

Graduate Student Resource Guide

This resource guide is designed to help you navigate graduate education by connecting you with the campus services, academic support, and community resources available throughout your time at UM. Whether you're looking for research and writing assistance, professional development opportunities, health and wellness resources, financial support, or ways to get involved on campus, this guide serves as a convenient reference to help you succeed academically, professionally, and personally. We encourage you to keep this document accessible and revisit it whenever you need support or are looking to make the most of your graduate experience.

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Support Specific for Graduate Student Success

Research Support - Maureen and Mike Mansfield Library

The UM Mansfield Library is here to help with your research, teaching, and other information needs. Access over 1.8 million items and online resources, databases, archives and special collections. Visit with the Librarians and reference assistants, use the study and workspaces, print, or technology use: <https://www.umt.edu/library/>

Writing Support - Writing and Public Speaking Center

The Writing and Public Speaking Center provides a collaborative learning environment for all members of the UM community. Professional tutors support undergraduates, graduate students, alumni, faculty, and staff working on a wide variety of academic, professional, and creative writing tasks. Services provided that may be helpful for graduate students are one-on-one appointments, writing groups, writing retreats, and workshops: <https://www.umt.edu/writing-center/>

Conference Poster Printing - PawPrint

The Paw Print is a fee-based print, copy, and scan center located on the 3rd floor of the UM Library. Color and large-format (i.e. scientific/conference posters) are available, along with 3-D printing and more.

Career Preparation - Experiential Learning and Career Success (ELCS)

ELCS supports graduate students in preparing for careers in academia, industry, and beyond. They are located on the 2nd floor of Aber Hall, offers these services and more:

Career Coaching

Get individualized support as you navigate your next steps. Schedule an appointment in Navigate. <https://careerhub.umt.edu/resources/schedule-an-appointment/>

Professional Headshots

Use the Iris Photo Booth to take free, professional headshots for your LinkedIn or other professional profiles. <https://careerhub.umt.edu/resources/iris-photo-booth-info-and-bookings/>

Graduate Student & Post-Doc Community

Includes several free career planning tools and other resources for graduate students. https://careerhub.umt.edu/channels/graduate_students/

Academia & Higher Ed Career Pathway

Access videos, articles, and targeted resource lists for individuals pursuing a career in academia. <https://careerhub.umt.edu/channels/academia-higher-ed/>

Handshake

UMs online job and internship portal. Graduate students should actively use it to search for opportunities.

<https://careerhub.umt.edu/resources/handshake/>

CV and Resume Guides

Showcase your experiences optimally for academic and non-academic roles.

<https://careerhub.umt.edu/channels/resume-cv/>

Cover Letter Guide

For both academic and non-academic applications. <https://careerhub.umt.edu/channels/cover-letter/>

Career Fairs & Employer Events

Attend career fairs on campus and virtual employer info sessions in Handshake to network with employers and discover opportunities. <https://umt.joinhandshake.com/events>

Interview Prep

Practice for your upcoming interview with Big Interview - a secure, AI-powered mock interview platform.

<https://careerhub.umt.edu/channels/interview/>

Offer Negotiations

Learn how to navigate job offers and negotiate your compensation package with confidence.

<https://careerhub.umt.edu/channels/negotiate-offer/>

Students in the College of Business or School of Law, find your Career Center at

<https://www.umt.edu/careers/>

Financial Education - Financial Education Program

UM's Financial Education Program offers free one-on-one financial counseling sessions to UM's campus community, as well as regularly scheduled workshops on a range of topics, such as: FAFSA, Financial Aid Process, Loans, Budgeting, Credit, and Savings: <https://www.umt.edu/financial-education/default.php>

UM Campus Services and Resources

American Indian Student Services

American Indian Student Services (AISS) is dedicated to Native American enrollment, achievement, and success at the University of Montana. AISS supports Native American students and their families by providing support services and programs such as academic workshops, cultural activities, testing supplies, and peer mentorship: <https://www.umt.edu/american-indian-student-services/>

ASUM Bear Necessities

The ASUM Bear Necessities, <https://www.umt.edu/asum/agencies/bear-necessities/>, agency serves as a resource for students experiencing basic needs insecurities. It is a one-stop spot for questions regarding housing insecurity, food insecurity, homelessness, and more. For those experiencing food insecurity, the UM Food Pantry, <https://www.umt.edu/asum/agencies/food-pantry/>, is a service that provides food assistance, personal care products, and SNAP application assistance to students, employees, and the broader Missoula community.

