Preventing Lives & Careers of Purpose

Don't let LOW MOTIVATION stand in the way of achieving your GOALS! The 30 Day Financial Challenge can help you build momentum. Check your credit report today for free at AnnualCreditReport.com.

Want to be financially literate? Take the 30 Day Financial Challenge today! Save $1 the first week, $2 the second, and so on; by April 30, 2024 you will have $1400.

Visit the Women's Center Today

Wednesday 4/19, 9AM - 10:30AM
Tuesday 4/25, 9AM - 10:30AM
Monday 4/17, 9AM - 10:30AM
Wednesday 4/26, 10:30AM - 12:00PM

Email or call to make an appointment with Dustin at dsteinke@msu.edu or (517) 353-3428.

Professional Development

Welcome to part three of the challenge! Next time you're setting a goal for yourself, practice the WOOP technique, pioneered by Dr. Gabriele Oettingen.

1. Wish. This stands for Outcome. 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?
2. Obstacle. Let's identify that big obstacle. How can you reframe that obstacle to make it more manageable?
3. Plan. What can you do to get started? What is your first step? What's your commitment to attaining that goal - how long will you work on this goal daily, weekly, and monthly?
4. Practice. Are you incorporating the WOOP method in your life? What can you do to keep your momentum going?

The WOOP Method

What can you do right now, right here at MSU, to model these sample behaviors?

Demonstrate the awareness, attitude, knowledge, and skills required to equitably engage and include people from different demographic groups and that leads to personal growth.

Embrace positive anti-racist practices that actively challenge the systems, structures, and policies of racism.

Seek global cross-cultural interactions and experiences that enhance one's understanding of people from different local and global cultures. Engage in spotlight on the NACE Career-Readiness Competencies: equity & inclusion.

Identify resources and eliminate barriers resulting from individual and systemic racism, inequities, and biases.

Demonstrate flexibility by adapting to diverse environments.

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.

Let's take a deeper look at EQUITY & INCLUSION. With the entire month of fun and educational activities planned to help you develop a deeper commitment to attaining that goal, the MSU Women's Center was created to empower women and create an equitable campus environment.

Visit the MSU Women's Center today to stop by, relax, and explore your concerns, issues, and options by offering educational programs to the university population about gender and women's issues. The Center is open to all students, staff, faculty, and community members of all genders and is physically accessible and a place for students to stop by, relax, and explore their concerns, issues, and options.

In order to access these programs, you must have physically accessible and a place for students to stop by, relax, and explore their concerns, issues, and options. By offering educational programs to the university population about gender and women's issues, the Center is open to all students, staff, faculty, and community members of all genders and is physically accessible and a place for students to stop by, relax, and explore their concerns, issues, and options.
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.

More Resources for Scholars

All Montana’s Own Scholars receive free, unlimited tutoring! Find your class today.

See all the upcoming Montana’s Own activities and events on the online calendar.

See resources and materials just for Montana’s Own Scholars.

The Montana’s Own Scholarship Program is sponsored by Patt and Terry Payne.

If you see this as a forward, please sign up to receive our emails. View this email online.