

MONTANA'S OWN

Graduate with Purpose

Montana State University



Preparing for Lives & Careers of Purpose

February 21, 2023

Success Tip of the Week

Want to build a stronger foundation for your success? We've got a class for you!

Every now and then, the right class comes along at just the right time. As you think about the importance of **engagement, critical thinking, and goal setting** to your future, you may want to add this class to your roster this semester. Introducing **US291: Promotors and Inhibitors to College Student Learning, Development and Engagement**

Description: This course provides a student experience, wherein students employ their agency to develop strategies for academic, career, and lifelong success. It encourages students to build a foundational network of support to increase their sense of belonging and commitment to the University. Students will engage in enriching experiences and self-reflection to understand and develop their personal strengths, enabling them to succeed in college and beyond.

At the end of this class, students will:

- ⇒ Articulate how theory and practice work together to support self-directed learning.
- ⇒ Demonstrate critical thinking abilities and problem solving for deeper understanding.
- ⇒ Identify learning management goals, areas of desired improvement, and methods for action.
- ⇒ Exhibit a knowledge of educational standards and practices.
- ⇒ Understand MSU's resources and learn how to effectively navigate the campus environment and build a community network.
- ⇒ Frame college achievement in terms of the larger goal of life-long learning, career and professional growth, and engaged citizenship.

Class Information

2 Credits

February 24, 2023 - May 11, 2023

Fridays, 12:00pm - 1:40pm

(Lunch is Provided)

Instructors: Dr. Carina Beck &

Dr. Amy Lincoln

Tuition for this class is structured like other classes; if you are at full-time (12+ credits) no additional fees will be incurred.

Contact Wyatt Mitchell TODAY to enroll in this class!

[See a Success Advisor!](#)

Careers Tip of the Week

The best career tool you probably don't know about - O*NET Online!



Graduating soon and still not sure how your major translates to a career? Want to turn your hobby or side-hustle into a career? Want to know how your prospective career has changed in the past year? **Check out O*NET!**

"I want to be a..."

[Watch a Video Overview of the O*NET Program](#)

The [O*NET Resource Center](#) is the nation's primary source of occupational data. Central to the project is the [O*NET database](#), containing hundreds of standardized and occupation-specific descriptors on almost 1,000 occupations covering the entire U.S. economy. The database, which is available to the public at no cost, is continually updated from input by a broad range of workers in each occupation.

You can search the database by skills, duties, activities, interests, work values, education - there are dozens of combinations you can use to find the career you've always dreamed of -OR- one you've never even considered.

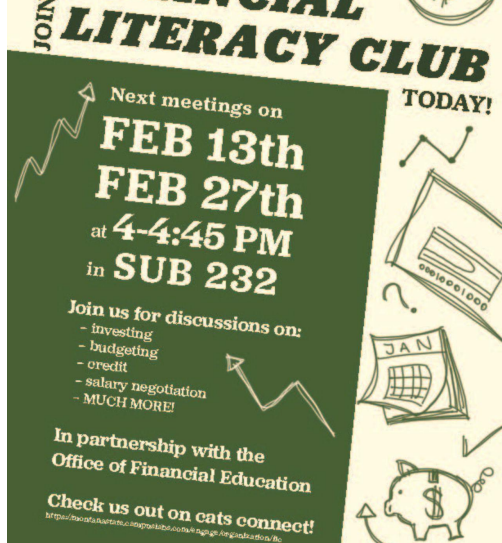
You can also use the myriad other resources on the site to discover your interests with the [O*NET Interest Profiler](#) and find more options at [My Next Move](#).

After you've explored O*NET, [make an appointment with Deb](#) to talk about how you can use this information here at MSU.

[See a Career Coach!](#)

Finance Tip of the Week

It's never too early to become financially literate - and you can have fun doing it!



Join your MSU peers every other Monday!
(4:00pm-5:00pm in SUB 236)

The mission of the [Financial Literacy Club \(FLC\)](#) is to educate, inspire, and help guide the MSU community into a life of financial freedom. It is a cost-free peer-to-peer network of MSU students passionate about sharing personal finance tips and opportunities. The FLC aims to break down the social taboo surrounding personal finance, while also educating its members of opportunities available to them now and into the future! The club is open to all students regardless of their financial education background or area of study.

"The club operates under the notion that anyone can be a millionaire, if they make smart money decisions early on."

The main areas of focus of the club are budgeting, saving, investing, donating, building credit, etc. Of particular note are the Roth IRA and 401k as a means to becoming tax free millionaires. Additional topics will be addressed based on the interest of the members!

For more information, contact: flcmontanastate@gmail.com

[See a Financial Coach!](#)

Wellness Tip of the Week

FEATURED RESOURCE

Off-Campus Student Life



Hey, remember when there was a bank in the SUB? If you do, then you know where the new [Off-Campus Student Life](#) office is located. (If you're newer to MSU, it is located on the main floor of the SUB near the new Firehouse Subs restaurant.)

Most students will, at some point in their college career, find themselves moving off-campus. The office in the SUB and the [website](#) is designed to help you make a successful transition into the Bozeman community.

