How many of you set a New Year’s resolution to get in shape, lose weight, save money, run a marathon, etc.? How many of you are still going strong to achieve these goals? How many of you vaguely remember setting a goal for the new year, but can’t remember exactly what it was?

It might be that you set a goal for the new year but only worked toward that goal for a week or two and then forgot about it. If you do fall into that category, I’m guessing that you didn’t write your goal down and certainly didn’t remind yourself of this goal on a regular basis.

In the book What They Don’t Teach You in Harvard Business School, Mark McCormack tells about a study conducted on students in the 1979 Harvard MBA program. Students were asked, “Have you set clear, written goals for your future and made plans to accomplish them?” Only 3 percent of the graduates had written goals and plans; 13 percent had goals, but they were not in writing; and 84 percent had no specific goals at all.

Ten years later, the members of the class were interviewed again, and the findings were overwhelming. The 13 percent of the class who had goals were earning, on average, twice as much as the 84 percent who had no goals at all. And the 3 percent who had clear, written goals were earning, on average, ten times as much money as the other 97 percent.

Students are often told that they need to set goals. However, they may not know how to follow through with the goals. Here are five tips that might help them understand the process of goal setting:

Tip 1: Come up with a specific, measurable goal and write it down. Stating “I want to get better grades” is not specific enough. To maximize the effectiveness of goal setting a student should state, “I want to get a B in my English class.”

Tip 2: On the same sheet of paper where the goal is written, come up with two or three things that need to be done in order to accomplish this goal. An example might be “I will study English for an hour every single night at home, and I will talk to my teacher once a week to make sure I’m on track to receive a B.”

Tip 3: On this same sheet, identify two or three obstacles that might get in the way of accomplishing this goal, such as “watching television, playing video games, hanging out with friends.”

Tip 4: Write down a strategy of how to keep these obstacles from preventing the achievement of the stated goals above, such as “I will only watch TV/play video games for one hour, three days a week”, or “I will tell my friends that I can’t hang out with them after 4:30 on weekdays, as that is my time for homework” and “I will tell my parents and teachers about my goals and ask them to support me in reaching them.”

Tip 5: Read the goal sheet EVERY DAY! This is a great way to stay motivated, and stay on course towards achieving the goal. I would suggest making copies of the goal sheet and putting them up in lockers, in planners, and maybe even taping a copy on the mirror at home so it’s the first thing seen in the morning and the last thing seen before bed.

Bonus tip: If a student gets off track for a week or two, that doesn’t mean they have failed and must give up. We all lose focus from time to time.

(continued on page 4)
Recently, the Lame Deer High School Junior and Senior classes and the newspaper staff had the privilege of meeting with Montana’s U.S. Senator John Tester and former Colorado U.S. Senator Ben Nighthorse-Campbell. The Senators were brought to the area to meet with Crow and Northern Cheyenne tribal leaders and made a quick stop at the Lame Deer High School library to meet with students.

Senator Tester began the session by introducing himself. He is a life-long farmer who owns land near Big Sandy. He has been one of Montana’s Senators for four years and serves on five committees, including Homeland Security, Veterans Affairs, and Indian Affairs. Jim Loy’s government classes prepared a series of topics that they asked Senator Tester to address, including the following:

**Water Rights**
Senator Tester agreed with the students that water rights are a very important issue because water is so necessary for our survival. He explained that the U.S. government is in negotiations for a $400+ million settlement with the Crow Tribe. The Senator claimed that the settlement is good for the Crows. But it’s also good for Montana and the entire nation.

**Unemployment on the Reservation**
Senator Tester agreed that this is also an important issue. But communication between the Bureau of Indian Affairs (BIA) and the U.S. government is necessary so that the money is allocated properly.

**Medical Issues**
The students brought up concerns about how the facilities for major medical issues are so far away from Lame Deer. Senator Tester shared his own story about a farming accident of his own which caused him to lose several of the fingers on his left hand. He knows first-hand how difficult it is to receive good-quality health care in a rural state. Senator Tester assured the students that part of his job is to educate Washington D.C. about rural issues.

