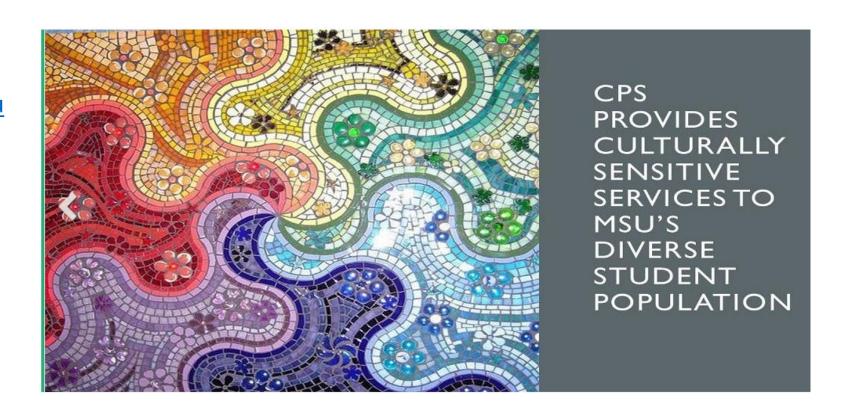


Counseling & Psychological Services

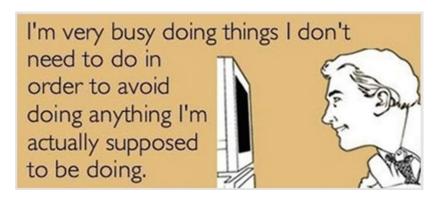
Levenae Buggs – Senior Staff Therapist

levenae.buggs@montana.edu



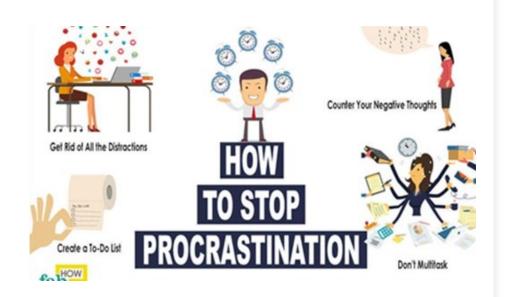
Procrastination

- The action of delaying or postponing something.
- How to recognize when procrastination is occurring:
 - Avoidance not doing the task of importance.
 - Anxiety or dread upon thinking about the important task.
 - Engagement in peripheral tasks of lesser priority or distracting oneself. (Netflix? Insta?)
 - Waiting for the "right mood/time" in order to start.
 - Starting the important task and then stopping before completion.
 - Thin excuses or rationalizations for not approaching the task of importance.



Working Through Procrastination

- Your first step is to avoid procrastination
- Approach behaviors:
 - Committing to oneself and the task (i.e., making meaning out of the task).
 - Rewards to oneself for completing a task or a portion of the task.
 - Accountability and removal of excuses.
 - Early initiation of task.
 - Writing a to-do list that is measurable and achievable during the day.
 - Time-bound goals (e.g., "I am going to work on the task for 1 hour at 3PM").
 - Apps that support your goals.
 - Focuswriter
 - Procraster

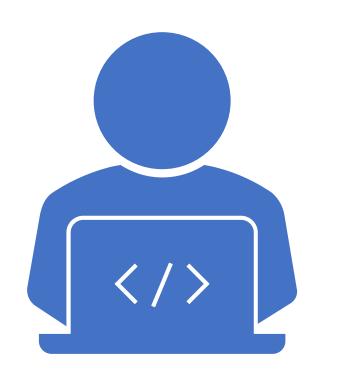


Counseling & Psychological Services



(406) 994-4531

- Services Available (via Telemental Health):
 - Free and confidential individual counseling
 - Couples counseling
 - Group counseling
 - Gaining practical skills group
 - Mindfulness skills group
 - Interpersonal process group
 - Stress management
 - Test anxiety
 - Consultation
 - Many more!



MSU Writing Center

Erin Strickland

Assistant Director of Writing Across MSU erin.strickland@montana.edu

- One-on-one appointments with graduate tutors
- In-person and online writing groups
- Focus Fridays

MSU Library

Leila Sterman

Scholarly Communications Librarian

leila.sterman@montana.edu

Copyright, Publishing, Research Data, Supplementary Materials



ScholarWorks

scholarworks.montana.edu



ScholarWorks

Scholarworks

ScholarWorks is an open access repository for the capture of the intellectua University (MSU) in support of its teaching, research and service missions. I

point of discovery for accessing, collecting, sharing, preserving, and distribu

Montana State University community and the world.

Home • Scholarship & Research • Theses and Dissertations ... • Theses and Dissertations ...

