

From: [Office of the MSU Provost](#)
Subject: Care, Gratitude and Support
Date: Wednesday, November 19, 2025 8:00:42 AM
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Dear Colleagues,

As we approach the Thanksgiving holiday, the season naturally draws our attention to gratitude and reflection. I want to extend sincere thanks for the extraordinary work you do every day in advancing public higher education and supporting students through challenges both seen and unseen. Your efforts strengthen our entire university community.

It was energizing to see many of you at the recent Faculty Symposium hosted by the Center for Faculty Excellence, and again at Dr. Virginia Bratton's thought-provoking [Provost's Distinguished Lecture](#) at the Museum of the Rockies. These events highlighted the depth of expertise and generosity of spirit across our faculty. I look forward to the conversations and collaborations they will spark throughout the year, and I look forward to seeing you at future events!

As we enter the final stretch of the semester, pressures on both students and faculty can rise as quickly as temperatures are prone to decline. **Please remember to take care of yourself** during this period. MSU Extension provides practical tools for [managing stress](#). In addition, the Montana University System offers a wide range of [wellness resources](#), including a free Employee Assistance Program that provides mental health support and confidential services to employees and their households.

Supporting students is especially important this time of year. MSU's Counseling and Psychological Services has created a helpful guide titled [Navigating Student Mental Health](#) with suggestions such as:

- Helping students keep track of deadlines and important dates such as the final class meeting time (see [Fall 2025 Final Week Schedule](#)).
- Checking in with students, either collectively or individually, about how they are eating, sleeping and managing their workload.
- Destigmatizing struggle by acknowledging this is a demanding time of the semester.
- Normalizing help-seeking and encouraging the use of campus resources for wellbeing and academic support.

If you are concerned about a student in a non-emergency situation, you may reach out to the student directly to express your concern or submit a [CARE referral](#) through the Dean of Students. Their team will follow up and connect the student with appropriate support.

I extend to you my heartfelt appreciation for everything you do. The generosity you show through your mentorship, the care you give your programs and the resilience you demonstrate during busy times do not go unnoticed. I hope the holiday offers time for you to rest and appreciate the people who bring meaning and balance to your life.

Warm regards,



Dr. Robert L. Mokwa | Executive Vice President and Provost

Montana State University

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Upcoming Events

Nov. 24-28: Fall Break

Dec. 8-11: Final Week

Dec. 12: [Fall 2025 Commencement](#), Processional at 9:40 a.m., Brick Breeden Fieldhouse

Jan. 13: First day of Spring Semester

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