**Violence and Addiction on the Reservation**
The Senator briefly discussed the Tribal Law and Order Act which was passed last year. He explained how the goal is to get that legislation fully implemented. We need to get people and agencies working together to be more effective at creating a safe environment for the people here on the reservation. A safe environment would encourage people to open more businesses on the reservation. More businesses will lead to more job opportunities for the Northern Cheyenne.

**Education**
Senator Tester explained that the Pell Grant program has been expanded to encourage higher education. He told students to be aggressive about filling out their financial aid forms and looking for scholarships. Money shouldn’t be the deciding factor about your education.

Senator Tester ended his talk by encouraging students to aim for a college education. He said, “You’re the key to solving the violence and unemployment problems.” He advised the students to get a good education, come back to the reservation, work hard, and make things better for the Northern Cheyenne people.

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**Survey Says...**

**Top three reasons why students, parents, and educators think a student might fail in school**

<table>
<thead>
<tr>
<th>Reason</th>
<th>Students</th>
<th>Parents</th>
<th>Educators</th>
</tr>
</thead>
<tbody>
<tr>
<td>The student does not try hard enough</td>
<td>1 (85%)</td>
<td>1 (74%)</td>
<td>3 (77%)</td>
</tr>
<tr>
<td>Parents do not get involved enough in their child’s schooling</td>
<td>2 (62%)</td>
<td>2 (82%)</td>
<td></td>
</tr>
<tr>
<td>The student does not get along with other teachers</td>
<td>3 (49%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The student misses too much school</td>
<td>2 (68%)</td>
<td>3 (53%)</td>
<td>1 (90%)</td>
</tr>
</tbody>
</table>

**Bottom three reasons why students, parents, and educators think a student might fail in school**

<table>
<thead>
<tr>
<th>Reason</th>
<th>Students</th>
<th>Parents</th>
<th>Educators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teachers do not try hard enough</td>
<td>2 (12%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classes are not meaningful or relevant</td>
<td></td>
<td>3 (13%)</td>
<td></td>
</tr>
<tr>
<td>Classes are not challenging enough</td>
<td>1 (11%)</td>
<td>3 (12%)</td>
<td></td>
</tr>
<tr>
<td>Classes are too challenging</td>
<td></td>
<td>2 (10%)</td>
<td>1 (7%)</td>
</tr>
<tr>
<td>Teachers’ low expectation for their students in the school</td>
<td>2 (12%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The student does not feel safe in school</td>
<td></td>
<td>1 (8%)</td>
<td>2 (10%)</td>
</tr>
</tbody>
</table>

(Sources: 2009-2010 Student, Parent, and Educator Surveys)

James Bisom in the Office of the Commissioner of Higher Education Student Financial Services has taken on the role of Montana GEAR UP Statewide Summer Camp Coordinator. James has jumped in with both feet and hit the ground running. If there are any questions about the Montana GEAR UP Statewide Summer Camp Programs, please contact James at 406-444-0353 or Jbisom@montana.edu.
Montana University System (MUS) Admission Standards

All MUS campuses, including two-year institutions, require high school graduation or the equivalent and proof of immunization for admission. In addition, four-year MUS campuses have academic admission criteria, including completion of the college preparatory curriculum.

The Montana Board of Regents of Higher Education adopted these college admission standards in 1977, but they were recently revised in September of 2010 and summarized on a one-page document that can be found on the MUS website at: www.mus.edu/data/briefs/AdmissionStandards-OnePager.pdf.

In order to be fully admitted to a four-year program in the MUS, high school graduates are required to meet the following entrance requirements:

1. **Complete the college preparatory program:**
   - Mathematics (3 years)
   - English (4 years)
   - Science (2 years)
   - Social studies (3 years)
   - Electives (2 years) – includes languages, computer science, visual/performing arts, speech, or vocational education

2. **Demonstrate mathematics proficiency:**
   - Earn ACT math score of 22; or
   - Earn SAT score of 520; or
   - Complete the Rigorous Core

3. **Demonstrate writing proficiency:**
   - Earn ACT writing/English score of 18; or
   - Earn SAT score of 440; or
   - Score 7 or higher on the ACT/SAT essays; or
   - Earn a 3.5 or higher on the MUS writing assessment (MUSWA) test