ASUM Legal Services

Since 1975, the ASUM Legal Services has provides low-cost legal assistance to UM students. Legal advice is free for students and there are small fees for legal services beyond advice appointments. Legal Services also employs a Student Resolution Officer whose duties include advising students on the complaint process and advocating on behalf of students under the complaint procedure. If you have an academic grievance that you are unable to resolve with your Professor and Department, you may contact the ASUM Student Resolution Officer for assistance at (406) 243-6213 or asumlegal@mso.umt.edu.

ASUM-Recognized Student Groups

ASUM-recognized student groups represent a wide variety of academic, pre-professional, spiritual, political, musical, support, service, sport, and special interest topics. Currently, there are over 150 ASUM recognized clubs and organizations viewable via Griz Hub (this link opens in a new tab). Elevate your university experience by joining a club or organization that shares your interests: <https://grizhub.umt.edu/organizations>

Branch Center

The Branch Center is a student-centered office designed to support UM's diverse community by engaging in diversity, equity, inclusion, justice, and anti-racism efforts. The center offers a welcoming space to study, relax, and connect with others. Students have access to comfortable lounge areas, computers, printing, free school supplies and menstrual products, a kitchen, and meeting space. The center also hosts campus support services, including Career Success, External Scholarships & Fellowships, and the Writing & Public Speaking Center: <https://www.umt.edu/diversity/resources/branch-center>

Campus Recreation

Campus Recreation at the University of Montana offers opportunities to recharge your mind, body, and spirit through recreation, fitness, and outdoor adventure. Students can enjoy open recreation at the Fitness and Recreation Center, participate in group fitness classes or personal training, explore Montana through outdoor skills courses and adventure trips, join intramural sports, swim at the Grizzly Pool, or play a round at the historic nine-hole UM Golf Course. Whether you're looking to stay active, meet new people, or try something new, Campus Recreation provides programs and facilities to support a healthy, balanced college experience: <https://www.umt.edu/crec/>

Childcare

There are two on-campus childcare programs (enrollment availability is limited):

ASUM Child Care Centers

ASUM Child Care Centers strive to offer high-quality childcare and early education at an affordable rate for children of UM students, staff, and faculty. They ensure children are placed in the most suitable learning environment based on their age and developmental stage. For more information on program options and enrollment availability, please visit the ASUM Child Care website: <https://www.umt.edu/asum/agencies/child-care/centers.php>

The Learning and Belonging (LAB) School

The Learning and Belonging (LAB) School is a part of the Phyllis J. Washington College of Education and invites preschoolers of all abilities, and their families, to participate in its caring community designed to promote lifelong learning and belonging. To learn more about the LAB and its enrollment availability, please visit the LAB website: <https://www.ecemontana.org/labschool>

Coordination, Assessment, Response, Education, and Support Team (CARES)

The CARES Team, <https://www.umt.edu/campus-life/dean-of-students/care-behavioral-intervention-team.php>, provides support to help University of Montana students succeed by connecting them with appropriate campus resources during times of concern or crisis. If you are concerned about a graduate student's well-being, behavior, or safety, you can submit a referral to the CARES Team. Each report is carefully reviewed, and the team works collaboratively to assess the situation, provide outreach and support, and connect students with resources that promote their health, safety, and academic success. For more information or to submit a referral, visit the Dean of Students Office.

Curry Health Center

The Curry Health Center (CHC) is home to Medical, Dental, Counseling, and Wellbeing services offered to UM students. Curry Health Center Wellbeing works to create a campus environment which promotes a culture of health, student well-being and success. Areas of Focus are: Mental Wellbeing, Stress and Resiliency, Substance Use Prevention, and Healthy Lifestyle: <https://www.umt.edu/curry-health-center/default.php>

Campus Bookstore (Go Griz Store)

Find textbooks, course materials, computers, school supplies, and spirit wear at our campus bookstore. We have thousands of UM t-shirts, sweatshirts, hoodies, jerseys, bags, backpacks, and accessories in stock and waiting for you: <https://www.bkstr.com/gogrizstore/home>

Campus Dining

Whether you live on campus or commute, UM offers a variety of dining options to fit your schedule and preferences. Enjoy meals at The Lodge Dining Center, our all-you-care-to-eat facility, or choose from the University Center Food Court, The Market, campus coffee shops, and the Iron Griz American Bistro. Students can also use Bear Bucks, a declining balance account linked to their Griz Card, at all Campus Dining retail locations, with discounts at The Lodge and bonus value on qualifying deposits. For students who commute,

flexible commuter meal plans are available, offering a convenient way to enjoy meals on campus throughout the semester.

