

# ACCESS SUCCESS

Access: (n.) a means of approaching

Success: (n.) the accomplishment of an aim or purpose

October 21, 2024

Welcome to **AccessSuccess**,  
the Official Newsletter of the  
Montana's Own, 1893, and Return-to-Learn  
Scholars Programs.

Now is the  
PERFECT Time  
to Give Yourself  
a Little Self Care

## 8 types of self care



Self care means something different to everyone - there is no "one size fits all" definition - but it should be a priority to us all. An effective self-care plan should be tailored to your life and your needs. **It needs to be**

**something created by you, for you.** Customizing your own self-care plan can act as a preventative measure to make sure that you don't get overwhelmed, overstressed, and burned out. A good plan for creating a plan includes:

**Assess Your Needs** Make a list of the different parts of your life and major activities that you engage in each day. Work, school, relationships, and family are some you might list. To what parts or groups do you want to concentrate some self care efforts?

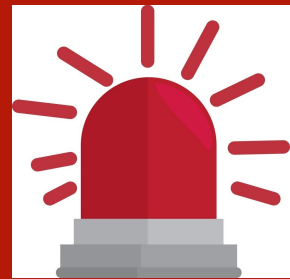
**Consider Your Stressors** Think about the aspects of these areas that cause stress and consider some ways you might address that stress.

**Devise Self Care Strategies** Think about some activities that you can do that will help you feel better in each of these areas of your life. Spending time with friends or developing boundaries, for example, can be a way to build healthy social connections.

**Plan For Challenges** When you discover that you're neglecting a certain aspect of your life, create a plan for change.

**Take Small Steps** You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better.

**Schedule Time to Focus on Your Needs** Even when you feel like you don't have time to squeeze in one more thing, make self care a priority. When you're caring for all aspects of yourself, you'll find that you are able to operate more effectively and efficiently.



## GET YOUR SELF CARE GOODIE BAG!

Make an appointment with Monica, Jen, Zak, or Deb to create your self care plan and receive a bag of self care related goodies.

# Elation! Joy! Magic!

## The Animal Kingdom Offers So Many Opportunities for Self Care

This week the **Nikon Comedy Wildlife Photography Awards announced their range of finalists** and the choices are exactly as fun as you would hope. The rules of the competition say there is no digital manipulation of AI editing allowed, promising that the organizers "have the finest team of digital detectives on the planet to make sure every image is verified. These guys are serious pixel Sherlocks, so pay attention, no cheating!"

In a time of constantly filtered or retouched images and plenty of deep fakes, this idea feels more refreshing than ever. Getting that perfect angle requires either perfect luck or plentiful patience. Usually it's patience.

This is a rare competition that reminds us of the therapeutic power of meditatively waiting for that perfect shot and actually getting it. All of us should make more time to take photos like this.

Besides photography, How else can you use the animal kingdom for your holistic selfcare?



FINALIST 2024

Monday morning!

Christopher Arnold

Nutria  
Germany



FINALIST 2024

Shake ruffle rattle and roll

Tapani Linnanmäki

White-tailed eagle  
Ustavi, Finland



FINALIST 2024

Whiskered tern crash landing

Damyán Petkov

Whiskered Tern  
Svishtov, Bulgaria

[Click Here to See  
All the 2024 Finalists!](#)



## What's Goin' On?

*Your Bi-Weekly Roundup of Outstanding Events!*

### **Dyslexia & Innovation Symposium**

Thursday, October 24, 5:30pm-8pm

Inspiration Hall, NAH

*The event, which will be held on campus and streamed online, will feature a variety of speakers and performers to spotlight the dyslexic mind.*

[\*\*Registration Required For This Event!\*\*](#)

**Know Your NACE... And Be Career  
Ready Workshop**


Thursday, October 24, 11am-12pm  
SUB 235

[Register Here!](#)


