

March 2024

Hey there, fellow scholars and future leaders!

Can you feel it? Spring is in the air, and with it may come the slight panic of deadlines looming!

As we dive deeper into the semester, I try to remember that it's not about the destination but the journey.

Amidst the chaos of assignments and exams, don't forget to carve out some time for intentional rest and relaxation. Whether it's a Netflix binge, a nature walk, or a power nap, prioritize your well-being because a healthy mind won't make things worse.

In this month's newsletter, exciting opportunities await to boost both your well-being and your career. From workshops to networking events, let's seize these chances to thrive together.

Together, with grit, determination, and perhaps a touch of caffeine-induced madness, we shall emerge victorious from the trenches of the spring semester. Believe in yourselves, believe in each other.

Onward and upward,
Maggie Brock

SCIENCE | TECHNOLOGY | ENGINEERING | MATHEMATICS

STEM GRAD STUDENT SUPPORT GROUPS

Free Sessions | Reduce Isolation and Stress

Improve Well-being | Validate Experience | Gain Coping Skills

TWO GROUP OPTIONS:

Mondays 4-5:30 pm

Fridays 10-11:30 am

Interested? Email margaret.brock@umconnect.umt.edu by midnight on March 3rd. Sessions have already started! Join for the last 5 sessions!



“This is going to be super uncomfortable. I don’t want to do it. Turns out, I’m so glad I did.”

– Previous Participant

Facilitated by Clinical Mental
Health Counseling Graduate
Students

GRADCON

★ CONFERENCE ★

INDIGENOUS HEALTH

12:15pm panel

lunch provided

★ ★ ★ University of
Montana ★ ★ ★

March 8,
2024

9 AM
2 PM

University
Center
3rd Floor

umgsrc@mso.umt.edu

Happiness Workshop


How to apply evidence-based happiness interventions to your life



**JOHN
SOMMERS-FLANAGAN**

Professor
Department of
Counseling at UM

Graduate students are invited to join Dr. Sommers-Flanagan and explore the concept of happiness and ways to cultivate it.

 **On Zoom**
Thursday, March 28th,
12-2:30 pm



**Scan this code to register,
or use this link!**

Join our special event and get to know more about happiness.

SPRING BREAK JUMP START WRITING RETREAT, MARCH 18-21, 2024

We still have a few spots left! Grad students from all departments are invited to join the Writing Center for our four-day Spring Break Jump Start Writing Retreat, March 18-21, from 9am-2pm daily. There is no cost to attend. The retreat offers independent writing time, focused discussions, support from Writing Center staff, hot beverages and hearty snacks. Attend online or in-person; repeat attendees welcome. To reserve a spot please complete this [Jump Start Registration Form](#). More info on other Writing Center programs for grad students can be found [here](#). Questions? Email writingcenter@umontana.edu.



Faculty Excellence in Research and Creative Activity Mentorship Award

Students are encouraged to nominate faculty mentors for the Faculty Excellence in Research & Creative Activity Mentorship award, recognizing those who demonstrate exceptional dedication to guiding students in their research or creative endeavors. Your nominations highlight the valuable contributions of these mentors and their impact on the campus community.



**Nominate a
mentor
through this
link!**

*Nominations for this year need to be received
no later than 5:00 PM on March 22, 2024.*


DOE's Office of Science

The U.S. Department of Energy's (DOE) Office of Science invites applications for the 2024 Office of Science Graduate Student Research (SCGSR) program.

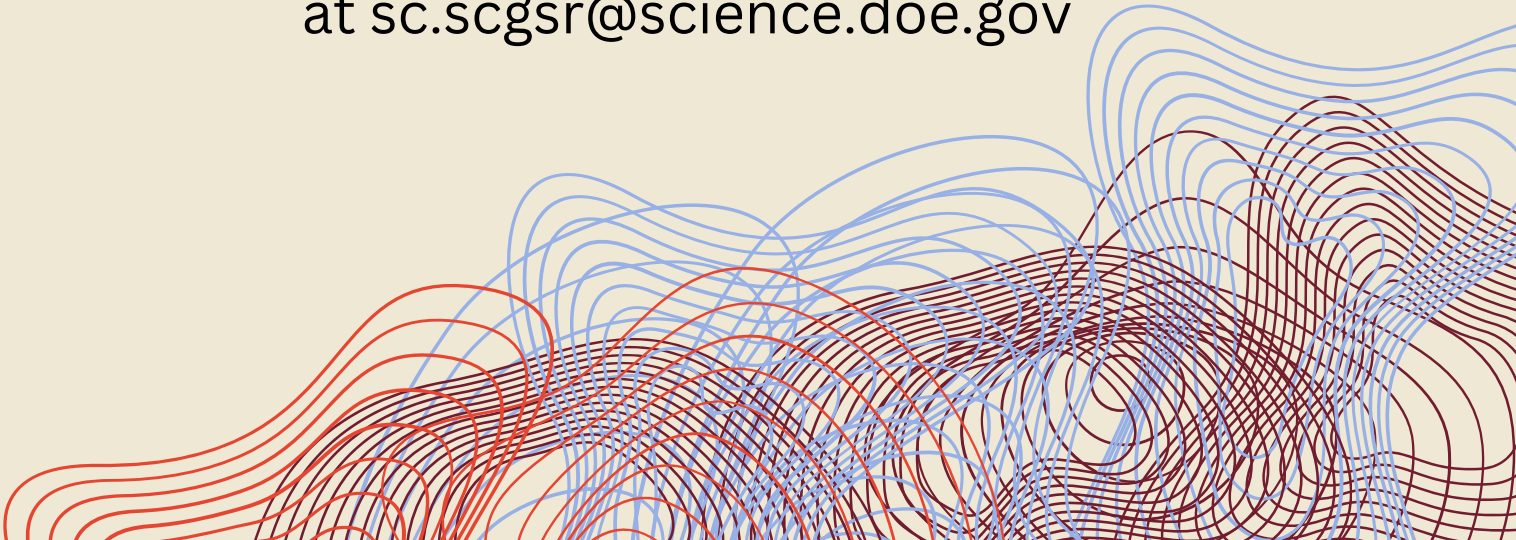
Deadline: May 1, 2024, 5:00 p.m. ET.