4. **Achieve one of the following requirements:**
   - Earn at least a 2.5 high school GPA; or
   - Rank in the top half of the school's graduating class; or
   - Earn a composite score on the ACT of 22 or higher; or
   - Earn a combined SAT score of 1540 or higher (MSU-Northern requires ACT score of 20, SAT score of 1440)

**Provisional Admission**

The MUS also grants provisional admission to students who:

- Earn ACT score between 18-21; or
- Earn SAT mathematics score between 440-510; or
- Earn MUSWA score of 2.5-3.0; or
- Earn ACT or SAT score between 5-6

**Open Admission**

Two-year colleges in the MUS offer open admission, which does not require the academic standards listed above except for certain programs, such as nursing, which have admission standards specific to the program.

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**Student Poster Contest Winners**

Congratulations to Montana GEAR UP student poster contest winners Brooklyn Timmerman for “Best Artwork”, Garret Jolma for “Best Overall”, and Hannah Vraspir for “Best Message”!

7th and 8th grade GEAR UP students were challenged this year to create an advertisement or slogan for Montana GEAR UP. We received 358 entries from 16 schools, out of which 29 semi-finalists were voted on by staff from the Office of the Commissioner of Higher Education, and the Student Assistance Foundation.

Poster contest winners received a gift certificate to Amazon.com. Thank you to all of the liaisons and teachers who helped distribute paper and collect posters, and to all of the students who participated.
Montana GEAR UP Reminders & Upcoming Events

February 3: NT4CM Training at the Holiday Inn in Helena. Call Cory Chenoweth with questions at 406-444-0350.

February 9: College Goal Montana, various locations. To find a College Goal Montana site near you, or a Webinar location visit www.SmartAboutCollege.org or call 877-COLG4ME.

February 12: ACT test date.

February 13: College Goal Montana, various locations.

February 13-16: NCCEP Capacity Building Workshop, Orlando, Florida.


February 28: Educator survey closes.

March 4: Pathways Scholarship applications due to Montana GEAR UP. Contact Cory Chenoweth at cchenoweth@montana.edu or 406-444-0350 with questions.

March 4: Local summer program proposals due. Please contact your school grant manager with questions.

March 4: ACT test registration deadline for April 9th test date.

March 31: GEARS student and parent activities due for APR.

College Transition: The Importance of Setting Goals (continued)

However, their ultimate success will depend on whether or not they are able to regain focus and get back on track.

Setting goals and following through with them is difficult and requires lots of practice. If a student is able to master this process in middle and high school though, they will be much better prepared to be successful in college than many of their peers.

College Goal Montana Takes Place February 9th and 13th

Free help for students and parents tasked with completing the Free Application for Federal Student Aid (FAFSA) — an essential stepping stone to attaining federal, state and institutional aid — is available at College Goal Montana events in communities across the state. Employees of nonprofit Student Assistance Foundation (SAF), financial aid officers and volunteers will gather at 18 locations on February 9 and/or February 13 to offer one-on-one instruction in completing this important form.

In addition, 34 communities will host virtual College Goal Montana sites on various dates, during which students and their parents can listen to a 30-minute presentation about the FAFSA, log on to www.fafsa.ed.gov, and complete the form. Help from site hosts and subject matter experts via the webinar chat function will be available.

Don’t forget to bring:
- FAFSA PIN Number (to get your pin, log on to www.pin.ed.gov)
- Social Security Numbers (students and parents)
- 2010 Federal tax returns (or 2009 tax returns if 2010 returns are not complete)
- W-2s, tribal income, other aid information (TANF, child support, other benefits)
- Additional asset information (money market funds, stocks, other investments)

To find a College Goal Montana site near you or a webinar location visit www.SmartAboutCollege.org or call 877-COLG4ME.

Montana GEAR UP
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PO Box 203201
Helena, MT 59620-3201
Phone: (406) 444-0056
Fax: (406) 444-0425
Visit us on the web at www.gearup.mus.edu

Our mission: Montana GEAR UP believes that postsecondary education is possible for all Montana students, regardless of economic background, and strives to empower them to realize that ambition. Montana GEAR UP brings this message to middle and high schools, students, their parents, and the community through early college and career awareness activities, scholarships, financial aid information, and improved academic support to raise the expectations and achievement of all.
MONTANA GEAR UP 2011 ACHIEVEMENT GRANT WINNERS – CONGRATULATIONS!