**Personal Values and Principles Exploration Workshop**

Wednesday, October 30, 3pm-4pm  
SUB 168

[Register Here!](#)



**EPA  
CAMPUS  
VISIT**  
OCTOBER 23 & 24, 2024




**ATTENTION STUDENTS: !!**  
**LEARN ABOUT CAREERS WITH THE EPA**

- MANY CAREER PATHS AT THE EPA RECRUITING VARIOUS MAJORS
- HEAR MORE ABOUT WHAT IT'S LIKE TO WORK AT THE EPA AND INTERNSHIPS & FULL TIME POSITIONS OFFERED
- LEARN ABOUT THE APPLICATION PROCESS WITH THE EPA - TIPS & TRICKS TO STAND OUT

**INFORMATION SESSION**  
WEDNESDAY, OCTOBER 23  
BARNARD 103  
5-6 PM

**ONE-ON-ONE COFFEE CHATS**  
THURSDAY, OCTOBER 24  
8AM-5PM  
MEET ONE ON ONE WITH AN  
EPA REPRESENTATIVE!  
SIGN UP REQUIRED



Scan QR code  
for details &  
sign-up

**M MONTANA STATE UNIVERSITY** Career, Internship & Student Employment Services

**Thinking About Grad School?  
Don't Miss These Two Events!**

**Junior/Senior Info Session | Wednesday, October 30 | 11:30am-1pm | SUB 235**

This Q&A session will feature a panel discussion with campus resources and grad students, geared towards helping you figure out your next steps.

[Get more information and register today.](#)

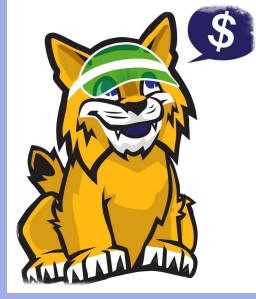
**Free, In-Person Grad Fair | Tuesday, November 12 | 9am-1pm | SUB Ballroom A**

Learn about programs, get answers to your questions, and receive helpful suggestions to ensure your application process goes smoothly.

[Get more information and register today.](#)

**October is Financial  
Literacy Month!**

Here are five more financial challenges for you!  
How many of these can you do in the next two weeks?



**Grocery Store Savings Challenge** Make a detailed list of needs and stick to it. Download your grocery store app for additional coupons and savings.

**Pantry Challenge** Prepare as many meals as possible with only the food you currently have at home.

**Create a Personal Budget this Week** [Read more about how to create a budget](#) here and [download the packet](#) and get started today!

**Do you have student loans?** Log in to your loan servicer and check your balances. If you can, make a small payment toward your loan(s).

**Shop Your Friends' Closets or Host a Clothing Swap Party** Bring clothes you no longer wear and swap them out with your friends.



We want to feature YOU in upcoming newsletters!  
Answer all NEW questions this semester!

[Answer the Questionnaire](#)

