

# MONTANA'S OWN

Graduate with Purpose

Montana State University

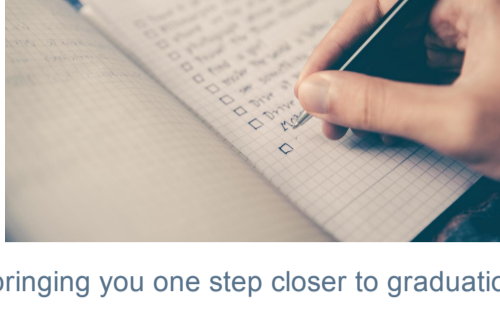


## Preparing for Lives & Careers of Purpose

April 3, 2023



### It's time to SET SOME GOALS!



As the spring semester nears its end, bringing you one step closer to graduation, **now is a great time to take stock of your achievements so far and your goals for the near future.**

We are asking all Montana's Own scholars to fill out and submit the [Montana's Own: My Goals](#) form by **Friday, April 14th**. This will provide us with useful insight about your experience and plans here at MSU and it will provide you with an important opportunity to reflect on your academic, professional, and personal goals.

After you have submitted the [Montana's Own: My Goals](#) form, please register for a follow-up success advising appointment with **Dustin**. He will have appointments available on CatTracks beginning Monday, April 3rd, listed under "Lawrence Dallman." During the appointment, you can discuss your goals and any strategies or resources you might need to help bring them to fruition.

To schedule an appointment:

- [Sign in to Cat Tracks with your NetID and password.](#)
- Select "Success Advisor" from the "I want to meet with a..." dropdown.
- Click "Show Filters" and select "Lawrence Dallman" from the "Any Person" dropdown.
- Choose an available appointment and click "View."
- Enter any other necessary information and click "Sign Up."

**We are looking forward to seeing all of you in the next few weeks!**

**Make an Appointment with Dustin!**



### Spotlight on the NACE Career-Readiness Competencies: CAREER & SELF-DEVELOPMENT

The March 20th newsletter challenged you to become familiar with the eight [NACE Career Readiness Competencies](#) and what you can do now to feel confident that you can deliver these behaviors to future employers.

#### Let's take a deeper look at CAREER & SELF-DEVELOPMENT

##### Definition:

Proactively develop oneself and one's career through continual personal and professional learning, awareness of one's strengths and weaknesses, navigation of career opportunities, and networking to build relationships within and without one's organization.

##### Sample Behaviors:

- Show an awareness of own strengths and areas for development.
- Identify areas for continual growth while pursuing and applying feedback.
- Develop plans and goals for one's future career.
- Professionally advocate for oneself and others.
- Display curiosity; seek out opportunities to learn.
- Assume duties or positions that will help one progress professionally.
- Establish, maintain, and/or leverage relationships with people who can help one professionally.
- Seek and embrace development opportunities.
- Voluntarily participate in further education, training, or other events to support one's career.

**What can you do right now, right here at MSU, to model these sample behaviors?** Email [Deb](#) or [Dustin](#) today and set up a time to talk about how you can conquer this competency!

**See a Career Coach!**



### April is Financial Literacy Month. Check out all the ways you can ACE your finances!

The Office of Financial education has an [entire month of fun and educational activities](#) planned to help you understand the importance of being financially literate.

And great news! you can get this info all around campus. Check out all the times and places you can visit the official information booth:

- Monday 4/3, 10AM - 11:30AM  
Centennial Mall
- Thursday 4/6, 12PM - 1:30PM  
Union Market
- Tuesday 4/11, 11AM - 12:30PM  
Miller Dining Hall
- Friday 4/14, 11AM - 12:30PM  
Rendezvous Dining Hall
- Monday 4/17, 9AM - 10:30AM  
Centennial Mall
- Wednesday 4/19, 9AM - 10:30AM  
Centennial Mall
- Tuesday 4/25, 9AM - 10:30AM  
Centennial Mall
- Wednesday 4/26, 10:30AM - 12:00PM Miller Dining Hall

# 30 DAY FINANCIAL CHALLENGE

"Success is the sum of small efforts repeated day in and day out."