Theses and Dissertations at Montana State University (MSU)

Permanent URI for this collection https://scholarworks.montana.edu/handle/1/733

Browse

Recent Submissions By Issue Date By Subject Category

Now showing 1 - 20 of 10894





The expansion and optimization of ZN(II)-mediated intramolecular metalloamination and subsequent CU(I)-catalyzed functionalization for the construction of pyrrolidines and piperidines

(Montana State University - Bozeman, College of Letters & Science, 2023) Frabitore, Christian Ames; Chaire Nitrogen-containing heterocycles (azacycles) are ubiquitous in pharmaceutical agents. Their ability to moderate and modulate the activity of drugs in the body make them especially powerful, and thus sought after, synthetic targets. While the synthesis of many popular azacycles has been greatly improved in recent years, the product ✓ Show more



Changing shape: an investigation into allostery and protein conformational ensembles

(Montana State University - Bozeman, College of Letters & Science, 2023) Mattice, Jenna Rose; Chairpers Allostery is the mechanism by which action at one site on a protein causes a functional change at a distant site. An allosteric change can manifest as conformational change or a change in protein dynamics. In this way, the study of allostery, protein dynamics, and structural biology are individual, yet related fields. Progress and technical a ✓ Show more



Integrating universal design for learning in online math education: the Desmos experience

(Montana State University - Bozeman, College of Education, Health & Human Development, 2023) Wiehe, The Universal Design for Learning (UDL) framework is a modern neuroscientific approach to creating learning experiences that are highly accessible and engaging for all students. Despite the growing evidence supporting the theory of UDL, the literature significantly lacks examples of the practical application of UDL principles in cur ✓ Show more

Structural analysis of the Gaurishankar Lineament to understand its role as a cross fault in the east-central Nepal Himalaya

(Montana State University - Bozeman, College of Letters & Science, 2023) Baral, Nischal; Chairperson, Gradu The Gaurishankar Lineament (GL) in east-central Nepal is a topographic feature in eastern Nepal that has been proposed to be a cross-fault (faults perpendicular to the regional E-W strike). This feature has also been proposed to have blocked the lateral propagation of the thrust rupture that was activated during the Mw 7.8 Gorkha ✓ Show more

Search the repository ...

Communities in DSpace

Select a community to browse its collections.

Now showing 1 - 1 of 1

Scholarship & Research





extensive catalyst screening and lead to decreased yields.⁵⁶ Therefore, while this strategy does produce enantioenriched products, the practical functionality of the final pyrrolidines depends upon the complexity of the starting materials. Furthermore, the reliance on electron-withdrawing esters means that most products require further reactions to remove these esters before they can be used as a scaffold for a pharmaceutical molecule (Figure 1.10).^{58,59}

Figure 1.10 Formation and elaboration of a pyrroline in the total synthesis of Demissidine. 59

The Livinghouse research group has since improved upon some of these issues by employing an acylnitrilium ion as the substrate for intramolecular 2,3-cycloadditions. 60

Livinghouse, et al. demonstrated the usefulness of the acylnitrilium cation in the construction of Erythrinane derivatives where azomethine ylide cycloadditions had previously failed. 61

Livinghouse also demonstrated the production of 2-acylpyrrolidines using this method in the production of (±)-Dendrobrine (Figure 1.11). 62

Figure 1.11 Formation of the key pyrrolidine via an acylnitrilium cation in the total synthesis of (±)-Dendrobrine.⁶²

demonstrates the inability of any good to come of the colonialization of the Maghreb.

In Arezki, Mammeri creates a character who finds himself at odds with traditional Berber customs and society. He is portrayed as a girlish and weak boy who is ostracized by his father and more masculine brothers: "he had the features of a young girl, and a tall thin body which grew too quickly" (Mammeri 12). Arezki's father, in particular, is shown to be helpless in developing some spark of manhood:

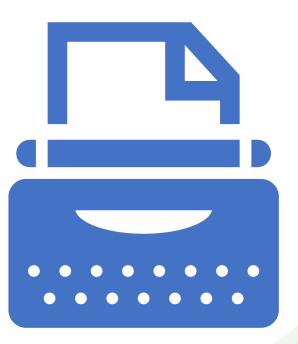
There was, for instance, the day when he had turned up with his hair long, as if he did not already look sufficiently like a girl. Without any preliminaries, his father had straight away given him a beating with a stick. (Mammeri 14)

The initial experience of Arezki is that of a young boy who resists tradition and finds little traction in the established practices of his society. His brother, Sliman, speaks of a legacy of honor which every man must uphold: "The honour of us Kabylian's means more than peace, riches – more than life – than death" (Mammeri 8). Though a boy, Arezki finds little value in such sentiment and replies, "Honour? That's just a joke" (Mammeri 8), thus isolating himself from his own family, his tribe, and his people.

