICAL TO THE CONFERENCE'S SUCCESS—ALL STUDENTS WHO PRESENT ARE ELIGIBLE FOR AN AWARD, AND JUDGES INCREASE THE REAL-WORLD EXPERIENCE OF PRESENTING THROUGH THEIR QUESTIONS AND FEEDBACK. JUDGES FREQUENTLY RETURN YEAR AFTER YEAR AND TELL US HOW MUCH FUN THE ROLE IS.

THERE ARE OPPORTUNITIES TO JUDGE ORAL (1-1.5 HOURS) OR POSTER (1 HOUR) PRESENTATIONS SESSIONS THROUGHOUT THE DAY. YOU CAN LEARN MORE ABOUT BEING A JUDGE ON [THE UMCUR WEBSITE](#).

THIS YEAR'S CONFERENCE WILL BE HELD IN PERSON ON FRIDAY, APRIL 19TH, FROM 9:30 AM TO 5 PM IN THE UM UNIVERSITY CENTER. WE'VE SEEN ENTHUSIASTIC INTEREST FROM STUDENTS TO PRESENT AT UMCUR AND HAVE MORE THAN 115 PRESENTATIONS SCHEDULED. IDEALLY, AT LEAST TWO JUDGES ATTEND EVERY PRESENTATION. PLEASE FILL OUT OUR [2024 JUDGE REGISTRATION FORM](#) TO PARTICIPATE.

UM FACULTY, STAFF, RETIREES, **GRADUATE STUDENTS**, AND POST-DOCS ARE ALL WELCOME TO SERVE AS JUDGES.





CALL FOR APPLICATIONS

The Ridge Scholarship awards up to \$1,000 for research and creative projects at the intersection of health/healthcare and the humanities.

more info here



INSTITUTE OF
HEALTH AND
HUMANITIES

CELEBRATE FELLOW GRADUATE STUDENTS

BLOOM: A MICROBIAL SELF PORTRAIT – MFA THESIS SHOW BY EMILY MULVANEY

MARCH 25 – APRIL 11, 2024

THE GALLERY OF VISUAL ARTS

SOCIAL SCIENCE BUILDING

HOURS: MONDAY – THURSDAY, 11:00 – 4:00

"EMBODY" MFA THESIS EXHIBITION BY LILY LUNA BENNETT

MARCH 25 – APRIL 11, 2024

THE GALLERY OF VISUAL ARTS

SOCIAL SCIENCE BUILDING

HOURS: MONDAY – THURSDAY, 11:00 – 4:00

FIREWORKS: A PIANO RECITAL EXPLORING THE MUSIC & ECOLOGY OF FIRE BY MARK KREIDER

DATE AND TIME

TUESDAY, APRIL 23, 2024, AT 7:30 PM AND 8:30 PM

LOCATION

MUSIC RECITAL HALL IN THE MUSIC BUILDING



CLIMATE CHANGE

WRITING WORKSHOP

JOIN US TO WRITE AND GET PUBLISHED IN DIGITAL ZINE WITH FREE BAKED GOODS!

What: Flash fiction piece (~1500 words) on climate change/environment

When: April 11, 2:30 pm to 3:30 pm and April 25, 2:30 pm to 4 pm (must attend both sessions)

Where: Davidson Honors College Room #119

RSVP to

gabi.graceffo@umconnect.umt.edu



End of Semester Checklist

Maggie's Unofficial List to strike a balance between academic responsibilities (investing in your future self) and leisure/social activities (connecting with your present self).

- Set SMART GOALS (See next page for info)
- Listen to your favorite song on repeat (use headphones as to not disturb those around you)
- Call an old friend on the phone/video chat
- Reach out to a new friend and meet up on campus
- Plan ahead by reviewing syllabi to identify tasks that can be completed in advance.
- Open a window and listen to the birds
- Move your body in a way that feels good to you
- Spend 10 minutes working on a task you've been procrastinating
- Enjoy the campus museum (Montana Museum of Art and Culture)
- Spend time in nature
- Do the dishes



SMART

GOALS

S

PECIFIC

Plan effectively with specific targets in mind. Goals should be well-defined and concrete



M

EASUREABLE

Track your progress and reevaluate along the way.



A

TTAINABLE

Set realistic goals that are challenging but achievable.



R

ELEVANT

Ensure the goal serves a relevant purpose and aligns with values and long-term objectives



T

IME

Specify a deadline, monitor progress and reevaluate.



Graduate Wellness Support Coordinator

Are you feeling stressed? Overwhelmed? Struggling to take care of yourself or find the right campus or community resources?

Did you know that as a graduate student, you have access to free wellbeing services?

Your Wellbeing Support Coordinator, Olivia Kern, is here to support you. Olivia is a Master of Social Work student who provides one-on-one support to graduate students in the areas of:

- Stress & Anxiety
- Sleep, Movement, & Nutrition
- Time management
- Connection to the right resources (food security, Mental Health services, academic help, etc.)

Make an appointment with Olivia by clicking this link: <https://calendly.com/olivia-kern/wellbeing-support>

Or email directly at: Olivia.Kern@mso.umt.edu

Your Wellbeing Support Coordinator, Olivia, is here to listen in a private and supportive setting to help you through:

- Stress & Anxiety
- Sleep, Movement, & Nutrition
- Time management
- Connection to the right resources (food security, Mental Health services, academic help, etc.)



Olivia.Kern@mso.umt.edu
DHC 017

Scan QR code to book a free virtual or in-person appointment with Olivia today.

