

## Non-Traditional Student Services NOVEMBER NEWSLETTER



Gratitude is like a magical key to happiness. It's the art of appreciating the good things in life, both big and small. When you practice gratitude, you create a warm and positive energy around you that can make your day brighter and lift the spirits of those you share it with. So, take a moment each day to be thankful, whether for a beautiful sunset, a kind friend, or a delicious meal.

**November 20th-November 24th- Thanksgiving Break (No Classes)  
(Campus open: 11/20-11/22)**

Included in this newsletter is a short poll about our newsletter! Please take the time to answer the ONE question at the end of the newsletter to help us out!



# Campus Events

## November 2023

- Saturday, November 2nd- LIFE LESSONS & LUNCH 12:00 pm @Non-Trad Office
- Wednesday, November 4th- LINCOLN TAILGATE 11:00 am - FOOTBALL GAME 1:00 pm @Eccles Coliseum
- Wednesday, November 8th-Nutrition Presentation for moms and future moms 5-6 pm GC 201
- Friday, November 3, 10, 17, 24- WEAR RED ON FRIDAY!
- Friday, November 10th- [VETERANS DAY PROGRAM](#) 11:00 am @Ballroom
- Tuesday, November 14th- [Stella Oaks Single Mom Scholarship](#) Due
- Friday, November 15th- QPR and Queso 11:00 @Health & Wellness Center
- November 20 - 24- THANKSGIVING BREAK (Campus open 11/20-11/22)

# SUU Non-Traditional Student Services



## Life Lessons & Lunch



**Date and Time: November 2nd , 12-12:50pm**

**Topic:** Financial Aid shares how to be successful when applying for scholarships and paying for school.



**Food:** Beef Chili with cheese and crackers



# Ready for Registration?

Meet with your advisor!  
Stay on track to graduate!

**Spring Registration opens at 8am  
on your assigned day**

## Seniors

(90 credits or more)

Tues. October 31st



a. 139. (8,-9)  
b. 762 units (3x)

## Juniors

(60-89 credits)

Thurs. November 2nd

## Sophomores

(30-59 credits)

Mon. November 6th



To do  
Meet w/advisor   
Register   
SKOBIRDS   
Wear Red on Friday

## Freshmen

(29 credits or less)

Wed. November 8th

To schedule your  
appointment, go to  
[www.suu.edu/advising](http://www.suu.edu/advising)



DUE NOVEMBER 14

# SINGLE MOM SCHOLARSHIPS

*apply now!*

WINTER/SPRING | 2023 SEMESTER

STELLAHOAKS.ORG



## **Mental Health Prevention Reminder**

Preventing challenges and overcoming obstacles is an essential aspect of personal and professional growth. Here are some resources you can use to proactively prevent and manage challenges.

[Mental Health Resources](#)



# Mental Health Resources Translated for T-Birds

You receive a lot of information about mental health resources available to you,  
but what does it all mean?

## Timely Care

timely care

Timelycare is an online platform (or app) that students can use to hold telehealth meetings (similar to a Zoom Meeting) with a licensed mental health provider or health coach!



## Togetherall

Togetherall is like Reddit for mental health! Students can anonymously post or comment on threads pertaining to mental health issues shared by peers.



togetherall

## Tao Connect

TAO

TAO Connect is an online platform (or app) that is like Netflix for mental health. It is a streaming platform of videos containing mental health advice.



## Trula Campus

Trula Campus is a resource to SUU students that can help you to create connections with a peer mentor (in-person and on-campus).

Trula  
CAMPUS



## Future Important Dates

**Friday, December 8th**-Last Day to Withdraw with 'W' From all courses

**Sunday, December 10th**-Instruction Ends Last day of regular class meetings

**Monday, December 11th**- Study Day For on-campus students

**Tuesday, December 12th - Friday, December 15th**-Final Exams

Final Exam Schedule

## UPCOMING CHANGES TO THE FAFSA

There are major changes and improvements coming to the 2024–25 Free Application for Federal Student Aid form.

The new form will be available in December 2023, not Oct. 1st.

The launch date will apply only to the 2024–25 FAFSA form.

The changes to the FAFSA form for the 2024–25 aid year include:

- expanded eligibility for federal student aid and
- a more streamlined application process.

### *Did you fill out your 23-24 FAFSA application?*

Our team is here to guide you every step of the way. Don't let financial barriers keep you from achieving your dreams. With FAFSA, you have access to grants, scholarships, and loans.

## NON-TRAD STUDENT HIGHLIGHT



### October Student Highlight

Our student highlight this month is:  
Isaac Wilson!

**Major:** Biology major, Geology, and Creative Writing minors.

**What Makes You a Non-Trad:**  
Being married to my incredible wife.

**About You:** I love the red-rock environment of Southern Utah. I'm planning on going into paleontology and writing novels, so having so many fossil-rich sites and beautiful natural landscapes right next to campus is perfect. I have a paleontology YouTube channel with nearly 5 million views and my favorite food is lasagna.

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### We'd Love to Highlight You!

We are highlighting non-traditional students in our newsletter! We love to see what our students are up to and would love to help you see some familiar faces on or off campus.



To be featured please fill out this form:

[Student Highlight](#)

Moms or future moms check these out!

**NUTRITION  
PRESENTATION**

**EVENT FOR ALL  
CURRENT &  
FUTURE MOMS!**

Come learn about preconception  
& prenatal nutrition from one of  
SUU's new Didactic Program  
students Linzy Flinders!

<b>NOVEMBER</b>	<b>SUU GENERAL CLASSROOM BUILDING</b>
<b>8</b>	
<b>5-6PM</b>	
	<b>Room GC 201</b>

**More Info :**  
linzy.flinders@gmail.com

The poster is a vertical rectangle with a dark brown background and a light beige border. It features several illustrations: a fork and knife at the top left, a pill bottle at the top right, a hand holding a heart at the bottom left, and a footprint at the bottom right. The text is in a mix of white and orange colors, with the main title in a large, bold, sans-serif font. The event details are presented in a white rounded rectangle with a vertical line separating the date and time from the location.



A promotional poster for 'Free Food Friday'. The central text 'Free Food Friday' is written in large, bold, red letters. Surrounding the text are various food icons: french fries in a red cup, a hamburger, two tacos, a hot dog, a slice of pizza, a red soda can with 'SODA' written on it, another slice of pizza, another red soda can, another slice of pizza, a sandwich with a red flag, another slice of pizza, another hamburger, another sandwich with a red flag, and another cup of french fries. The background is a light beige color with a subtle pattern of small, light-colored triangles.

**Free Food Friday**

COME HANG OUT IN  
THE NON-TRAD OFFICE  
AND ENJOY SOME FREE  
FOOD

**FRIDAY, NOVEMBER 17TH  
AT 11:45 AM**

**\* WHILE SUPPLIES LAST**

STOP BY OUR OFFICE ST  
172 IF YOU HAVE  
QUESTIONS

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### **Where to Find Community Events:**

To stay up-to-date on all of the happenings around Cedar City please visit:

[Community Events](#)

Here you will be able to find information on festivals, farmer's markets, family events, and more!

### **Where to Find Campus Events:**

To learn about what's going on on campus view the calendar here:

<https://www.suu.edu/events/>

Do you find this newsletter helpful?

Yes

Indifferent

No

**SUU** **Non-Traditional  
Student Services**

351 W. University Blvd. ST172  
Cedar City, UT 84720  
435-865-8760

Reach Out  
to Us!



#nontradstograde

SUU Non-Traditional Student Services | 351 W. University Blvd., ST172, Cedar City, UT 84720  
(435) 865-8760

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