

# November 2023

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## Message from the Dean

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Dear students,

I am delighted that Maggie has joined the Graduate School team, focused on getting you great information and access to resources to meet you where you are on your graduate school journey. We hope these monthly newsletters give you little ways to help advance your wellness, your professional development, and your journey, including the difficult moments of stress and anxiety we all face.

We know how challenging this period can be, but also how exciting. The two things can exist side-by-side as you make your way through coursework, exams, research protocols, proposals, and long, agonizing nights of writing that pay off in that epiphany that makes it all worthwhile. We wish you the best as you pivot to the second half of the semester! Stay in touch!

Best Wishes,  
Ashby Kinch  
Dean



# Montana HOPES



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## Measuring Graduate Student Well-Being

Many initiatives we are working on are part of a National Science Foundation-funded grant to study different approaches to graduate student well-being and are informed by our ongoing mental health and well-being climate survey. This survey will inquire about your social life, stress level, relationships with the campus community, and your department at UM. We are especially interested in using this survey's data to improve our mental health initiatives next semester and for years to come.

If you still need to do so, please complete the 2023-24 [online survey](#), which should take about 20 minutes. If you completed it last year (spring 2022), please do so again, as we are studying year-over-year changes in the student population.

Completing the survey will enter you into a drawing for one of five \$100 gift cards.

Please note: The deadline to complete the survey is November 21st!



# 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](mailto: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](mailto:Olivia.Kern@mso.umt.edu)  
DHC 017

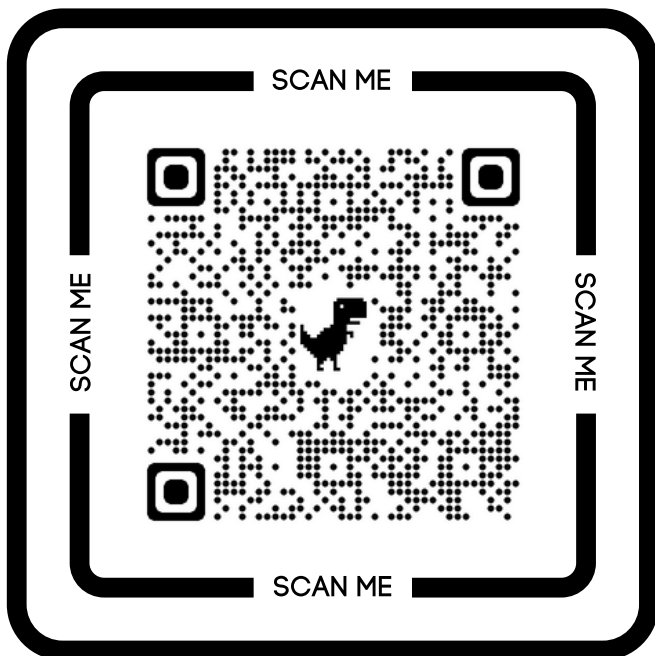
Scan QR code to book a free virtual or in-person appointment with Olivia today.



# Curry Health Center Resources

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- Flu shots and COVID-19 vaccine boosters are available at Curry.
  - You can walk in or call 406-243-2122 to schedule an appointment.
- Check out Wellness Services at Curry for more information on things like Nicotine Quit Kits, Safe Sex Supplies, Health Coaching, and others!
- Counseling and Mental Health Services
  - Did you know that mental health support is right here on campus? Curry Counseling Services offers one-on-one counseling for just \$20 per session.
- Stress Buster Kits!
  - Scan the QR code below to get more information on getting a Stress Buster Kit from Curry Wellness Center:



# Writing Center Events and Opportunities

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Sign up now! Winter Break Writing Retreat, January 8-11, 2024.

Grad students from all departments are invited to join the Writing Center for our Winter Break Jump Start Writing Retreat, January 8-11 from 9am-2pm daily. The retreat is offered online and on-campus, and there is no cost to attend. Time and again Jump Start has provided students from across disciplines with the structure, support, community and accountability needed to dig in and make progress on big writing projects. Join us to experience a supportive environment for intense, focused writing time, and to learn about and practice effective writing strategies to utilize throughout your career. We provide quiet writing space, focused discussion, individualized support, hot beverages, and hearty snacks. We encourage early registration as space is limited. Repeat attendees are welcome! Email [writingcenter@umontana.edu](mailto:writingcenter@umontana.edu) to reserve a spot. More info on all our programming for grad students, including writing groups and individual consultations can be found [here](#).