Club Sports

Club Sports offer students the chance to stay active, build community, and compete in sports they love - without the full-time commitment of NCAA athletics. With over a dozen student-led teams like rugby, soccer, and ultimate frisbee, club sports are open to all skill levels and provide opportunities to travel and compete regionally or nationally. If you're looking to get involved, make friends, and stay fit, club sports are a great place to start. Contact Tucker Sargent, Assistant Director of Club Sports at tucker.sargent@umontana.edu.

Griz Athletics and Griz Tix

Grizzly Athletics is a big part of campus life at the University of Montana. As an NCAA Division I member of the Big Sky Conference, UM competes in a variety of men's and women's sports throughout the year, including football, basketball, volleyball, soccer, softball, tennis, golf, cross country, and track & field. Students can show their Griz pride by attending games, cheering on their classmates, and taking advantage of free student tickets to regular-season home football games through their student athletic fee. The official ticket service for UM events including Grizzly Athletic games and concerts on campus venues. Student tickets available using your student log in at <https://griztix.evenue.net/signin?uf=ST&continue=%2Fstudents>

GrizWalk

GrizeWalk is a free service offered to on-campus students and employees to ensure that no member of our campus community has to walk alone after dark. GrizWalk is staffed by both students and campus police. Members travel in pairs, wear distinctive clothing, and carry radios and flashlights. This nighttime service is available seven days a week while school is in session.

Just call (406) 243-2777 and a GrizWalk member will be dispatched immediately to meet you at your location and walk you to your destination.

Kaimin Newspaper

Check out our student-run online newspaper: <http://www.montanakaimin.com/>

KBGA Radio

UM college radio streamed live! <https://www.kbga.org/kbgahome>

Maureen and Mike Mansfield Library

The Mansfield Family Library provides extensive resources and support to help graduate students succeed. Services include research assistance, technology support, printing, workshops, study spaces, group study rooms, and quiet areas for focused work. Assistance is available in person, online, by email, and by phone throughout the academic year.

Mentoring, Organization, and Social Support for Autism/All Inclusion on Campus (MOSSAIC)

The MOSSAIC Program supports students with autism and related disorders by providing individualized coaching, peer mentoring, social engagement opportunities, and campus-wide education on neurodiversity. Through skill development, community-building events, and inclusive training, MOSSAIC helps students thrive academically, socially, and personally at UM: <https://www.umt.edu/speech-language-hearing-occupational-sciences/dewit-ritecare-clinic/specialty-clinics/mossaic.php>

Military and Veterans Services

UM's Military and Veterans Office specializes in advising and assisting students using all forms of military education benefits and support students through their entire college journey. They work to establish a smooth academic transition for our military community through a wide range of programming and services: <https://www.umt.edu/veterans>

UM Food Pantry

The UM Food Pantry is designed to assist students facing food insecurity. Located on the southwest side of the first floor of the University Center (UC) and is open from 10 a.m. – 3 p.m. Mondays and Wednesdays, from 4 p.m. – 6 p.m. Tuesdays and Thursdays, and from 11 a.m. – 3 p.m. on Saturdays. Our Grab N Go shelf outside the pantry is accessible at any time the University Center is open.

Office for Disability Equity

The University of Montana strives to ensure that all aspects of campus programming – learning, living, working, and engaging – are accessible. The Office for Disability Equity (ODE) provides consultation, education, and direct services so that students with disabilities – who make up 15% of UM's student population – have an equal opportunity to participate and achieve. ODE promotes accessibility and inclusion by providing disability-related resources, consultations, and accommodations for students. The office works with students, faculty, and staff to reduce barriers and offers support such as testing and housing accommodations, assistive technology, priority registration, interpreting and captioning services, accessible course materials, and other individualized accommodations to help students succeed: <https://www.umt.edu/disability>