Paula Diaz  
Microbiology  
Montana's Own Scholars Program

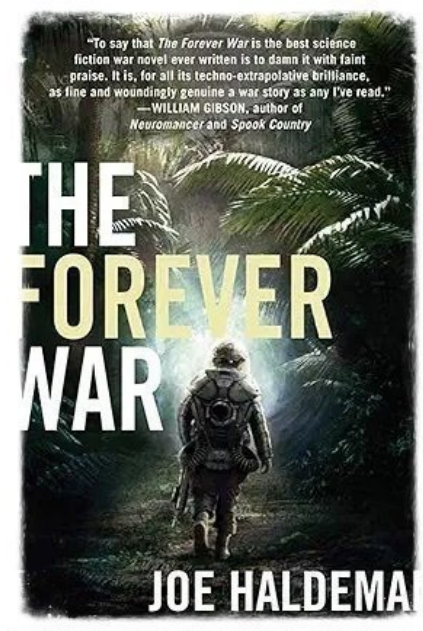


**What do you consider your greatest achievement?** Raising two children that became exceptionally talented young adults.  
**What talent would you most like to have?** Photographic memory.  
**What book or show are you bingeing right now?** Sacred Ecology by Fikret Berkes.  
**What is the biggest misconception people have about your major?** People often think environmental health is all about creating healthy environments, but it's actually learning about how environments affect human and animal health.  
**What quality do you value most in your friends?**Authenticity.  
**What is one thing that you'd like to do to change Montana?** I would like to facilitate conversation between left-leaning and right-leaning members of the population to focus solely on desires outcomes. I think this could help bridge the divide when people realize that most of them want similar outcomes but just may not agree on how to get there.  
**If you had one piece of advice for MSU students, what would it be?** Plan ahead always!!! Make sure to schedule assignments and obligations, but also schedule time for you to do things you enjoy.

**What do you consider your greatest achievement?** Being a father.  
**What talent would you most like to have?** Play the piano.  
**What book or show are you bingeing right now?** The Forever War by Joe Halderman.  
**What is the biggest misconception people have about your major?** Everyone thinks chemical engineering is extremely difficult, unfortunately they aren't wrong.  
**What quality do you value most in your friends?** Loyalty and that they challenge my views.  
**What is one thing that you'd like to do to change Montana?** Eliminate pollution from the environment  
**If you had one piece of advice for MSU students, what would it be?** Utilize all resources and departments that you can.

*In his spare time, Chaz binges this award-winning sci-fi classic.*

**Chaz Christ**  
**Chemical Engineering**  
**Return-to-Learn Scholars Program**



**Sophia Hahner**

**Music Education**

**Montana's Own Scholars Programs**



**What do you consider your greatest achievement?** Playing alongside famous trumpet players at a conference in California.

**What talent would you most like to have?** To be able to skateboard.

**What book or show are you bingeing right now?** That 90s Show.

**What is the biggest misconception people have about your major?** That it's easy.

**What quality do you value most in your friends?** Honesty.

**What is one thing that you'd like to do to change Montana?** Funding for rural schools.

**If you had one piece of advice for MSU students, what would it be?** Get your football tickets early.

*In her spare time, Sophia  
binges this fun sequel comedy.*

**What do you consider your greatest achievement?** Supporting myself and coming back to college!

**What talent would you most like to have?** Backflip.

**What book or show are you bingeing right now?** The Four Agreements & One Tree Hill.



**What is the biggest misconception people have about your major?** We are doing it for money.

**What quality do you value most in your friends?** Honesty.

**What is one thing that you'd like to do to change Montana?** Lower housing costs.

**If you had one piece of advice for MSU students, what would it be?** Stay on top of your school work and study!

*In her spare time, Annika binges this iconic 2000's teen soap.*

**Annika Jeske**

**Nursing**

*Return-to-Learn Scholars Program*



**Asking for help is one of the smartest things a student can do!  
Your Scholar Program has amazing resources - use them soon and often.**



**All Scholars have free tutoring through Smarty Cats Tutoring**

[Book your tutor today.](#)

## Your Scholar Program Success Team is Here to Visit With You Any Time

\* [Email Jen](#) at Return-to-Learn or [make an appointment with her](#).

\* [Email Monica](#) at Montana's Own and 1893 or [make an appointment with her](#).

\* [Email Deb](#) at Montana's Own, 1893 or Return-to-Learn or [make an appointment with her](#).

\* [Email Zak](#) at Montana's Own, 1893 or Return-to-Learn or make an appointment with him for [Return-to-Learn](#) or [1893/Montana's Own](#).

**New events and opportunities are always being added to the calendar - check it often!**

[See the Events Calendar](#)

**Access Success back issues are now online!**

[See the Newsletter Archive](#)

Allen Yarnell Center for Student Success | 177 Strand Union Building | 406.994.7627

[1893 Scholars Program](#)

[Montana's Own Scholars Program](#)

[Return-to-Learn Scholars Program](#)

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