Mammeri develops this character in opposition to establish Berber norms of manhood in order to demonstrate aspects of the French impact. Many of the characteristics displayed by Arezki are in fact nothing more than attributes gained through his education in French schools. While his brothers toil in traditional jobs, Arezki is able to transcend this experience due to his sharp intellect which

Copyright

- Copyright is automatically assigned to you
- You do not need to register copyright
- If you are working on the manuscript option, or try to publish, it gets more complicated. We can help!



Publishing Your ETD

- Manuscripts
- Embargos
- Timeline
- Typos
- Rush
- Book publishing
- Creative Commons
- Citation Managers



MSU Library

Leila Sterman

Scholarly Communications Librarian

leila.sterman@montana.edu

Copyright, Publishing, Research Data, Supplementary Materials



ETD Formatting

montana.edu/etd

ETD Formatting Advisor: Holly Hillis

gradformatting@montana.edu

Fall 2024 ETD APPROVAL deadline: May 3, 2024, at 5PM



Why does the Grad School require certain formatting?

- On the MSU side, we want to make sure that all scholarly papers are uniform and represent our institution well.
- On your side, your thesis or dissertation is considered your first step into the professional world. You should want your thesis or dissertation to be the best and most professional reflection of your work.



ETD Process

Draft/Revision Process

Final Upload

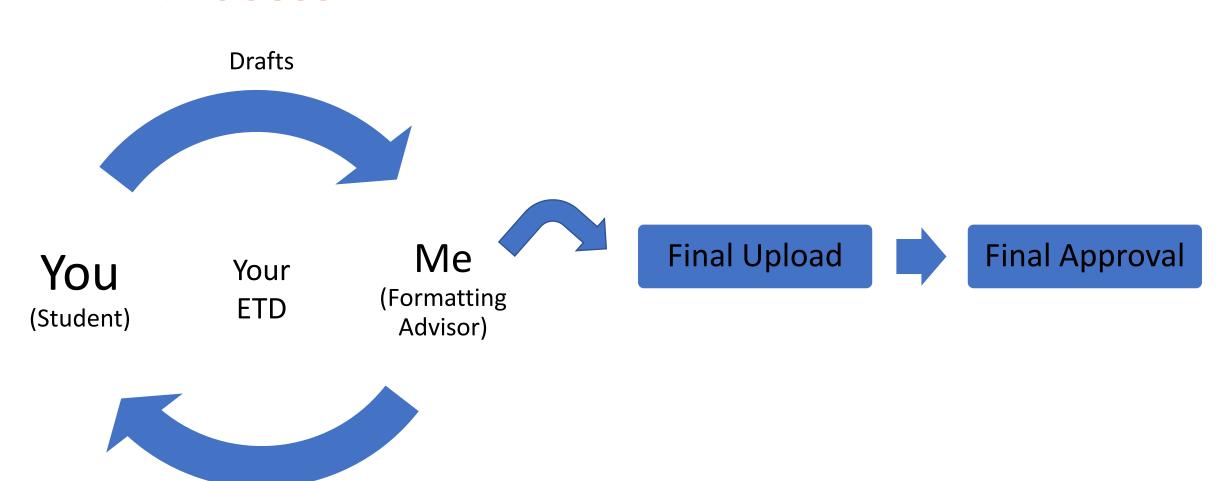
Approval by 5/3 Deadline

Publication to ScholarWorks

ETD Process

Formatting

Updates



All formatting guidelines, templates, sample pages, help videos, etc. available at

montana.edu/etd



Accessibility

- It is a legal requirement for an institution to provide "accessible" documents. Accessibility is the "invisible" formatting requirement we ask of students that often gets missed.
- The heading styles are the most important component of accessibility, which is built into the Word templates we provide. Screen readers use these heading styles to help navigate the document.
- Use the provided ETD template to have your paper correctly structured, not just to look nice.
- Watch the "Intro to Accessibility and Templates" video on the ETD website: https://www.montana.edu/etd/formatting/accessibility.html



Step-by-Step Guide to Formatting



Read through the sample pages to familiarize yourself with formatting guidelines;



Read through the accessibility webpage to familiarize yourself with accessibility requirements;



Download the Microsoft Word template;



Watch the template instructions video;



Format your document; and finally



Compare your document side-by-side with the sample pages to ensure you have fulfilled all requirements