Student Advocacy Resource Center

The Student Advocacy Resource Center (SARC) celebrates diversity, supports the right of all students to pursue success in our academic community, openly respects and cares for everyone, and is committed to a campus free from discrimination and unwelcome physical, sexual, emotional, or social coercion. It is our goal that every interaction and every communication be respectful, considerate, professional, and supportive. SARC also provides support to students who are “secondary survivors,” meaning friends, roommates, partners, or family members of someone who has experienced identity-based harm. SARC services are free and confidential. <https://www.umt.edu/student-advocacy-resource-center/>

Housing

To learn about on UM campus please visit their website. Living spaces for graduate students include the University Villages and Lewis & Clark Village, all of which have different amenities, pricing, and availability: <https://www.umt.edu/housing/>

Transportation & Parking

Biking

Commuting to campus by bicycle is a great way to start your day. Whether you want to rent a bike, need assistance purchasing a bike or just want to learn more about biking, ASUM Transportation can help: <https://www.umt.edu/transportation-parking-services/bike/basics/default.php>

Buses

The University of Montana can be accessed by two fare-free bus systems: the University's UDash, <https://www.umt.edu/transportation-parking-services/bus/default.php> and Missoula's Mountain Line, <https://mountainline.com/>. To view routes, plan your trip, and track UDash and Mountain Line buses, download the Transit App Links: <https://transitapp.com/>

Park & Ride

To avoid difficulty finding a parking spot, you can use UDash's Park & Ride, <https://www.umt.edu/transportation-parking-services/bus/bus-routes/park-and-ride/default.php> shuttle service. Purchase a Park & Ride Pass, <https://www.umt.edu/transportation-parking-services/drive/mobility-module/default.php> that allows you to park in the Dornblaser, Lewis and Clark, and Missoula College lots, <https://map.umt.edu/?id=1906#!ce/52130?ct/70522,52131,70268,72134?s/>, then catch a ride to campus!

Daily & Hourly Parking

Please familiarize yourself with UM's parking map, <https://www.umt.edu/transportation-parking-services/drive/parking-maps.php> and its designated parking lots to avoid parking violations and tickets. Daily (\$8) and hourly (\$1/hour) parking is available in certain lots where you can pay at meters or via the Passport Parking App, <https://www.umt.edu/transportation-parking-services/drive/passport-app/default.php> on your phone.

The U-District

Parking in the residential area surrounding campus, also known as the U-District, <https://www.umt.edu/transportation-parking-services/drive/u-district/default.php> is managed and regulated by the City of Missoula. In some areas, parking is permitted, and in others it is restricted to those with a residential parking permit. Review the map and/or watch for large signs posted that indicate when you are entering and leaving the U-District residential parking pass area.

UM Information Technology

General Tech Support

The UM IT Helpdesk fields the majority of tech on campus, with certain categories handled by dedicated teams.

Most direct way to get assistance is to submit a ticket at umt.edu/solutions. Here you can select the specific request you are looking for, or a general ticket if it's not clear which request fits best. Otherwise, you can contact them by phone during business hours at 406-243-4357. If they miss your call, leaving a voicemail will automatically create a ticket in the system and they'll follow up with you as soon as they're able. During the Fall and Spring semesters, they can also be found in person in the Mansfield Library at their walk-up Service Desk. Their available hours vary per semester, and they are appointment only during the Winter and Summer sessions.

Missoula Community Support

The University of Montana is lucky to have the enthusiastic support of our surrounding Missoula community.

Students, families, and alumni are always welcome here!

Check out some of Missoula's best features to help you feel at home:

- Missoulaevents.net: <https://www.missoulaevents.net/>
- Missoula Downtown Association: <https://www.missouladowntown.com/missoula-downtown-association/>
- Missoula Food Bank and Community Center: <https://missoulafoodbank.org/>
- Missoula Public Library: <https://www.missoulapubliclibrary.org/>
- City of Missoula Parks and Rec: <https://www.ci.missoula.mt.us/157/Parks-Recreation>
- Churches and Worship: <https://destinationmissoula.org/churches>
- Transportation – Mountain Line: <http://mountainline.com/>
- YWCA, Missoula: https://www.ywca.org/what-we-do/in-your-community/?gclid=Cj0KCQjwLumhBhClARIsABO6p-wgmWB-lwE0_thnnH-XTyokcKkqbEAbMbHdRKEciMWI2b4XO2s02E0aAjbSEALw_wcB
- National Domestic Violence Hotline: https://www.thehotline.org/?utm_source=google&utm_medium=organic&utm_campaign=domestic_violence
- National Sexual Assault Telephone Hotline: <https://rainn.org/help-and-healing/hotline/>