Arlee
- Nelson BigSam
- Zack Carver
- Carter Clinksenbeard
- Cortney Dix
- Jesse Durham
- William Frost
- Anna Marie Greenwood
- Logan LeFler
- Charlie Litte
- Kyla McReynolds
- Aspen Meidinger
- Rachelle Meidinger
- Desirea Nault
- Rebecca Nelson
- Samuel Nelson
- Cody North
- Jenna Pablo
- Raini Phelps
- Brady Potts
- Leif Rova
- Cody Sheridan
- Tyler Steele
- Hailey Sturgis
- Zachary Tameler
- Clayton Trimble

Box Elder
- Zachery Brown
- Clarissa Bumpas
- Shelbi Eagleman
- Jace Gardipee
- Breanna Matt
- Antonio Morsette
- Thomas Oats
- Jaylin Parker
- Frankie Raining Bird
- Jessie Ramos
- Crystal Stamper
- Harold Whitford
- Aricka Wolf Chief

Browning
- Mariah Arrow Top Knot
- Breeann Bear Medicine
- Caleb Bear Medicine
- Brianna Birdrattler
- Dusti Boyce
- Ashley Bull Calf
- Raven Cobell
- Mikayla Comes At Night
- Terry Croff
- Josiah Davis
- Krystene DesRosier
- Cheyenne Devereaux
- Aubrianna Enno
- Julia Feakes
- QueAnna Franks
- Kristy Gobert
- Lance Gobert
- Tylee Wellman
- Shaunell Wippert

Charlo
- Kolten Andrews
- Breanna Billie
- Daniel Blevins
- Dawn Blevins
- Kelsie Blevins
- Deondra Brown
- Kevin Collander
- Dillon Delaney
- Stephen Delaney
- Cory Drowatzky
- Ross Fullerton
- Jazmine Hernandez Kelley
- Bradley Lobdell
- Serena Long
- Kinley Pope
- Devin Soukkala
- Jason Stevens

Dutton/Brady
- Katie Caplis
- Jessica Oshio
- Amber Reeve
- Wyatt Shumway
- Clint Williams
- Courtney Wilson

Flathead (Marion)
- Adrienne Carroll
- Josh Erickson
- Megan Jones
- Liza Knoll
- Randi Mitchell
- Ashlee O'Dell
- Taylor Swanstrom

Glacier (Evergreen)
- Meshayla Block
- Alex Burrows
- Cassandra Chavez
- Donald Clark
- Dalton DeMars
- Katerina Denna
- Garner Dumas
- Hayden Hansen
- Karl Hellwig
- Trace Hobbs
- Ryan Jorgensen
- Megan Lake
- Kelsey Lowitz
- Amy Lybeck
- Carli Mower
- Amber Nielsen
- Jordan Robins
- Krystal Rosean
- Julia Salo
- Kendra Schroeder
- Corri Smith
- Cailin Strandberg
- Kelvin Taylor
- Erika Whiton-Scott
- Amber Wiebe

Hardin
- Ty Albert
- Deaver Alden
- Danielle Anderson
- Lane Baumann
- Dorian Big Medicine
- Violet Bird In Ground
- Autumn Blakley
- Russell Burshia
- Michael Bush
- Lane Clark
- Bessie Crooked Arm
- Candyce Crooked Arm
- Marc Crooked Arm
- Jordan Delp
- Collin Depute Jr
- Kila Drake
- Shannon Dreamer
- Mallory Edgar
- Hans Hill
- Patricia Jefferson
- Josabill Kenney
- Janell Larimer Emigh
- Vanessa Leider
- Nathaniel Lyman
- Austin McCleary
- Matthew McConnell
- Ivan Mendoza
- Jacque Miller
- Agustus Murdock
- Jestin Murphy
- Jared Neeser
- Bethany Norby
- Zane Not Afraid

North
- Marie Greenwood
- Carter Clinkenbeard
- Zane Not Afraid
### MONTANA GEAR UP 2011 ACHIEVEMENT GRANT WINNERS – CONGRATULATIONS!