# Cognitive-Behavioral Skills for Stress Management and Wellness

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**What:** A 4-Session Skills Training Course Tailed to the STEM Graduate Student Experience.

In spring 2024, Dr. Jennifer Gottlieb, who specializes in Cognitive-Behavioral Therapy (CBT), will be teaching skills-based training. This annual workshop is part of an NSF-funded collaborative project between the graduate schools of the University of Montana, Montana Tech, and MSU-Billings.



One of the most recognized, empirically-supported, and widely used forms of therapy, CBT is a highly practical form of therapy focused on understanding the connection among thoughts, feelings, and behaviors/reactions. The mental health skills learned through CBT can benefit almost everyone, especially graduate students.

Dr. Gottlieb has developed this CBT training to address the specific challenges of the STEM graduate student experience. The training is didactic in nature (rather than a psychotherapy experience)—attendees come away with several practical everyday strategies to promote coping with stress.

This CBT training is not therapy. This is a skills-based seminar to help graduate students gain cognitive reframing and problem-solving skills.

## Dates and Time:

Tuesdays: Jan 23rd, Jan 30th, Feb 6th, Feb 13th:  
11am-1pm MST

## Location:

Zoom (link will be sent out to participants. Note—these are synchronous sessions)

Please complete this [online survey](#) to register.

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**“Honestly, just hearing how common my issues were then learning steps that I could use that were backed by science was amazing.” - Past Participant**

**“Everything about the course was very practical and applicable to daily life, but there wasn't a lot of pressure.” - Past Participant.**



# SPRING 2024: STEM Graduate Support Groups

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For the past three years, the graduate school has been hosting support groups for STEM graduate students in tandem with the Counseling Department. 1st and 2nd-year clinical counseling graduate students lead these groups. These groups provide various benefits, including but not limited to social support, stress-reducing tools, coping mechanisms, normalization of impostor syndrome, and having space to talk about the stress and pressures of being a graduate student.

## Why you'll like it:

- Mental Health Support
- Six Free Sessions
- Reduce Isolation
- Improve Wellbeing

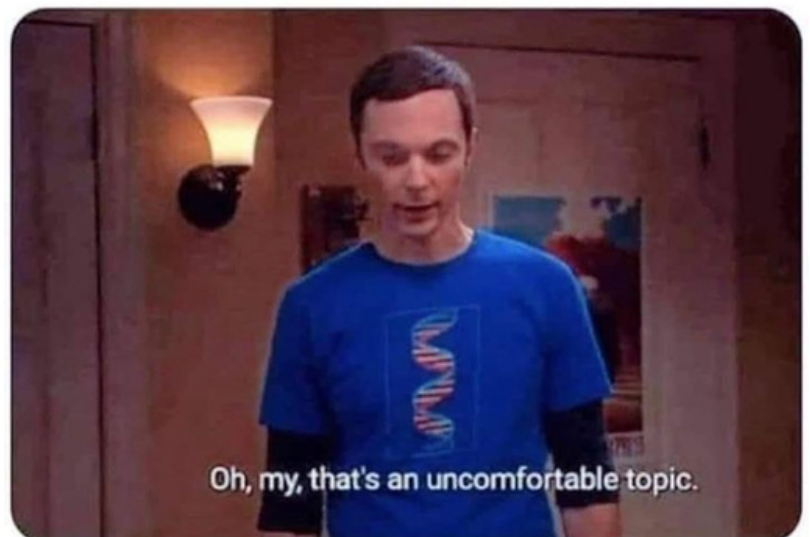
More information will be distributed in January 2024. Groups to start in late January or February.

**When:** Spring 2024 Semester

**Times and location:** TBD

“How are you doing?”

