

February 2024

Hello Spring Semester

Hello, Graduate students! Welcome back! I hope the semester has been treating you well so far. This month's newsletter is jam-packed with goodies, including chances to boost your career game and de-stress like a boss. So, let's give those mental health monsters a run for their money and make this a great semester!



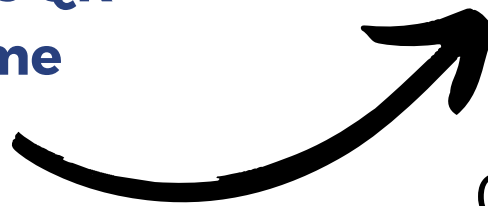
STEM Grad student support groups

Starting Mid-February!

- **Six Free Sessions**
 - **Reduce Isolation and Stress**
 - **Improve Well-being**
 - **Validate Experience**
-



Interested? Use this QR code to indicate time preferences:



[Or, use this link!](#)

Email
maggie.brock@umconnect.umt.edu
for questions



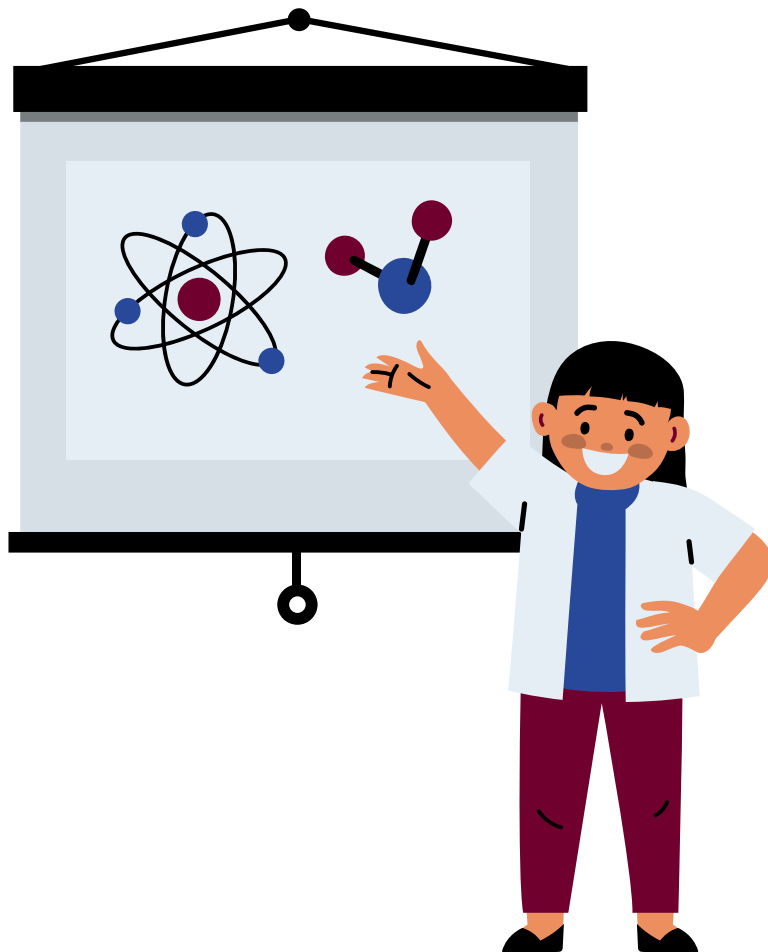
GradCon

The University of Montana's annual graduate student research conference, GradCon, will take place on **March 8, 2024**, in person at the University Center.

It is an interdisciplinary conference that welcomes presentations from all departments!

The conference is open and free to the public, and **submissions are accepted until February 4, 2024.**

Detailed submission instructions and guidelines are available on the Submissions page.





Writing Center

Spring Semester Writing Center
programming for grad students.

Come write with us!



