



IMPORTANT DATES & EVENTS



February

- February 2 - SUU night at the Utah Jazz, 6-10:30pm
- February 3 - APEX, 11:30-12:30, Hunter Conference Center
- February 4 - Create Playdate, 10-11am, SUMA
- February 7 - Bread & Soup Nite, The Ballroom, 5-7pm
- February 8 - Toddler Tuesday, 11-1, STEM center
- February 9 - FASFA Night, The Nest
- February 10 - APEX, 11:30-12:30, Hunter Conference Center
- February 10 - Meet Your Clubs, 4-6pm, The Ballroom
- February 14 - Climbing Date Night, 5-7pm
- February 16 - Wonder Wednesdays, 4-6pm, SUMA
- February 17 - APEX, 11:30-12:30, Hunter Conference Center
- February 18 - Create Playdate, 10-11am, SUMA
- February 21 - NO CLASS - Presidents' Day
- February 23 - Career and Internship Fair, 10-2, The Ballroom
- February 23 - FASFA Night, The Nest
- February 24 - APEX, 11:30-12:30, Hunter Conference Center
- February 28 - NO CLASS - Spring Break

FEBRUARY COMMUNITY EVENTS

February 12th

Charity Dodgeball Throwdown

9:00 am – 3:30 pm at Canyon View High School (166 W 1925 N, Cedar City). Prepare for this epic battle of speed, coordination, loud jerseys, bold team names, and big tunes in 2022! Get your team together and register



today – space is LIMITED. Plan your strategies and come on down and play hard.



February 14th

Brian Head Ice- Valentines Day

From 3-9 PM at Brain Head Ice (249 S Village Way, Brian Head) For more information and to get your tickets visit their website. (Linked below).

[Brian Head Ice Website](#)



February 16th-19th

Annual Quilt Retreat

held at the Heritage Center · Festival Hall (105 N 100 E, Cedar City, UT 84720). The event features classes & open sew, vendors mall, trunk shows, covered parking, catered lunches, all-day Hen Party, door prizes, & gifts galore! Bernina Sewing Machine raffle, opportunity quilt raffle, and featuring Melissa Corry (happyquiltingmelissa.com). Online registration is available by visiting cedarchestquiltersguild.org. For information call or text Barbara (602) 399-3443



Every Saturday

Festival City Farmer's Market

from 10AM to 1PM in the parking lot at 45 West Center Street. Many local vendors with everything from fresh produce, local honey, jewelry, artisan creations, baked goods, coffee, live music, and much more!

Every Saturday and Sunday

Guided Snowshoe Walk

held every Saturday and Sunday at 10:00 am and 1:00 pm beginning at the junction of Hwy 143 and Hwy 148



(weather permitting). National monument entrance fee applies (\$10 per person). Now accepting reservations for ranger-led snowshoe hikes. Reservations are required so sign up before you lose your chance at lifelong memories and a one-of-a-kind adventure for the whole family!

For information call (435) 986-7120.

RESOURCE HIGHLIGHT

Financial Aid Office



The financial aid office is a great place to go if you need help with finances, tuition, or scholarships. They have counselors that can help you through the process of applying for scholarships and federal aid. If you have questions or concerns you can go to their office (ST 167) from 8-5, or call them at 435-586-7700.

Struggling With Mental Health?

Check out CAPS Mental Health Self Help Tool-Kit!

- Follow the link below to the counseling services page with hundreds of resources to help you have a successful semester. These customized tools can help you learn and practice habits of mental wellness.

[CAPS Tool-Kit Website](#)



Mental Health Tool Kit

Mental Health Tool Kit

There are many ways to strengthen your emotional health without ever setting foot in our office. We've gathered a set of customized tools and links to support you in learning and practicing habits of mental wellness.

| | | |
|-----------------|--------------------|------------------|
| Academics | Anxiety | Depression |
| Eating | Gaming | Grief |
| Lending Library | Mindfulness | Online Self-Help |
| Other | Pornography | Relationships |
| Self Esteem | Self-Care/Wellness | Sexuality |
| Sleep | Social Skills | Stress |
| Substances | Suicide | Trauma |

UPCOMING NON-TRAD EVENTS

We have several events specifically for YOU as a Non-Traditional Student!

- February 4th- SPB Valentines Family Event
- February 10th- Life Lessons and Lunch
- February 18th- Free Food Friday
- February 24th- Life Lessons and Lunch
- March 8th- STIL Family Game Night
- April 8th- Non-Trad Spring Event

[Click here to view our calendar](#)



VITA

Volunteer Income Tax Assistance

- February 1st- April 7th, MWF, 5:30-8pm, BUS 118.
- Walk-in appointments only.
- Free tax help for those who make \$57,000 or less.

In order to prepare, have the following items:

- Proof of identification (photo ID)
- Original copy of social security cards for you, your spouse, and dependents
- An Individual Taxpayer Identification Number (ITIN) may be substituted for you, your spouse and your dependents if you do not have a Social Security number
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Proof of bank account routing and account numbers if desiring direct deposit (such as a blank check)
- Total amount spent on tuition and books during the tax year, if applicable

- Interest and dividend statements from banks (Forms 1099), if applicable
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number, if applicable
- Copies of income transcripts from IRS and state, if applicable

SUU Non-Traditional Student Services

351 W. University Blvd.
Cedar City, UT 84720
435-586-7700

Reach Out
To Us



#nontradstograde