**Grad students:**



# Other Events and Happenings on Campus

## Stolen Waters Summit

WHO

The Stolen Waters Summit is hosted by the Environmental Studies Program and the Indigenous Graduate Student Association of the University of Montana.

WHERE

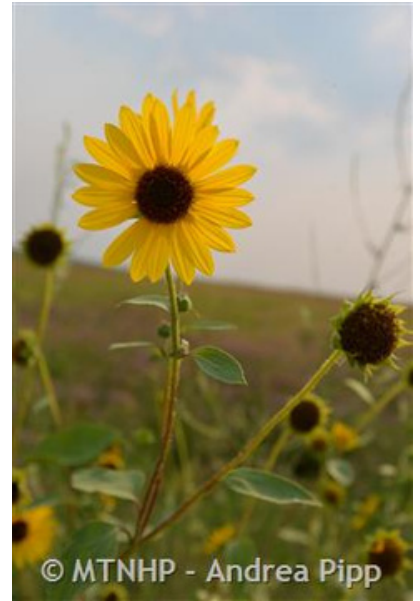
The University of Montana, Missoula, MT

WHEN

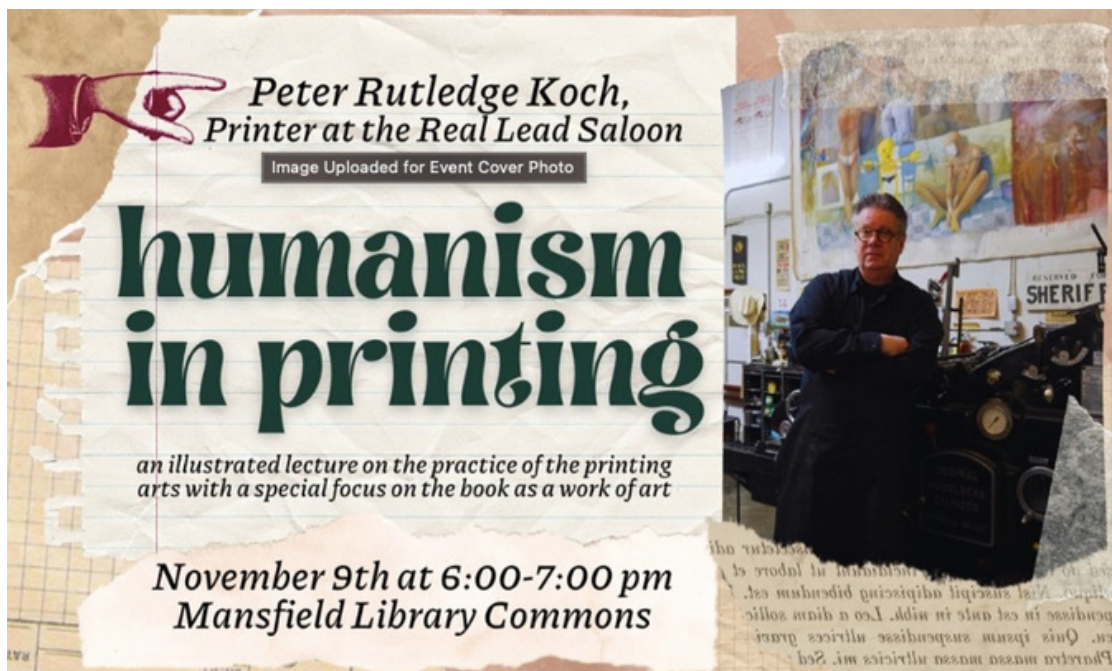
November 1st-3rd, 2023

REGISTRATION

Registration is not required. All are welcome



## Humanism in Printing



**Peter Rutledge Koch,**  
*Printer at the Real Lead Saloon*

Image Uploaded for Event Cover Photo

# humanism in printing

*an illustrated lecture on the practice of the printing arts with a special focus on the book as a work of art*

**November 9th at 6:00-7:00 pm**  
**Mansfield Library Commons**

Peter Koch will be presenting "an illustrated lecture on the practice of the printing arts with a special focus on the book as a work of art."

RSVP [here](#)