



MONTANA STATE UNIVERSITY | Alice Yarnall Center for Student Success

Preparing for Transformative Lives & Careers

January 23, 2023



Is there really enough time in the day to get EVERYTHING done?

The answer to that question is an enthusiastic YES - but it's easier with some great time management tools.

You have A LOT going on with classes, labs, work, family, friends, hobbies... you get the picture... you are busy! But you'll probably be surprised how you can fit it all in just by taking the time to put it on down on paper.

First, download the [2023 Spring Semester Schedule](#) so you know when you have breaks and other important dates. Second, download the [Weekly Schedule](#) and fill in all your classes, work time, leisure time, sleep, and everything else you do in a week. Any white space you have left is FREE TIME - you may be surprised how much of that you actually have!

Third, download the [This Week](#) sheet to help you keep track of important activities during the week.

Remember '22-'23 is the YEAR OF SLEEP so don't forget to add enough to your calendar!

Need tips on how to get more and better sleep? [Check out the website](#) and there are still a few sleep kits in Deb's office for anyone who wasn't at the Fall Meet-N-Greet.



[See a Success Advisor!](#)



Want to squeeze in an internship before you graduate? We can make that happen!

An internship is one of the best ways to "try out" or "prototype" your career before you graduate. If you have just one semester left until graduation or a few, there is still time to have this unique and important experience.

"Nearly four-fifths of students responding to the survey who have had an internship said their professionalism and work ethic were 'very' or 'extremely' improved by the experience."

-National Association of Colleges and Employers (NACE)

There are some easy steps to getting that internship started:

- ⇒ [Email Deb](#) and set up a meeting to talk about your interests.
- ⇒ Talk to your advisor and department about how you can earn credit for an internship.
- ⇒ [Make an appointment with a Career Coach](#) to create an effective resume and cover letter.
- ⇒ Sign up at [HireABobcat.com](#) and search for internship opportunities by location or interest.
- ⇒ Go to one of the [Student Job Fairs](#) on Jan. 25, Feb. 8, and Mar. 29 and network with local employers.
- ⇒ Go to the [Almost Spring Career Fair](#) Feb. 27-Mar. 3 and network with over 200 employers from throughout the country!

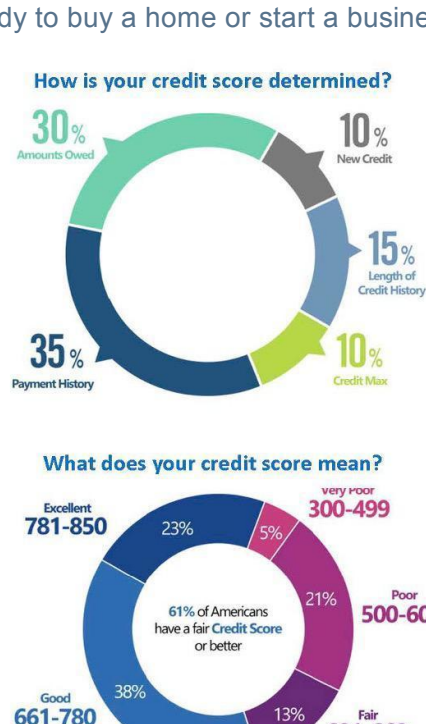
[See a Career Coach!](#)



How much do you really know about your credit score - and what it means for your future?

Within the past year, interest rates have increased dramatically. This means that all the money you have borrowed in unsecured loans - like your student loans and your credit cards - have become more expensive to pay down. This also means that your ability to pay these loans may affect your credit score and your ability to take out loans in the future.

Now is the time to [have a good handle on your credit and your credit score](#) so you can keep it healthy throughout your time at MSU and later, when you are ready to buy a home or start a business.



Don't know your credit score? You can request your [free credit reports](#) online. Then, [meet with a Financial Coach](#) to learn how it will impact you today and in the future.

[See a Financial Coach!](#)



FEATURED RESOURCE

Diversity and Inclusion Student Commons (DISC)



A commons is a place - physical or intellectual - where culture, space, and community converge. A commons is also a safe place to find your people. The [Diversity and Inclusion Student Commons](#), more affectionately referred to as DISC, promotes inclusion and understanding of difference, supports students from underrepresented identity groups, and encourages critical thinking about diversity topics.

Located on the bottom floor of the SUB in Room 185, DISC offers a safe and comfortable place to visit with fellow students and staff and participate in conversations and dialogues. Additionally, DISC hosts a [webpage chock full of identity resources](#), including race & ethnicity, gender & sexual identity, religion, ability, and many others. This is also the home of [Safe Zone trainings](#), fun and inclusive [graduation ceremonies](#), and conversation and snack events throughout the semester.

Email DISC today at diversity@montana.edu or stop by 185 SUB for a snack and some great community building!

[Find More Resources!](#)

What's New This Week?

Want some new phone apps? Try these...

Safe Cats is an all-encompassing source for the safety resources a student or faculty and staff member could need. Features include an emergency 911 button, campus maps, the National Suicide Prevention Lifeline, and many others. Safe Cats is available for free in the Apple App Store or Android Market.

WellTrack is brought to you by Counseling and Psychological Services is a self-help app with information and skills to help with stress management, relaxation, public speaking, depression, and anxiety. It is free for MSU students and you can [find it here](#) or in the Apple App Store or Android Market.

We want to feature you on the website!

We are in the process of updating our website with videos, photos, and stories of 1893 Scholars and we want to feature you!

Ready to share your interests, achievements, and goals with the world?

Ready to show off your artwork, writing, or other creative work?

[Contact Deb](#) for more details and to set up a time to meet.

Mark Your Calendar



Bobcat Mentoring Dinner

Thursday, February 16, 2023

5:30 pm - 7:30 pm

Inspiration Hall

Join us for an evening of dinner, leadership, and encouragement with our keynote speaker Jeff Kaufman, followed by mentoring circles with professionals in the Bozeman community as you think about your transition from college to career. RSVP is required. [Get more information and see bios for Jeff and the mentors on the website.](#)

Office of Financial Education Clinics

Scholarship 101 Clinic | January 24 | 12pm-1pm | SUB Ballroom B
Scholarship 101 Clinic | January 25 | 5pm-6 pm | SUB 233/235
Moving Off Campus Clinic | February 3 | 5pm-6pm | SUB 168
Salary and Benefits Negotiation | February 23 | 4:30pm-6pm | SUB 168

[See all upcoming events on the online calendar.](#)

More Resources for Scholars

All 1893 Scholars receive free, unlimited tutoring!
[Find your class today.](#)

See all the upcoming 1893 [activities and events](#)
on the online calendar.

See [resources and materials](#) just for 1893 Scholars.

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