Are you having trouble finding time (or motivation!) to write? Do you have a proposal due or a chapter deadline or a manuscript to send out? Or maybe you need to graduate this semester or get a job application out the door but aren't quite sure how. Getting writing done is hard, and sticking to a writing schedule can be tough. This semester, we at the Writing Center suggest you try three things:

1. **Come talk to us!** The Writing Center's professional consultants are available throughout the semester to provide individualized feedback and discuss your writing. It's easy to make an appointment (or set up weekly appointments!). Check our [online scheduler](#) or [email us directly](#) to set up an initial appointment.
2. **Join online writing groups.** Flexibility! Accountability! Community! These 1-hour online drop-in writing groups are held Mondays and Wednesdays at 10am and Tuesdays and Thursdays at 8am throughout the semester. It's never too late to sign up! Show up for whatever days and weeks fit with your schedule and come see how much you can get done in an hour! Register to receive the zoom link [HERE](#).
3. **Sign up for our Spring Break Jump Start Writing Retreat,** March 18-21, 9am-2pm daily. This four-day on-campus or online retreat provides protected writing space and inspiration to build and maintain momentum as you tackle a big writing project. [Email us](#) for more info or to get the registration link. **Space is limited and this retreat fills up so sign up early!** Repeat attendees welcome.

Bottom line: There's no need to suffer alone! Write better together.

Questions? Contact catherine.filardi@umontana.edu

Job/Career Opportunities

The OSPI team is looking for a **GRADUATE STUDENT** to serve on the **Flagship Fund Advisory Group**. The Advisory Group will review the Flagship Fund proposals, meet with the proposal authors, and make recommendations to the President and Provost on the proposals in which to invest.

Board duties will require a 12-15 hour commitment, concentrated in late March and early April and to include proposal review and 2 or 3 Advisory Group meetings.

Learn more about the [Flagship Fund](#).

Please send nominations, including self-nominations, to leslie.webb@umt.edu and do not hesitate to contact her if you have any questions.

Grad students seeking roles in higher education, [HireEd Careers](#) has a free job board of administrative, operations, faculty, and instructor jobs searchable by keyword, institution name, state, and employment types (including instructor, post-doc, adjunct), some with salary notation



Job/Career Opportunities

STUDENT REGISTRATION

**UM BioTech Career Expo:
High-demand Jobs Merging
Life Sciences & Technology**



RSVP



UNIVERSITY OF
MONTANA
COLLEGE OF HUMANITIES
& SCIENCES

UNIVERSITY OF
MONTANA
MISSOULA COLLEGE

**Thurs., Feb. 15th, 2:15-5:00 P.M.
Missoula College, Room 340**

Job/Career Opportunities

The Biotech Expo is for UG/Gs interested in biotech careers, regardless of major.

Employers attending: tissue recovery, pharms, telehealth, venture capital, water recovery, vaccines, healthcare software, clinical trials, and R&D. We will showcase roles for varied educational levels, associates, bachelors, and grad programs; connect campus to new and existing MT biotech employers; show AA/BS students educ and skill paths to biotech careers. Missoula College, College of H&S, and MT High Tech Business Alliance are co-hosting.

Feel free to drop by on Feb 15 will be amazing group of employers.

For more information check out this [link](#).



Psst...Want to unlock more job and housing opportunities? Check out this [link](#) for the ultimate insider scoop!

Graduate Wellness Support Coordinator

Access Free Wellbeing Services as a Graduate Student

If you're feeling overwhelmed, stressed, or struggling to take care of yourself, don't fret. As a graduate student, you have free access to wellbeing services. Olivia Kern, your Wellbeing Support Coordinator, is available to provide one-on-one support and guidance in the following areas:

- Stress and anxiety management
- Sleep, movement, and nutrition
- Time management
- Referral to appropriate resources such as food security, mental health services, and academic assistance

**Being a human is hard.
You don't have to do it alone.**

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

To schedule a specific time with Olivia, use this [link!!](#)
Alternatively, you can reach out to her directly
at Olivia.Kern@mso.umt.edu.