Preventing for Transformative Lives & Careers

Don’t let low motivation stand in the way of achieving your goal. One of the best ways to overcome low motivation is to break your goal down into smaller, manageable steps. By setting specific, measurable, achievable, relevant, and time-bound (SMART) goals, you can make progress towards achieving your ultimate goal.

One effective strategy is to use the WOOP method, developed by Professor Dr. Gabriele Oettingen. This method involves setting a wish, identifying obstacles, planning, and practicing. Let’s take a deeper look at the career-readiness competencies:

**Definition:** A set of behaviors and characteristics that are considered essential for success in the workforce.

**Sample Behaviors:**
- Look at EQUITY & INCLUSION. What is your wish? What would be the outcome of that wish coming true? What main obstacle stands in your way? What can you do to overcome that obstacle?
- Embrace positive practice gratitude. And great news! you can get this info all around campus. Check out all the times and places you can visit the official information booth.
- Reward yourself for the little wins as well as the big ones. Rewarding yourself for reaching small milestones and completing big goals could boost your interest and enjoyment in the work you’re doing.
- Practice gratitude. Studies suggest that sharing your goal with someone whose opinion you value can strengthen your commitment to attaining that goal.
- Seek global cross-cultural interactions and experiences that enhance one’s understanding of people from different local and global cultures. Engage in anti-racist practices that actively challenge the systems, structures, and policies of racism.
- Keep an open mind to diverse ideas and new ways of thinking. Solicit and use feedback from multiple cultural perspectives to make inclusive and equity-minded decisions. Advocate for inclusion, equitable practices, justice, and empowerment for historically marginalized communities. Actively contribute to inclusive and equitable practices that influence individual and systemic change.
- Identify resources and eliminate barriers resulting from individual and systemic racism, inequities, and biases. Demonstrate flexibility by adapting to diverse environments.
- Demonstrate the awareness, attitude, knowledge, and skills required to equitably engage and include people from different demographic groups and that leads to personal growth.
- Address systems of privilege that limit opportunities for members of historically marginalized communities.
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**30 Day Financial Challenge**

"Success is the sum of small efforts, repeated day in and day out." - Theodore Roosevelt

**Start the 52 week challenge today! Save $1 the first week, $2 the second, and so on; by April 30, 2024 you will have $1400.**

To participate in the 30 Day Financial Challenge, check your credit report today for free at AnnualCreditReport.com.
Visit the Women's Center Today
Monday-Friday, 9am - 4pm
(when classes are in session)
372 SUB
406-994-3836
danforth@montana.edu
The Women's Center has numerous free, fun, and informative resources, including:

- The staff at the Women's Center is prepared to answer questions or make referrals in areas such as academics, career choices, child care, counseling, crisis, employment, legal rights, re-entry, scholarships, and more.

- The Geraldine Fenn Memorial Library is in the Women's Center and contains a large variety of reference materials.

- Weekly Sack Lunch Seminars feature local, state, and sometimes national speakers.

- The Shannon Weatherly Memorial Lecture Series is an annual event presented by the Women's Center in honor of past MSU student and Women's Center board member, Shannon Weatherly.

Find More Resources!
Challenge of the Week
Take Action for the Planet

Earth Day is Saturday, April 22, so spend the week leading up to it participating in fun and informative activities that will give you ideas for taking action and making change for our planet.

MSU Climate Week presents a full week of activities on the MSU campus including faculty & student seminars addressing climate change on energy, environment, business, investment, public health, indigenous perspectives, politics, and social justice. Check out the agenda and plan to spend some time challenging yourself to take action for the planet.

The week will culminate on Friday at NexGen Eco Fest: Music, Art, and Activism for Climate Change at the Emerson Center for Arts and Culture in downtown Bozeman. Join your friends for live music and interactive stations that promote sustainable habits and actions.

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