Scholarly Works Option

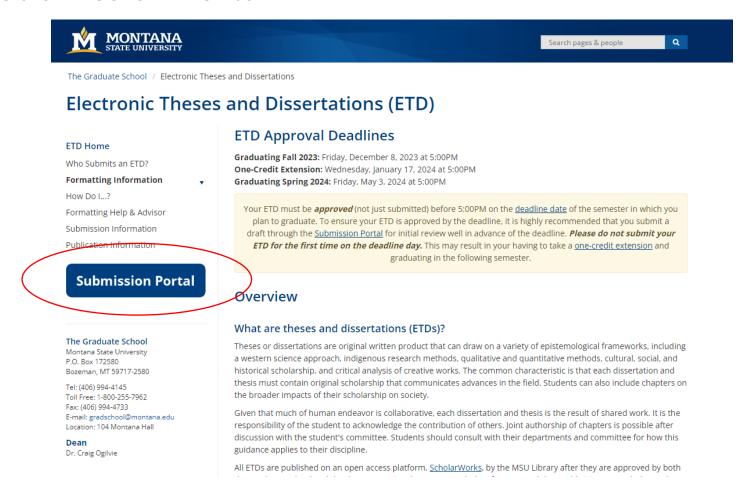
(Formerly Known As Manuscript Option)

- The Grad School offers a Scholarly Works Format Option for students who have published or will publish at least one chapter from their ETD.
- Think of the Scholarly Works Option like a sandwich.
 - Standard format Front Matter
 - Standard format Introduction
 - Manuscript format Chapter
 - Standard format Contribution of Authors and Co-Authors Page
 - Standard format Manuscript Information Page
 - Standard format Conclusion
 - Standard format References



Submission

Use the Submission Portal



Formatting Advisor + Tips!

- The Formatting Advisor does not provide technical or editing support and will not format your ETD for you. It is the student's responsibility to create a professional document that conforms to the Graduate School's formatting guidelines.
- You might get new feedback on different drafts.
- I will NOT be available for one-on-one help on deadline week/deadline day. You have all semester to do your formatting!

Formatting Advisor + Tips!

- My tips:
 - Use Google for troubleshooting! ☺
 - Copy and paste by section/chapter so you do not have to touch the chapter title formatting.
 - For your first draft, you may turn in the front matter and just chapter one for feedback. We can catch formatting mistakes before you make them throughout your entire document.

Formatting Advisor + Tips!

My tips:

- Format your ETD while viewing two pages side-by-side to better see consistency between pages.
- Do your absolute best to turn in a perfect draft from the beginning. The fewer edits I have to send you, the less you will have to revise. It is not a good use of either of our time to go back and forth on formatting guidelines that are already covered extensively on the website.

Miscellaneous

- Supplemental files
 - Files containing data pertaining to your ETD (but not embedded into your ETD in the way tables or figures are) should be uploaded to the ETD Submission Portal during the final upload.
 - Example would be a giant topographical map for an Earth Sciences student.
- Unique situations in your particular field of study
 - If your particular field of study, or your particular chair/committee, is telling you to format something differently than Grad School guidelines, just communicate with me!
 - We might be able to make an exception to a rule.
 - Consistency is key.

Miscellaneous Continued

- Professional papers and MSSE students should follow these formatting guidelines, but they submit through different departments
 - Professional papers can be submitted directly to the Library: https://www.montana.edu/etd/who/students.html
 - MSSE students should be submitted through their own department: https://www.montana.edu/etd/who/MSSE.html
- One-credit extension
 - Allows students additional time past the intended term of graduation to turn in the formatting of their ETD, up to the first day of the following term.
 - There are several required processes a student must do to qualify for a one-credit extension, including paying additional tuition/fees.

Miscellaneous Continued

- Drop-in help available throughout the semester!
 - Tuesday, April 2 from 1:30-3PM in Gaines Hall 344
 - Monday, April 8 from 10:00-11:30AM in American Indian Hall 112
 - Wednesday, April 17 from 1-2:30PM in Romney Hall 415
 - Wednesday, April 24 from 11:30AM-1:00PM in Roberts Hall 321
 - Monday, April 29 from 10:30AM-12:00PM in Reid 401
- Please come to drop-in hours having made a good faith effort to format your ETD correctly.

Professional Development: GradCat 360

- https://www.montana.edu/gradschool/ professionaldevelopment
- GradCat 360 is a comprehensive professional development program for graduate students at Montana State University. It is a series of programs and events designed by the Graduate School and departments across campus that center around nine focus areas.
- GradCat 360 has pulled together a curated calendar of events for graduate student professional development both on- and off-campus (including ETD drop-in hours!). Links for the events can be found in the event description.





Questions?

Thank you!



ETD approval deadline: Friday, May 3, 2024, at 5PM



One-credit extension deadline: Friday, May 31, 2024, at 5PM