



Preparing for Transformative Lives & Careers

April 17, 2023



Don't let LOW MOTIVATION stand in the way of achieving your GOALS!

Setting a goal—anything from getting a degree or landing a new job to achieving a new level of physical fitness—is a big step toward improving your life. But following through can be challenging, especially on those days when motivation wanes.



The WOOP Method

Next time you're setting a goal for yourself, practice the WOOP technique, pioneered by [Dr. Gabriele Oettingen](#). This stands for **Wish, Outcome, Obstacle, and Plan**. What is your wish? What would be the outcome of that wish coming true? What main obstacle stands in your way? What can you do to overcome that obstacle?

We all lose motivation from time to time.

When you're feeling unmotivated, try one of these strategies to get yourself back on track toward your goal.

⇒ **Set small goals to build momentum.**

Research shows that frequent small successes can build a sense of momentum that can, in turn, drive long-term success, especially early in the process

⇒ **Reward yourself for the little wins as well as the big ones.**

Rewarding yourself for reaching small milestones and completing big goals could boost your interest and enjoyment in the work you're doing

⇒ **Embrace positive peer pressure.**

Studies suggests that sharing your goal with someone whose opinion you value can strengthen your commitment to attaining that goal - [like Dustin!](#)

⇒ **Practice gratitude (including for yourself).**

Spend the first five minutes after you wake up going through all the things you feel grateful for. Better yet, write them down in a [gratitude journal](#).

Make an Appointment with Dustin!



Spotlight on the NACE Career-Readiness Competencies: EQUITY & INCLUSION

Welcome to part three of the challenge 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 EQUITY & INCLUSION

Definition:

Demonstrate the awareness, attitude, knowledge, and skills required to equitably engage and include people from different local and global cultures. Engage in

anti-racist practices that actively challenge the systems, structures, and policies of racism.

Sample Behaviors:

- Solicit and use feedback from multiple cultural perspectives to make inclusive and equity-minded decisions.
- Actively contribute to inclusive and equitable practices that influence individual and systemic change.
- Advocate for inclusion, equitable practices, justice, and empowerment for historically marginalized communities.
- Seek global cross-cultural interactions and experiences that enhance one's understanding of people from different demographic groups and that leads to personal growth.
- Keep an open mind to diverse ideas and new ways of thinking.
- Identify resources and eliminate barriers resulting from individual and systemic racism, inequities, and biases.
- Demonstrate flexibility by adapting to diverse environments.
- Address systems of privilege that limit opportunities for members of historically marginalized communities.

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 how you can make your finances work for you!

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 4/17, 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 Mentor 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. www.montana.edu/ayccs/financialedu/	21 Do you have a budget set up? Come tell us at SUB152 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 AnnualCreditReport.com	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 challenge or most important 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

MONTANA STATE UNIVERSITY | Allen Yarnell Center for Student Success | Office of Financial Education
SUB 177 · www.montana.edu/success/financialeducation | 406-994-4388 · makechange@montana.edu

You can also participate in the 30 Day Financial Challenge!

Get your copy of the [30 Day Financial Challenge](#) and participate in these upcoming challenges:

(4/22) Grocery Shopping? Make a detailed list of needs. Don't buy extras and challenge yourself to find the deals on the things you need.

(4/23) Check your credit report today for free at AnnualCreditReport.com.

(4/28) Start the 52 week challenge today! Save \$1 the first week, \$2 the second, and so on; by April 30, 2024 you will have \$1400.

See a Financial Coach!



WOMEN'S CENTER
RESOURCES AND EDUCATION

The [MSU Women's Center](#) was created to empower women and create an equitable campus environment by offering educational programs to the university population about gender and women's issues. The Center is open to all students, staff, faculty, and community members of all genders and is physically accessible and a place for students to stop by, relax, and explore their concerns, issues, and options through information and conversation.

Visit the Women's Center Today
Monday-Friday, 9am - 4pm
(when classes are in session)
372 SUB
406-994-3836 danforth@montana.edu

The Women's Center has numerous free, fun, and informative resources, including:

[The staff](#) at the Women's Center is prepared to answer questions or make referrals in areas such as academics, career choices, child care, counseling, crisis, employment, legal rights, re-entry, scholarships, and more.

[The Geraldine Fenn Memorial Library](#) is in the Women's Center and contains a large variety of reference materials.

[Weekly Sack Lunch Seminars](#) feature local, state, and sometimes national speakers.

[The Shannon Weatherly Memorial Lecture Series](#) is an annual event presented by the Women's Center in honor of past MSU student and Women's Center board member, Shannon Weatherly.

[Find More Resources!](#)



What's New This Week?

Challenge of the Week

Take Action for the Planet



[Earth Day is Saturday, April 22](#) so spend the week leading up to it participating in fun and informative activities that will give you ideas for taking action and making change for our planet.

[MSU Climate Week](#) presents a full week of activities on the MSU campus including faculty & student seminars addressing climate change on energy, environment, business, investment, public health, indigenous perspectives, politics, and social justice. [Check out the agenda and plan to spend some time challenging yourself to take action for the planet.](#)

The week will culminate on Friday at **NexGen Eco Fest: Music, Art and Activism for Climate Change** at the Emerson Center for Arts and Culture in downtown Bozeman. Join your friends for live music and interactive stations that promote sustainable habits and actions.

More Resources for Scholars

All 1893 Scholars receive free, unlimited tutoring!

[Find your class today.](#)

See all the upcoming 1893 [activities and events](#) on the online calendar.

See [resources and materials](#) just for 1893 Scholars.

[Manage](#) your preferences | [Opt Out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

177 Strand Union Building | Bozeman, MT 59717-4180 US

This email was sent to .

To continue receiving our emails, add us to your address book.

emma

[Subscribe](#) to our email list.