

*Official Newsletter of GEAR UP MSU***CONQUERING COLLEGE**

"Don't skip class, it's a slippery slope from here." -Evan R, MSU Junior

"Take it easy, you're doing great!" - Mellissa R. MSU Senior

"College goes by fast! Enjoy it while you can!" -Madi H, MSU Senior

**ADJUSTING TO CAMPUS LIFE**

By Jenalyn Slead, GEAR UP Program Assistant

Starting in a new place, especially somewhere as lively as campus, can be a big adjustment. It can be helpful to get involved, or to just take some time for yourself! You can join a club for just about anything you're interested in, and you can start a club for something if there isn't one. You can also find quiet spaces around campus to relax your mind. You can go to the library to hang out, there are lots of places to study or relax in the SUB, and my personal favorite, the duck pond! Be an advocate for yourself and your needs as you navigate through this new life adjustment! Don't forget that GEAR UP MSU is here for your benefit!

# PARENT FAMILY WEEKEND

On October 13th and 14th, MSU will host the annual Parent Family Weekend. Come join your Bobcat and enjoy a weekend of fun events, recreation, and food! For more information visit [www.montana.edu/parents](http://www.montana.edu/parents).

GEAR UP will fund registration for first-year GEAR UP students' families! Registration funded

by GEAR UP is different than for non-GEAR UP families. Contact the GEAR UP office today at (406) 994-1665 or email [gearupmsu@montana.edu](mailto:gearupmsu@montana.edu) to register as a GEAR UP family.

pictured at left: GEAR UP student Ryanne and her grandfather at Parent Family Weekend 2022



# REGISTRATION IS A PIECE OF CAKE

Come enjoy a cupcake in the GEAR UP office starting Tuesday, October 10th to help celebrate that Spring 2024 class registration is a piece of cake! In addition to a yummy treat, join GEAR UP and TRIO SSS on Friday, October 27th for our Registration Breakfast! Indulge in breakfast while getting help from the Registrar's Office and Advising Services with spring 2024 class registration. The registration breakfast will be held outside of the TRIO office in Reid Hall. Please RSVP in CatsConnect.

pictured at right: GEAR UP student Jessica enjoying cake



# MEET A GEAR UP STUDENT

## CHESNEY LOWE

Chesney Lowe is an MSU freshman from Thompson Falls, Montana, majoring in business finance. Outside of school, she likes to fish, hike, camp, take photographs, and really anything outdoors. After college, Chesney plans to enter into a job where she can apply the knowledge and skills that she will learn while attending college. She takes inspiration from a few people, but primarily her former coach and teacher Chadd Laws and her grandpa, Ed Noll. She has learned the most valuable lessons in her life from these two. Chesney finds inspiration in the many words they have spoken to her, and will forever remember those words as inspiration.



Chesney Lowe, Thompson Falls, MT



# BUILDING MSU FAMILIES

Building MSU Families is a program that matches Indigenous students with an auntie/uncle/relative who is either in college or works on campus, and can help navigate their mentee through college, career and beyond. We all benefit from more connection and family. Anyone interested in being in the program, please use the QR code on the flyer at right and fill out the student interest form. There will be a meet and greet event hosted later in the semester for all the students and auntie/uncle/relatives to meet. For more information reach out to [elizabeth.swank@montana.edu](mailto:elizabeth.swank@montana.edu).



**Building MSU Families:**  
Supporting Indigenous students' well-being

**About us:**  
We all benefit from more connection and family. The Building MSU Families program is an exciting opportunity for Indigenous students and MSU faculty/staff to develop relationships that build family and community during and after the students' journey at MSU. Building MSU Families links Indigenous students with a faculty/staff member to provide a connection, boost, and support, such as what a family member provides. They are your local auntie/uncle/relative.

**Your MSU relative will offer:**

- Check-ins
- Social events
- Additional academic support
- On and off-campus resources

**MORE INFO**  
406-638-1319  
[Elizabeth.swank@montana.edu](mailto:Elizabeth.swank@montana.edu)



OCTOBER 4, 2023  
1:30PM - 3:00PM

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## FIRST-GEN HEADSHOTS ON THE MALL

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Are you a first-generation student, faculty, or staff member at Montana State? Come and get your headshot taken and let us know what it means to you to be first-gen. These photos will be utilized in an exhibition in the library from October 16th - November 10th as a First-Gen Celebration Two-Week event!

MONTANA STATE UNIVERSITY  
FIRST-GENERATION STUDENTS ASSOCIATION

FIRST GEN BOOZAT

ASMSU

# FIRST-GEN HEADSHOTS ON THE MALL

Are you a first-generation college student, faculty, or staff member at MSU? The first generation student committee is seeking individuals to be spotlighted for upcoming First Generation Student Recognition events. Come and get a professional headshot photo taken outside on the Centennial Mall on October 4th between 1:30 and 3:00 pm and let us know what it means to you to be first-gen. These photos will be utilized in an exhibition in the library from October 16th- November 10th as a First-Gen Celebration Two-Week event!

# COMING UP ON CAMPUS



## Parent Family Weekend

### OCTOBER 13TH & 14TH

On October 13th and 14th, MSU will be hosting the annual Parent Family Weekend. GEAR UP will pay for registration for first-year GEAR UP students' families! Registration funded by GEAR UP is different than for non-GEAR UP families. Contact the GEAR UP office today at (406) 994-1665 or email gearupmsu@montana.edu.



## Major Madness

### MAJOR MADNESS

Jump start your major exploration

Monday, October 16  
6:30 pm - 8:00 pm  
Sub Ballroom A



### MONDAY, OCTOBER 16TH, 6:30-8:00 PM, SUB BALLROOM A

Major Madness is an interactive event that lets exploring and declared students learn about programs of interest from upper-division students. Major Madness is structured in 'speed rounds' to allow exploring students to rotate through different areas of interest every 7-10 minutes. Through brief interactions, students are introduced to multiple majors, minors and certificates in a short period of time. Raffle, snacks, and music provided.

## Community Rec Night: Cosmic Bowling!

### THURSDAY, OCTOBER 26TH, 5-7:00 PM

Once a month TRIO hosts a community recreation night in the SUB Rec Center. Community Rec Night helps foster community and engagement between students as they adjust to life at MSU. Dinner is provided and students are allowed to bowl and play pool for free, with board games also provided. TRIO and GEAR UP students are encouraged to attend and bring their friends. Please RSVP in CatsConnect.



## Registration Breakfast

### FRIDAY, OCTOBER 27TH, 7:00 - 11:00 AM

Join us for breakfast and register for your Spring 2024 courses early with help from Advising and Registrar's professionals. The registration breakfast will be held outside of the TRIO SSS Office on the 3rd floor of Reid Hall. Please RSVP in CatsConnect.





# SEPTEMBER 2023

## Highlights



**GEAR UP and TRIO SSS hosted their annual BBQ Party for students on September 13th.**



**MSU and Gallatin College representatives traveled the state for the annual Fall Montana College and Career Fairs to share about MSU's GEAR UP support and services.**

**TRIO and GEAR UP students gathered to kick off the Fall semester with food, entertainment, and inspirational information to help them get their semester started off successfully.**

