

ACCESS SUCCESS

Access: (n.) a means of approaching

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

March 5, 2024

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

This is YOUR newsletter so [email Deb](#) if you have ideas for future issues.



Check out all these great mindfulness resources
right here at MSU!

[Office of Health Advancement](#)

[Mindfulness Institute for](#)

[Emerging Adults](#)

Formerly KORU, this is the only evidence-based mindfulness curriculum designed for college-aged adults.

[Wellness Coaching](#)

Make a free one-on-one appointment with a coach today to discuss all your wellness needs.

[Counseling &](#)

[Psychological Services](#)

A variety of resources including [body scans](#), [guided visualizations](#), [progressive muscle relaxations](#), and [mindfulness apps](#).

The AccessSuccess Two-Week Challenge

Add Time for Mindfulness to Your Calendar

With classes and exams going full speed this week, and a chance to relax during Spring Break next week, this is the perfect time to add mindfulness exercises to your daily routine. **Just a few minutes a day can give you the tools you need to alleviate anxiety and help you more fully appreciate the joys of being with your friends and family in this beautiful place.**

According to [MSU Counseling & Psychological Services](#), mindfulness is the act of intentionally placing one's attention on the present moment and can take place both formally (mindful breathing, mindful relaxation, guided visualization, yoga, and meditation) and informally (noticing body sensations in the present moment while engaging in everyday "autopilot" activities such as brushing one's teeth, walking, eating, or driving).

Put simply, being mindful means being in tune with the moment. Focusing on the present moment for a few minutes per day can actually equip you to handle stressful and anxiety-provoking situations more effectively in the future.

Click below to do a quick mindfulness meditation with Megan from MSU Counseling & Psychological Services.



Aware

with

Megan Monroe, Ph.D.
Licensed Psychologist



Counseling & Psychology
University Hall

211 Swingle Hall | 406-994-4111

It's Not Too Soon to Think About Graduation!

Grad Fair

Get Commencement Ready at MSU Bookstore!

March 21st 10 a.m. - 3p.m.

Held at MSU Bookstore in the Basement of the SUB

R.S.V.P. to Commencement, Get Regalia, and MORE!

**FREE Regalia
with the
Purchase a
Diploma Frame!**



Grad Fair is a biannual event held at MSU Bookstore for upcoming graduates of Montana State University. At Grad fair you can expect to **RSVP to commencement, get your cap, gown, and tassel, connect with MSU Grad School programs, get your alumni gear,** and more! You can also get your regalia for FREE with the purchase of a diploma frame; ALSO get the chance to win a FREE DIPLOMA FRAME by entering the Grad Fair Raffle

**Don't miss these great opportunities to celebrate
with friends, faculty, and community members
all the wonderful things that make you YOU.**



DISC Lavender Graduation Celebration
May 9, 2024, 4pm

DISC is holding a lavender celebration ceremony at MSU to recognize the achievements and contributions of graduating LGBTQ+ and Ally students. A Lavender Celebration recognizes LGBTQ+ and Ally students of all races and ethnicities and acknowledges their achievements of successfully completing the college experience. LGBTQ+ and Ally students will be officially recognized and celebrated by MSU, receive a lavender cord, and treated to a reception afterwards.

[Learn More and RSVP Here](#)



DISC Multicultural Graduation Celebration
May 8, 2024, 4pm

In addition to highlighting and honoring the accomplishments of students and receiving a stole that represents their cultural background, this celebration provides students with an opportunity to express their appreciation to members of the community who have supported them along the way. The celebration also includes a presentation of DISC Leader Awards to members of the MSU community and a reception for students, presenters, and guests.

[Learn More and RSVP Here](#)



MSU First Generation Graduation Celebration
May 2, 2024, 4pm

This celebration recognizes and acknowledges first-generation students' achievements of successfully completing the college experience as well as gives these students an opportunity to be officially recognized and celebrated. The MSU First-Generation Graduation Celebration will include individual recognition of the participating graduates, awarding blue and silver honor cords to be worn at the university commencement ceremony, and a reception.



The Questionnaire

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We want to feature YOU in upcoming newsletters!

[Answer the Questionnaire](#)

Nyadhiel Lul

Environmental Engineering
Return-to-Learn Scholar



What is the most important reason you decided to attend MSU? The reason I wanted to come to MSU was to advance my degree with the best resources necessary to complete my major which is at MSU. I have always wanted to attend and graduate college since I was in high school just as my mom wanted to. I am the second oldest out of 7 children and the first to attend college in my immigrant family. I have always been a role model for my family and attending MSU with the resources given to me I can make them proud and show them how well higher education challenges you to become the person you want to be in a good way. I also wanted to explore outside of my social circles and see different parts of the U.S. I have never seen mountains such as they were seen here in Montana, Bozeman specifically.

What is your most treasured possession? My most treasured possession would have to be a portable jump start battery I was given as a christmas present from my old coworker at my previous job who was my friend when I told him was moving away to Montana from Nebraska for school. That battery has been my complete lifesaver as I was not that prepared for the cold and the level of snow living here. My car was able to survive another day!