#### Hardin (cont’d)
- Tyler Noyes
- Alexis Olson
- Jeremy Peterson
- Emanuel Ratliff
- Nicholas Real Bird
- Jamie Riley
- Steven Schwend
- Darren Singer
- Derek Singer
- Riley Singer
- Victoria Snyder
- Martin Spotted Horse
- Zannon Stands
- Trey Stewart-Brown
- Michaela Toyn
- Gladys Three Irons
- Dakota Twinn
- Abbey Wacker
- Jared Wilson
- Summer Zier

#### Hays/Lodge Pole
- Sabrina Doney
- Trenton Kirkaldie
- Breanna Messerly
- Kristie Runs Above
- LaRae Snell
- Clinton Werk

#### Heart Butte
- Kyle Kriskovich

#### Lame Deer
- Kristen Bearchum
- Derek Bixby
- Morgan King

#### Lincoln
- Loni Brady
- Justin Eiskant
- Karissa Fox
- Samuel Harris
- Michelle Korman
- Ward Roberson
- Harley Schau
- Zane Tams
- Cody Wallace

#### Lodge Grass
- Rachal Male Bear-Stone
- Carlton Nomee III
- Harvey Wallace

#### Nashua
- Jared Busch
- Mary Damon
- Lacey Fortin
- Jennifer Ramsbacher
- Cami Rosencrans
- Jessica Scanlan

#### Noxon (Trout Creek)
- Dayna Brown
- Jordan Eichert
- Alena Herschler

#### Pryor
- Courtney Old Crow

#### Rocky Boy
- Garrett Anderson
- Sapphire Carter
- Darwin Demontiney
- Sabrina LaForge
- Mitchell Lamere
- Tiffany Louis-Clark
- Jordana Mitchell
- Jonathan Nepoose
- Jenea Parker
- Desiree Small
- James Small Boy
- Caitlin Standing Rock
- Chelsey Stump
- Teneal Sutherland
- Matt Weaving
- Alonzo Windy Boy
- Veronica Windy Boy

#### St. Ignatius
- Paula "Sydney" Allard
- Morgan Andres
- Mitchell Bear Don't Walk
- Sarah Bowers
- Ashley Courville
- Austin Durglo
- Scott Gillear
- Cecelia Koskela
- Jennifer Larsson
- Sarah Lucero
- Jane Makepeace
- Lyssia McDonald
- Alexis Paul
- Elling Roe
- Bryanna Steele
- Harry Suta
- Eddie Woodcock

#### St. Regis
- Jordan Baldwin
- Shelby Berg
- Samantha Easter
- Brandyn Jones
- Sierra Slavin
- Juliana Spencer
- Brogan Teeters

#### St. Regis
- Kevin Catron
- Marcie Clausen
- Elizabeth Cornell
- Jozef Crumley
- Dakota Fryberger
- Austin Gabel
- Michael Gannon
- Hunter Hoover
- Tamara Hoover
- Brittany Kunkel
- Katelyn Lapke
- Cheyenne Mulvihill
- Cody Olson
- Dallas Rushton
- Cody Smith
- Shane Stempke
- Kevin Teppo
- Patrick Wenzel

#### Winnett
- Meghan Barnett
- Tierany Browning
- Justin Connolly
- Jade Gardner
- Kalin Hoge
- Austin Kiehl
- Samantha Murphy
- Bryce Rowton
- Jadie Twitchell
- Whitney Wollman

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#### Harlem
- Derien Buck
- James Buck
- Whitney Burden
- Jason Cliff
- Gordon Craker
- Jevie Doney
- Jacinda Fuller
- Riley Green
- Sevrie Green
- Branden Hammond
- Shawnae Harding
- Rikki Horn
- Noah Jackson
- Sapphire Long Knife
- Cole McCann
- Natacha Messerly
- Vincent Morin
- Tanise Pronto
- Christopher Shupe
- Ashley Smith
- Sasha Snow
- Skyler Speakthunder
- Hilari Stiffarm
- Josh Taylor

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