

MONTANA'S OWN

Graduate with Purpose

Montana State University

MONTANA STATE UNIVERSITY Allen Yarnell Center for Student Success

Preparing for Lives & Careers of Purpose

November 14, 2022

Success Tip of the Week

Thinking about taking a "W" in a challenging class? Come see us first!

There may be many reasons you are not doing well in a class - your schedule is too full, you don't understand the material, you are having trouble getting motivated and energized.

DON'T GIVE UP!

Come see us and we can help you:

- Understand why your grade is what it is and make a plan to raise it.
- Talk through what a "W" means for your financial aid and transcript.
- Make a plan to talk with your advisor and professors.
- Refer you to other assistance on campus like counseling or disability services.

AND... it never too late to get a tutor for your challenging class. [Check out one-on-one and drop-in tutoring today.](#) Montana's Own Scholars receive FREE, unlimited tutoring - take advantage of it now!

See a Success Advisor!

Careers Tip of the Week

Don't have a LinkedIn profile yet? What are you waiting for!

LinkedIn is a powerful tool that, used in conjunction with your resume and cover letter, allows you to tell YOUR STORY to potential employers/internships. Learn how to "[Rock Your LinkedIn Profile](#)" with this tutorial from the MSU Library (use your NetID to sign in and search for the tutorial by name).

Once you've learned how to create a terrific profile, make sure you have the **perfect profile pic** to match.

We have a new schedule!

Every Tuesday

3:00 - 5:00 P.M.

MAKE THE RIGHT IMPRESSION

Brought to you by Career, Internship & Student Employment Services

GET A PROFESSIONAL LINKEDIN PROFILE PHOTO FOR FREE

In the Allen Yarnell Center for Student Success SUB 177

No appointment needed.
Come dressed for a photo shoot!

Questions? Call 406.994.4353

MONTANA STATE UNIVERSITY Allen Yarnell Center for Student Success

Career, Internship & Student Employment Services SUB 177 - www.montana.edu/careers 406-994-4353 - Careers@montana.edu

See a Career Coach!

Finance Tip of the Week

Don't let today's expenses be tomorrow's stressors!

It's easy to overspend during the holidays, especially this year with everything - gifts, gas, food - being more expensive. **Take the time now to look at your monthly budget and plan for how you are going to pay for your travel, meals, and activities.** Spending this time with your family and friends is crucial to your emotional health but don't let the resulting bills become a source of stress later.

Your upcoming winter break will also be a great time to work on your budget for the spring semester. [Get your budget worksheets](#) and have your budget in place when you return in January.

Building Your Budget with the Office of Financial Education

PART 1: Track Your Spending Budget Sheet #1

Plan to track every expense and all your income for at least 2 weeks, if you can do a month or more that is great!

Step 1. Record the amount available for spending at the start of the tracking period in the "Balance" column.
Step 2. Record financial transactions as they occur (purchases or payments) or bills go in the amount spent and income goes in the amount received.
Step 3. After each transaction adjust your balance by the amount spent or received.
Step 4. Compare transactions on that line can be added to your monthly budget sheet. Reference the list of budget items on Budget Sheet #1 (coming out October and 2022).

PART 2: Budget Sheet #2

This Worksheet will allow you to see your income vs. your expense in specific categories.

Step 5. At the end of your tracking period, insert the expense and income in each Budget Category on your Budget Worksheet.
Sheet #1 is the Tracking Expense & Income column.
Step 6. Take a closer look at what you are spending your money on. Make adjustments to the "Smart Adjustments" column as needed. Check your totals, are you over spending?
Step 7. Make the adjustments your Tracking Expenses & Income each Smart Adjustments to the Professor Budget Worksheet.
These totals will make up your new working budget.

PART 3: Final Budget Sheet #3

This Worksheet is your new working budget.

Step 8. Use this budget to plan your spending each month.
Step 9. Record each month at the end of the month to make sure you are sticking to your plan.
Step 10. Going forward you can add columns for months and make adjustments as your income/expenses change.

MONTANA STATE UNIVERSITY Office of Financial Education
SUB 177 - www.montana.edu/officeoffinancialeducation
406-994-4353 - officeoffinancial@montana.edu

See a Financial Coach!

Wellness Tip of the Week

FEATURED RESOURCE

MSU Office of Health Advancement

Pop Quiz - Where can you find mindfulness classes, free snacks and groceries, addiction and recovery services, stress management resources, and wellness coaching? All in one place? On the MSU campus?

The [Office of Health Advancement](#) (OHA) is located at 1102/1106 6th Street, just across the street from the American Indian Hall on the eastern side of campus, and is your one-stop shopping for these services, and many more. Additionally, they [sponsor events](#) like wellness fairs, vaccination clinics, and free movie nights.

"The Office of Health Advancement educates, empowers, and energizes the MSU community to thrive through a balanced lifestyle."

Part of finding purpose and meaning in work and life is to feel good physically, emotionally, spiritually and the staff and faculty at OHA can work with you on all these aspects of your life. Check out the [website](#) for a full list of their services or drop in and talk to someone today.

Find More Resources!



We Want YOUR Story on the Website

We are in the process of updating our website with videos, photos, and stories of Montana's Own Scholars and we want to feature you!

Ready to share your interests, achievements, and goals with the world?

Contact Deb for more details and to set up a time to meet.

Mark Your Calendar Bobcat Mentoring Circles

Monday, November 28, 2022
4:00 pm - 5:30 pm
American Indian Hall

The Bobcat Mentoring Circles are a form of career development mentoring, where professionals from the Bozeman community share their experiences and wisdom specific to career development in a small group format. It is interactive, allowing you to engage and ask questions.

This pilot project is currently offered to fewer than 200 MSU students so don't miss this unique opportunity!

November's topic is **Choice Architecture**, or how and why the choices made or not made during college and after impacted their career. There will also be time for Q&A and dinner.

**WHO ARE THE MENTORS?
CLICK HERE TO FIND OUT!**

This is an excellent opportunity to learn - from professionals who have been in the business for years - what you can be doing RIGHT NOW make connections and set yourself up for a success today and in your future.

More Resources for Scholars

[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.

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