If time and money were not a consideration, what hobby would you take up? A hobby I would like to take up if time and money was not

an issue playing more instruments. I have been in orchestra since the 4th grade playing the violin and cello. I always found comfort in music either listening to it or performing it, even if it was difficult to play I enjoyed a challenge. I would be a world-class musician and a master of all instruments in a cabin in the woods away from society.

What Montanan do you most identify with or admire? The Montanan I most identify with would be Jesse Tyler Ferguson, an American actor from Missoula, Montana. He is mostly remembered from his character of Mitchell Pritchett from the sitcom Modern Family. His character he played was always my favorite and how well he portrayed a Type-A character accurately and hilarious.

What is your current state of mind? The truth of my current state of mind is curiosity. I always loved learning new things and trying new experiences such as moving miles away from home to explore a city I have never been in to complete my degree. There is much to learn about the world and others who live in it. I love meeting new people and hearing the lives they lived and events that made them to be the way they are currently.

If you had one piece of advice for MSU students, what would it be? My one piece of advice I would give to MSU students is to use every resource available that's on campus. Your tuition is covering for it anyway so take advantage of it and use every bit of it. They are there to help you succeed by any means necessary and with amazing empathic staff such as the teachers who would meet with you every step of the way.

What is your motto? My motto is " Sometimes the most productive thing you can do is relax". It applies to me because my mom named me after my great great grandfather and the meaning behind my name is being "calm" and " taking it easy". The world can feel overwhelming to handle every single day, so it is always okay to take a step back and recharge to face the next day.

What is the most important reason you decided to attend MSU? I wanted to learn more about marketing and business. I felt Marketing was the only thing I didn't have a complete understanding with business but it was the most intriguing aspect of business in my opinion.

What is your most treasured possession? My cameras. I never go anywhere without one of them and love getting creative with my photographs.

If time and money were not a consideration, what hobby would you take up? Wildlife photography. It would be so cool to capture photos of African and South American flora and fauna. (Honestly any "exotic" flora and fauna.)

What Montanan do you most identify with or admire? All of my fellow born and raised Montanans! But probably Evelyn Cameron the most. She was a photographer back in the late 1800s/early 1900s who captured the settler life in many of her photographs.

What is your current state of mind? Excited to graduate and finally work full time again and get on with my life. I am very excited for what the future holds!

If you had one piece of advice for MSU students, what would it be? Don't be afraid to take a break from college. I wouldn't be graduating with only one student loan if I didn't figure out what I actually wanted to do and had the chance to save money.

What is your motto? Never stop learning and always try something new at least once!

McKayla Carlson

Marketing & Small Business Management and Entrepreneurship

Montana's Own Scholar



Luke Petrus

History & Environmental Science

Return-to-Learn Scholar



What is the most important reason you decided to attend MSU? I decided to return to MSU because I wanted to improve my station in life.

What is your most treasured possession? My bicycle.

If time and money were not a consideration, what hobby would you take up? Woodworking.

What Montanan do you most identify with or admire? Evel Knievel

What is your current state of mind? Calm and confident

If you had one piece of advice for MSU students, what would it be? Take a gap year. Maturity is partially biological.

What is your motto? "Let's GOOOOOOO!"

What is the most important reason you decided to attend MSU? The science program and because of all the mountains.

What is your most treasured possession? A dollar from Jordan that my uncle gave me.

If time and money were not a consideration, what hobby would you take up? Backcountry skiing throughout the world.

What Montanan do you most identify with or admire? My mom.

What is your current state of mind? Determination and resilience

If you had one piece of advice for MSU students, what would it be? Enjoy what MSU has to offer. It is easy to get so lost in school and only focus on that, but when you look around, you see what you're missing out on.

What is your motto? Life is too short to be serious.

Jordyn Meyer
Microbiology
Montana's Own Scholar





**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

[Email John](#) at Return-to-Learn

[Email Monica](#) at Montana's Own and 1893

[Email Deb](#) at Montana's Own and 1893

Online Tech Help Desk

Every Wednesday during
the semester

(except holidays and Spring Break)

11am-1pm

Our tech consultants provide help with:

- Microsoft Office, Google Workspace, Adobe programs, and more
- Formatting documents, analyzing data, building presentations, etc.
- Organizing research, files, applying citation tools
- Any academic software programs or tech tools

Join via WebEx at <https://montana.webex.com/meet/john.pantano>.

There is no limit on participants. First-come, first-served assistance with any academic tech question.

Students can also email john.pantano@montana.edu to request an alternative day/time for sessions if unable to attend during standard Wednesday hours.





Always Be In-The-Know

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](#)

Discord is a place where you can chat anytime with your fellow Montana's Own/1893/R2L Scholars. **This is an opt-in opportunity so if you want to start networking click on the button below.**

[Accept the Invitation to Join Discord!](#)

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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