Workshops: March 7, 2024, 2:00-3:30 PM ET & April 18, 2024, 2:00-4:30 PM ET.

- The initial workshop (March 7th) covers program overview and requirements and offers a chance to discuss research topics with managers; register [here](#).
- The second workshop (April 18th) offers application guidance, answers questions, provides proposal writing tips, and includes discussions with scientists and past awardees; register. [here](#).



For additional details on the SCGSR program, visit the program [website](#). Or contact the SCGSR team at sc.scgsr@science.doe.gov



Graduate Teaching Assistant at the Library

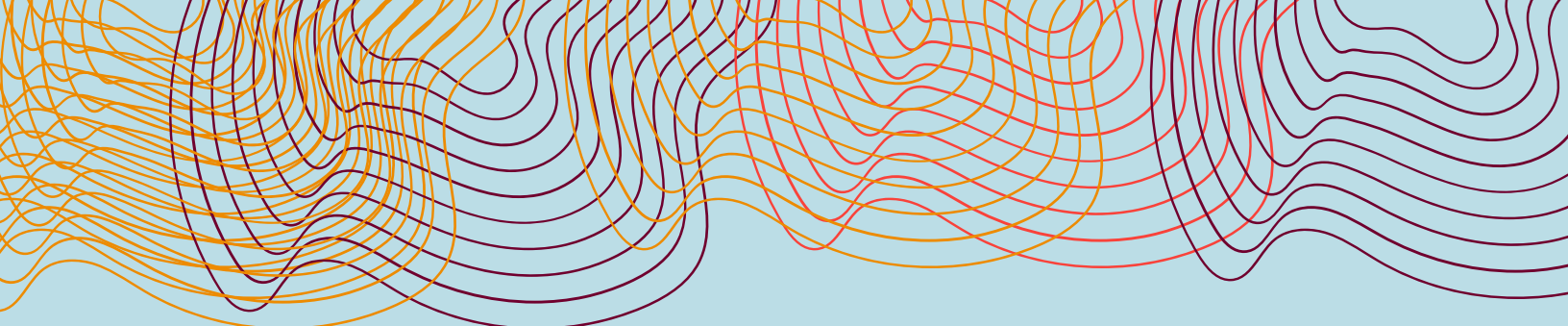
The Mansfield Center is seeking graduate students for Graduate Teaching Assistant (GTA) positions to assist with international and domestic programs funded by the U.S. Department of State and the U.S. Department of Defense during the spring and summer. GTAs will engage with international students, educators, scholars, and U.S. high school students to support cultural and academic program objectives.

The position pays \$17/hour with overtime pay and involves travel within Montana, and potentially to out-of-state locations like Charleston, S.C., New York City, and Washington D.C.

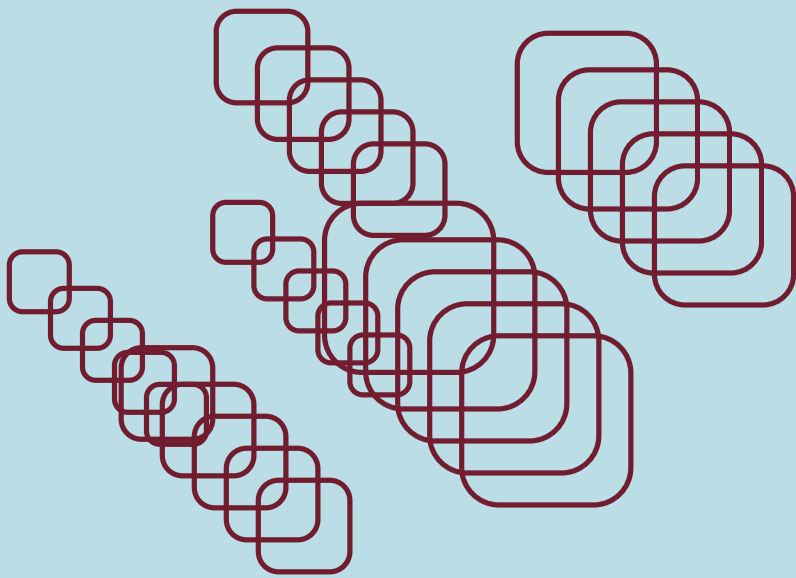


Ideal candidates should be highly motivated, responsible, possess strong communication skills, be team-oriented, and have an interest in working with diverse international and cultural groups.

Interested applicants can apply through [Handshake](#) or contact Drew Murray directly at drew.murray@mso.umt.edu for more information.



**Interested in exploring other
career/job opportunities?
We update this page regularly
with a number of opportunities.**



**UNIVERSITY
OF MONTANA**



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.

