FEBRUARY, 2022 VOLUME 1, ISSUE 7

Official Newsletter of GEAR UP MSU

KEEPING UP WITH GEAR UP MSU

CONQUERING COLLEGE

"Study groups are so important to be able to learn while also being able to help others!"

-Denali Sandberry

"Wisely use those small pockets of time between classes. Don't take them for granted!"

-Abby Woida

MAJOR MADNESS

By Emma Hill, GEAR UP Program Assistant

Major Madness, sponsored by University Studies, ASMSU, and The Office of Student Engagement, is an interactive event that lets exploring and declared students learn about programs of interest from successful upper-division students. Major Madness is structured in 'speed rounds' to allow exploring attendees to rotate through different areas of interest approximately every 10 minutes. Join us on **Wednesday, February 23rd from 6:30-8:00 pm in SUB Ballroom A.** Music, light refreshments and raffle prizes are provided.

GEAR UP hopes to have more information on a special event for GEAR UP students out soon!

COMING UP ON CAMPUS

GEAR UP MSU

GEAR UP Goes to College (Virtual Event)

THURSDAY, FEBRUARY 17TH FROM 1:30-2:30 PM

High school students from GEAR UP schools across the state of Montana will virtually visit Gallatin College MSU on February 17th to learn about programs and services. They'll also hear from current Gallatin College students who are GEAR UP alumni.

GEAR UP GOES TO COLLEGE

Spring Career Fair

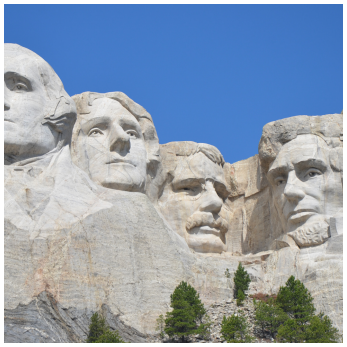
TUESDAY-FRIDAY, FEBRURARY 15TH-18TH

MSU's Career Fair is a large event for students seeking part time and full time jobs, internships, and careers. Career Fair is also a great place to explore career opportunities. All events will be held in the SUB Ballrooms. For details and a full schedule of events visit: www.montana.edu/aycss/careers.

Valentine's Day Dinner

WEDNESDAY, FEBRUARY 16TH FROM 4:30-7:00 PM

MSU Culinary Services will be hosting a special Valentine's Dinner in both Miller and Rendezvous Dining Halls. Grab a sweetheart, your roommate, or friends, and join in on the food and fun! Visit the University Culinary Services website at www.montana.edu/culinaryservices to view the menu for the night!



President's Day: NO CLASSES

MONDAY, FEBRUARY 21ST

There will be no classes, and offices will be closed for the recognition of President's Day on Monday, February 21st.

MONTANA STATE UNIVERSITY

TWO OPTIONS FOR FREE TUTORING FOR GEAR UP STUDENTS

The American Indian & Alaska Native Student Success Center in American Indian Hall (AIH) has posted their Spring 2022 Tutoring Schedule. Tutors are available Monday through Friday in the Voyich Student Commons in AIH. There are 12 tutors who can tutor you through multiple subjects and course topics. Tutoring is a drop-in style, so there is no appointment necessary. Please take advantage of this service through the American Indian & Alaska Native Student Success Center. The tutors here are committed to your success and enjoy working with you to provide you with the best opportunity available.

Find the AIH schedule of tutors available, subjects, and tutor bios at: www.montana.edu/aiansss/tutoring.html

MEET A GEAR UP STUDENT

ISAAC O'ROURKE

Isaac is a freshman at Montana State University studying Mechanical Engineering Technology and grew up in Libby, MT. Originally Isaac planned to go into the medical field but after attending some workshops, decided that Mechanical engineering would be better for his interests. Is orientation here on MSU campus is really what made his decision to go into the Mechanical Engineering Technology field easier. Growing up in a GEAR UP school, Isaac was able to see the college campus life from a young age and realized that through GEAR UP, anyone can make it to college if they want to. Since being in college, Isaac says that GEAR UP has been a huge help in his studies so far. When not attending classes, Isaac loves to fly fish and go hunting, that and the amazing scenery were some of the things that drew Isaac to MSU in the first place.

Upcoming Events

HOUSING PRIORITY!

Attention GEAR UP Freshmen

Are you interested in living on campus at MSU again next year? If so, now is the time to apply!

Visit the University Student Housing website for details and to apply: https://www.montana.edu/housing/halls/hps.html

SPRING INVOLVEMENT FAIR

Tuesday, February 8th from 10 am- 2pm

The Involvement and Study Abroad Fair offers a one-stop shop for all to engage in opportunities through our local and global community. Come learn about international opportunities, join a student organization of your interest, make connections, and get involved!

Right now, are you...

Move the dial with wellness coaching!

Wellness coaching at the MSU Office of Health Advancement can help if you are seeking balance, self-care, stress management, motivation, energy or direction.

Making an appointment is easy: call or email us and say "I'd like an appointment with a wellness coach." We can't wait to hear from you!

Free to full time students!

Catherine Ebelke, PA-C, CHWC & Marie Nelson, MS, NBCHWC
406-994-4380

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