

Official Newsletter of GEAR UP MSU



CONQUERING COLLEGE

"Making friends takes time, it's okay to have to be patient"

-Jenalyn
MSU Freshman

"Use a planner and plan out your week/days. This will help you stay on top of your classes."

-Riley. L
MSU Junior

"Find different places to study on and off campus. Having a change of scenery can help clear your mind"

-Jaylee. M
MSU Freshman

MIDTERMS AND SPRING BREAK

By Jenalyn Slead, GEAR UP Program Assistant

Midterms already! As we reach the halfway point it can be easy to become overwhelmed with tests, the rest of this semester, and even what next semester will become. Studying for your tests and relaxing during the upcoming spring break can be relieving. GEAR UP students receive free tutoring through Smarty Cats Tutoring and are encouraged to check out the Allen Yarnell Center for Student Success as they provide free success advising and financial education for GEAR UP students. During spring break, take some time for yourself and look ahead with aspirations and confidence. Next year can be overwhelming with needing to find housing and needing to maintain yourself as a student. Study hard for your midterms and enjoy your spring break so that you return rested and ready to finish the semester out strong.

ORIENTATION REGISTRATION FOR GEAR UP STUDENTS

Attention high school seniors! The time has come to sign up for New Student Orientation at MSU. GEAR UP MSU can cover the costs for orientation registration fees, meals, and lodging during the event for GEAR UP students and their parent(s)/family members. Go to www.montana.edu/gearup/first-year-services for more details!



DROP IN SUCCESS ADVISING AND TUTORING

Success Advising and Smarty Cats Tutoring is now available in the Den! The Den is a space in South Hedges where students can receive drop in success advising and Smarty Cats Tutoring through the Allen Yarnell Center for Student Success. Success Advising is available in the Den Monday-Thursday from 9:00am-3:30pm and tutoring is available Tuesdays and Thursdays from 6:00pm-9:00pm.

LEVEL UP TODAY!



MEET A GEAR UP STUDENT

ANGELA GOPHER

Angela is a freshman from Box Elder High School studying nursing at MSU. Angela was inspired to attend college by her parents, each of whom are first generation college graduates. Throughout high school, Angela played basketball, taking second place at state her senior year, and earning all-conference honors three times and all-state honors twice. As a GEAR UP student in high school, Angela's GEAR UP advisor helped her to apply for scholarships and attend GEAR UP events as she prepared for college. Now that she is at MSU, Angela enjoys spending time in the American Indian Hall and attending AIANSS events and meeting fellow native students. She enjoys the nursing program and is happy to be at MSU!



Angela Gopher, Box Elder, MT

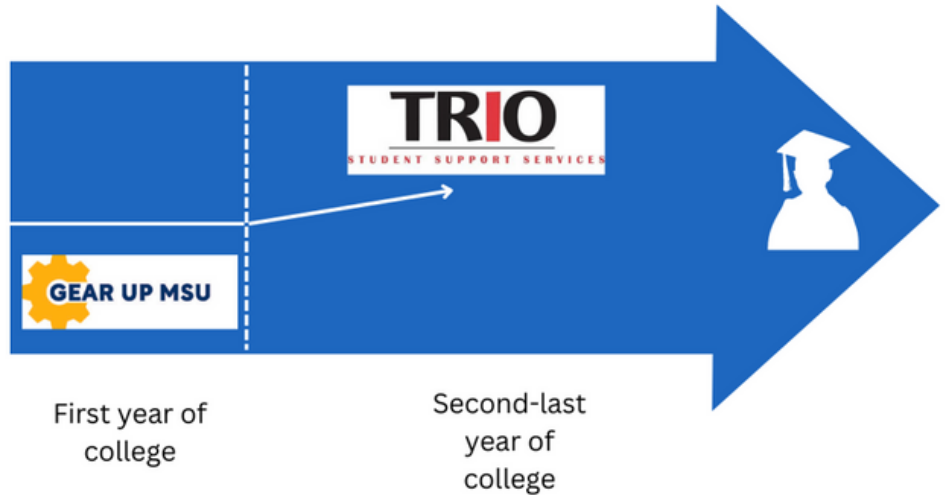


MOVING FROM GEAR UP TO TRIO

Throughout this academic year, GEAR UP has hosted events and activities alongside TRIO Student Support Services, a fellow federally grant-funded program for MSU students. GEAR UP students have had the privilege of getting to know the wonderful staff from TRIO and have become familiar with their support and services and how they align with GEAR UP. Since GEAR UP provides direct services for only the first year of college, now is the time for GEAR UP students to apply to become TRIO Scholars and continue to receive the supports and services they have become accustomed to such as free school supplies, textbook lending, workshops, and recreational opportunities.

TRIO does have certain eligibility requirements. Students must meet one of the following criteria: 1) be low income as defined by the U.S Department of Education, 2) Be from a family in which neither parent or guardian has received a bachelor's degree (first generation college student) or 3) Have accommodations from the MSU Office of Disability Services.

Goal: Continuity of support



To learn more and to find the application for the TRIO Scholars program, visit www.montana.edu/trioss. For any questions, feel free to reach out to GEAR UP or TRIO staff or visit our offices!



GEAR UP and TRIO students together at the Fall 2022 Kick Off event.

COMING UP ON CAMPUS



Science Olympiad Lunch

WEDNESDAY, MARCH 8TH, 1:00-2:00 PM

In March Montana State will welcome schools from across the state for the annual Science Olympiad competition in Bozeman. GEAR UP will be hosting a lunch in the Fireplace Room of the SUB to welcome students and teachers from GEAR UP schools participating in the event. If you are planning to attend, RSVP at GEARUPMSU@montana.edu or by calling (406) 994-1665. We wish the best of luck to all competing GEAR UP schools!



Know Before You Go

WEDNESDAY, MARCH 22ND, 7:00 P.M.

In an effort to help students learn about housing options after their first year of college, MSU is putting on "Know Before You Go" workshops in the residence halls to walk students through the many options they have for housing next semester! The March 22nd workshop will be held in Langford Hall at 7:00 pm. All are welcome.

Community Rec Night

WEDNESDAY, MARCH 29TH, 5:00-7:00 PM

Once a month TRIO Student Support Services hosts a community recreation night in the SUB Rec Center and welcomes GEAR UP students and their friends and family to attend. Community Rec Night helps foster community and engagement between students as they adjust to life at MSU, Dinner and activities are provided at no cost to students. New this semester: monthly GEAR UP ChampChange prize drawings will be held at Community Rec Nights.



REGISTRATION BREAKFAST

THURSDAY, MARCH 30TH, 7:30-9:30 AM

GEAR UP and TRIO students can register early for Summer and/or Fall 2023 classes with help from the Registrar's Office Staff. The event will be held in Reid 314A and breakfast will be provided. Students must meet with their advisors before March 30th and receive their registration pin. Please RSVP in CatsConnect:

<https://montanastate.campuslabs.com/engage/event/8668531>



FEBRUARY 2023

Highlights



On February 27th, students from Hardin High school who are interested in medical professions visited MSU.



At the end of February, GEAR UP MSU's Director Judi Haskins visited multiple GEAR UP High schools to visit with students and talk about GEAR UP support and services. Here she is pictured at Harlem High School and Box Elder High School.



KNOW BEFORE YOU GO



HELPFUL HOUSING TIPS



Come learn
about living
options for
next year!

Wednesday
March 22nd
@ 7 PM
Langford Cube