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	31	01 April is Financial Literacy Month, commit to the Financial Challenge!
02 For the next 7 days write down everything you spend! At the end of the week take a hard look at the list... where can you trim expenses? Challenge yourself to do it!	03 The Elimination Challenge - give up one guilty pleasure this month and see how much you save.	04 Research places in Bozeman that offer student discounts.	05 Make sure to visit our Drop-In Peer Mentoring session every Friday in April from 8:00am-12:00 p.m. in SUB 152, by the Rec Center!	06 Commit to Financial Challenge Month! Visit us at Union Market from 12:00 - 1:00 p.m. Fill out a PIG with your favorite financial goal and win a prize. Good luck!	07 Make a chart of your spending. Itemize it by food, housing, transportation, etc. Where can you trim? Be honest with yourself!	08 Pay cash for everything this month. Put the change in your piggy bank, at the end of the month take the piggy to the bank!
09 Automate your savings today. Set up an auto transfer from your checking account to your savings account. It doesn't have to be a lot! If you don't have a savings account open one today!	10 Create a budget for this week and stick to it!	11 How much money have you saved so far? Stop by and tell us from 11:00 a.m. - 12:30 p.m. outside of Miller Dining Hall! Fill out a PIG with a total saving goal to win a prize. What steps can you take today to meet that goal?	12 Fiscal Fast Week! For one week, challenge yourself not to spend any money. Get a friend to do the challenge with you. What do you have at the end of the week? Bank it!	13 Have you submitted your taxes? Take a hike to celebrate, it's free!	14 Make a commitment! Document your high priority financial goals and post them where you will see them.	15 Check your credit card balance! Is there anything that looks out of place? Can you afford to make a larger payment than usual this month?
16 Make a financial plan for summer. What do you expect to earn. What are your planned expenses? Set aside some funds for surprises. Being prepared removes stress and allows for more fun!	17 How well did your budget work last week? Adjust as necessary and use a budgeting app to track it.	18 Check your student loans: How much do you owe? Do you have a plan to repay? If not, come see us in OFE Office, SUB 152, next to the Rec Center-We can help!	19 Spend some time today learning about credit and credit cards. Be informed before you choose!	20 Put important financial dates on your calendar today. That way you will be prepared for the deadlines in the future! Check our website for a list of key dates. <a href="http://www.montana.edu/yjcs/financialedu/">www.montana.edu/yjcs/financialedu/</a>	21 Do you have a budget set up? Come tell us at SUB 152 8:00 a.m. to 12:00 p.m. Fill out a PIG with your largest expenses and win a prize. How can you make that expense easier to afford?	22 Grocery Shopping? Make a detailed list of needs. Don't buy extras and challenge yourself to find the deals on the products you need!
23 Check your credit report today for free at <a href="http://AnnualCreditReport.com">AnnualCreditReport.com</a>	24 Feel good about your financial planning? GREAT! Treat yourself today - within reason!	25 Set a weekly day and time in your calendar to do a financial check up in the months ahead. Keep your success going!	26 How did the 30-Day Challenge go for you? Come see us from 10:30am - 12:00 p.m. at Miller Dining Hall! Fill out a PIG with your favorite lesson learned to win a prize. Keep the financial momentum up!	27 Bank it today! Take your piggy to the bank and make a savings account deposit! Did you get your tax refund yet? Deposit \$50 from that too! You'll never miss it and the payoff will be great!	28 Start the 52 week challenge today! Save \$1 the first week, \$2 the second by April 30, 2024 you will have \$1400!	29



Allen Yarnell Center for Student Success

Office of Financial Education  
SUB 177 - [www.montana.edu/success/financialeducation](http://www.montana.edu/success/financialeducation)  
406-994-4388 - [makechanges@montana.edu](mailto:makechanges@montana.edu)

### You can also participate in the 30 Day Financial Challenge!

Get your copy of the [30 Day Financial Challenge](#) and start on challenges designed to help you learn more about your finances and keep more of your money where it belongs - in your pocket!

**See a Financial Coach!**



### FEATURED RESOURCE

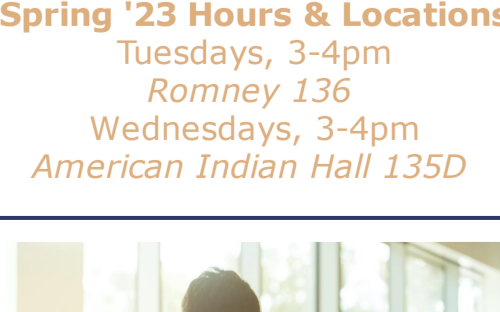
### Need a little extra support? LET'S TALK!

With the end of the semester feeling up, life may be getting a bit challenging right now. Feel like you need someone to talk to without feeling like you need to make an official appointment with [Counseling & Psychological Services](#)? Check out [Let's Talk!](#)

[Let's Talk!](#) allows students the opportunity to have a quick consultation with a CPS counselor who can provide their professional insight, as well as assist with referrals to CPS or other campus resources.

#### Spring '23 Hours & Locations

Tuesdays, 3-4pm  
Romney 136  
Wednesdays, 3-4pm  
American Indian Hall 135D



**Not all students want or need on-going counseling and may just need a one-time meeting to get some input on smaller problems.**

**Let's Talk is FREE and open to all MSU students;** it is the best fit for students who:

- ⇒ are not sure about counseling and wonder what it's like to talk with a clinician;
- ⇒ are not interested in ongoing counseling but would like the perspective of a clinician;
- ⇒ have a specific problem and would like someone with whom to talk it through;
- ⇒ have a concern about a friend and want some thoughts about what to do.



# What's New This Week?

**AYCSS Drop-In Clinic**  
**Resumé and Cover Letters**  
**Wednesday, April 5th | 11am - 2pm**  
**177 SUB (across from the Rec Center)**

## Challenge of the Week

### Take the Kindness Challenge

Let's play a game. (Don't worry, everyone wins in the end!) You have a choice between two activities. Which one do you think will make you happier?

Choice #1: Do something you really enjoy.

Choice #2: Do something nice for someone else.

Most people would guess that choice #1 would make them happier. But the answer might surprise you.

[Dr. Martin Seligman](#) asked two groups of students to try both activities. Both groups got a momentary burst of joy. But the altruistic group — **the group that did something nice for someone — had happiness that lasted all day long.** Being kind helps others, but it also helps you!

**We have never needed kindness warriors more than right now**, so this week's challenge is to engage in acts of kindness. Choose an idea from below or create a challenge of your own.

#### The Five-Minute Favor

Write someone a thank you card for a time when they were kind to you.

Call a family member just to say hi.

Introduce two people you know and like but they don't know each other.

#### The One-Hour Favor

Be a study-buddy or tutor for a classmate who doesn't understand the material as well as you do.

Make a meal for a friend or family member going through a difficult time and leave it on their doorstep (or order them a pizza).

#### The One-Day Favor

Choose a cause that you feel passionate about and commit to spending the better part of a day serving it.

Clean up a local park.

Offer to babysit for a friend who is a single parent and rarely gets a break.

**Kindness Creates More Kindness!**  
**The more we can support each other, the better we all feel.**

## More Resources for Scholars

All Montana's Own Scholars receive free, unlimited tutoring!

[Find your class today.](#)

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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