The friendly staff and resources will provide you with information about:

- ⇒ Shopping for a rental, rental agreements, and landlord/tenant issues.
- ⇒ Roommates and being a good neighbor.
- ⇒ Move-in and move-out.
- ⇒ Transportation and other City of Bozeman resources.

And to make things even easier, you can either drop in for information or [schedule a one-on-one meeting with Connor](#).

"Finding a place to live in Bozeman in the current housing market and/or dealing with challenging living circumstances can be tough situations to navigate while in college."

At their cozy office, you can also visit with Margaret from the [Office of Health Advancement](#) (OHA) about food and nutrition services like the [Bounty of the Bridgers](#) food pantry, signing up for SNAP, and other services like Medicaid and all the resources available through OHA.

[Find More Resources!](#)

What's New This Week?

Challenge of the Week

Practice ACTIVE Listening

Often, while we are listening, we are thinking of how we will respond. We might get distracted and miss some of what was said. **Active listening requires the listener to pay close attention to what is being communicated verbally and nonverbally.** The listener is encouraged to interpret not only the content of what is being said, but also the emotions present and the body language.

There are three main components of successful active listening (Rogers & Farson, 1987); **spend the next two weeks practicing these and you'll be well on your way to being a better active listener!**

Listen for Total Meaning

When someone is conveying a message, there are two meanings to gather: the content and the feeling or attitude underlying the message. An active listener is not only tuned in to the information conveyed, but also how it is conveyed and any nonverbal cues present.

Respond to Feelings

After listening, when a response is appropriate, the listener should respond to the feeling of what was said. In this way, the speaker feels understood and empathy is established.

Note all Cues

[Nonverbal cues](#) include tone of voice, facial or body expressions, and speed of speech. All of these taken together can convey a much deeper meaning than merely the content of what was said.

The Career Fair Madness Has Begun!

Career Fair events begin this week - make room in your schedule to attend these important events!

(Scan the QR code for the most up-to-date information.)

CAREER FAIR IS COMING. ARE YOU READY?

We have MANY opportunities to help you prepare as you talk with employers at the Career Fair March 1 and 2.

Thursday, February 23, 10am – 4pm

Bobcat Career Closet – SUB Ballroom A

- Receive one free business attire outfit per student.
- MSU Career Coaches will be on hand to review your resume - print up to 10.

Monday, February 27, 10am – 4pm

AYCSS SUB 177 - Drop In

- Resume critiques.
- Employer research and preparation.

Tuesday, February 28, 11am – 5pm

Career Fair Prep Event – Check in at Leigh Lounge in the SUB

- One stop shop for all things career prep
- Multiple info sessions with employers on campus.
- Career Coaches on hand to review resumes.
- Employers will be engaging with students through mock interviews & industry insight.
- Salary negotiations with Office of Financial Education.
- Employer research with an expert in the field.
- Professional headshots for your LinkedIn or other professional needs.
- FOOD - Grab a snack in between or after visiting with all the amazing resources.

Almost SPRING CAREER FAIR 2023 **Wednesday, March 1 Thursday, March 2**
New Employers Each Day.



Scan this QR code



Tuesday, February 28
FAIR PREPARATION & NETWORKING DAY

Professional Prep & Employer Info Sessions

11:00 a.m. - 5:00 p.m.
Located in the SUB
Check-in Leigh Lounge

Computer Science & Engineering Networking

5:00 p.m. - 7:00 p.m.
(merges into All Employer Event)
SUB Union Market

All Employer / All Majors Reception

5:30 p.m. - 7:00 p.m.
SUB Union Market

Job & Internship Fair Day 1

Wednesday, March 1
CAREER FAIR & CONTINUED NETWORKING EVENTS

Fair Day 1

10:00 a.m. - 3:00 p.m.
SUB Ballrooms

Diversity Networking Lunch

12:00 p.m. - 1:00 p.m.
DISC Student Commons
SUB 185

Veterans Networking

4:00 p.m. - 5:00 p.m.
SUB Leigh Lounge

Agriculture Networking Event

5:30 p.m. - 7:30 p.m.
Romney 306

Business Networking Event

5:30 p.m. - 7:30 p.m.
Jabs Hall

Civil & Construction Engineering Networking Event

5:30 p.m. - 7:00 p.m.
NAH Inspiration Hall

*Information Current through February 9th
Updates on Our Website. Scan Here to Visit the Website.

Almost SPRING CAREER FAIR 2023 CALENDAR OF EVENTS

Job & Internship Fair Day 2

Thursday, March 2
CAREER FAIR & INTERVIEW - DAY I

Fair Day 2 - New Employers attending!

10:00 a.m. - 3:00 p.m.
SUB Ballrooms

Interviews Day 1

8:00 a.m. - 5:00 p.m.
NAH Inspiration Hall

Friday, March 3
INTERVIEW - DAY II

Interviews Day 2

8:00 a.m. - 5:00 p.m.
SUB Ballrooms



Scan this QR code



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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