

## Non-Traditional Student Services Mid-December Newsletter



### Happy Holidays, Non-Trads!

As we approach the winter break, we want to take a moment to acknowledge the unique challenges and triumphs that come with being a non-traditional student.

Whether you're balancing family, work, or life's other responsibilities alongside your studies, this season is a chance to pause, recharge, and reflect on all you've accomplished.

This winter break, let's focus on finding joy in the little things—whether it's spending quality time with loved ones, catching up on rest, or taking a step back to refocus on your goals.

We've gathered some resources, tips, and ideas to help you make the most of this break, both personally and academically.

Take care of yourself this season. You've earned it!

*\*At the end of this newsletter is another short poll about us! Please take the time to answer ONE question to help us out!*

## NON-TRAD STUDENT HIGHLIGHT



**Major:** Political Science - Pre Law

**What makes you a Non-Traditional Student?**

40 years young, 6 children ages (22, 17, 13, 13, 11, & 8)

**Some things about me:**

I chose SUU to be near family, but I was not expecting my family to grow so big by attending. The amount of good characters finding ways to make it work for me as a non-traditional student has been one of the biggest blessings of my life!

## 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](#)





Navigating the semester doesn't have to be a solo journey. SUU offers a wide range of resources designed to support you—academically, personally, and professionally. From tutoring and counseling to childcare support, career services, and food assistance, there's help available when you need it.

Not sure where to start? The Non-Traditional Student Office can point you in the right direction and connect you with the tools that fit your situation best.

### Student Services

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## IMPORTANT DATES

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## Winter Events

Check out some of the incredible events SUU will host this Winter and into the holiday season! Prepare for next semester! Fun times await as you make friends and build your campus community:

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### Important Academic Dates

**12/12 - 1/6 Winter Break**

**1/7/26 First Day Spring Semester**

**1/7/26 Spring Semester Tuition Due**

### **Are you ready for the 2026 Spring Semester?**

Click the link or contact the Nontrad Office for assistance and information!

[Register for Classes](#)



[Meet with your Academic Advisor](#)

[Buy Textbooks and School Supplies](#)

[Apply for FAFSA](#)

[Apply for Scholarships, Meet with Financial Aid](#)

**February 12:** SUU Night at the Utah Jazz. Watch next month's edition of News from the Nest for ticket information.

**Various Dates:** [View SUU Athletics schedule.](#)

**Various Dates:** [View SUU Performing Arts schedule.](#)

**Various Dates:** [Career Center events.](#)



## SUMA - Merry Christmas, Charlie Brown!

November 17, 2025 - January 3, 2026

FREE for EVERYONE

10:00 AM - 6:00 PM, Monday - Saturday

Merry Christmas, Charlie Brown: The First Animated Special Exhibition held from 10:00 am to 6:00 pm in the Grace Adams Tanner Gallery, Southern Utah Museum of Art (13 S 300 W, Cedar City).

Curated by the Charles M. Schulz Museum and Research Center in Santa Rosa, California, this exhibition showcases reproductions of original Peanuts Christmas-time comic strips. It reveals the history behind the beloved holiday special. Stop by SUMA to pick up your tickets and explore all the exhibitions on display!

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### **Mental Health & Timely Care**

SUU students are allotted 9 free therapy sessions per school year through Timely Care. This is a fantastic resource and I highly recommend it. Students can schedule an appointment with a therapist for any mental or emotional concern, even if it's "just" that they're stressed out or struggling with adjustment. [Timely Care](#)



### **[IT Help Desk](#)**

IT Help Desk offers support for technological struggles. If you need help with your Portal, Wifi, or other



### **[Trula](#)**

Silent sessions are offered through Trula. These are a great opportunity to focus on homework or studying without any distractions. Take



### **[Career Center](#)**

Need help finding resources for current or postgraduation job searches? Stop by the Career Center for help on

technological things, submit a help request or visit them in their office during office hours.

one hour a week to get a few extra things done!

resumes, cover letters, career decisions, internships, and more!



## **Student Health Clinic**

The clinic offers free services for students with non-emergency health issues.

Four Points Health is a great option when a student has a health issue that is beyond the basics. Four Points Health accepts insurance and offers a sliding scale for students without health insurance.

### **Student Health Care** **Student Clinic Services**

# Social Skills Group for Children

- Psychological Assessment Clinic (all ages)
- Disruptive Child Behavior Clinic (children 2-12)
- OCD & Phobias Clinic (all ages)
- Worry and Mood Concerns Clinic (teens and adults)
- Group Therapy (social skills, DBT skills, general process, etc)

**THURSDAYS 4-5:30pm**  
**\$5 per session**



*Sign up in advance!*  
**Scan the QR for more**

Do you have, or do you know of, a child who could benefit from developing social skills, gaining coping abilities, or spending time with behavioral professionals? The Community Counseling and Assessment Clinic offers its services to the SUU community.

Every Thursday

\$5 per session



# couples night ♥ at the Institute

EVERY TUESDAY NIGHT @7:30  
650 W CENTER STREET

FOR ALL COUPLES DATING,  
ENGAGED, OR MARRIED.

COME, HAVE A DATE NIGHT WITH  
YOUR SIGNIFICANT OTHER, MEET  
NEW PEOPLE, BE SPIRITUALLY FED  
AND HAVE FUN!

\*KIDS ARE WELCOME!\*



**CCAMPIS**

**SPRING SEMESTER  
APPLICATIONS  
NOW OPEN!**

CCAMPIS which stands for Child Care Access Means Parents In School. Is a grant 100% funded by the Department of Education that can subsidize the cost of child care up to 90%.

**ARE YOU ELIGIBLE?**

- Current tuition-paying student enrolled at SUU or Southwest Tech
- Must have applied or be in the process of applying for state-subsidized childcare.
- Must be Pell Grant Eligible, unless you are a:
  - Low-income graduate student
  - Low-income foreign student
- Must have a cumulative GPA of 2.3

CCAMPIS Coordinator:  
Adriana Carranza  
adrianacarranza@suu.edu  
435-865-8369



For other requirements  
and to apply

[Read More Here](#)

## Other Announcements

### **Where the Magic Begins: Downtown & Beverley Center Lighting**

Join us for the Annual Downtown Cedar City and Beverley Center Lighting Ceremony! Kick off the holiday season in style with an evening full of festive fun. Enjoy horse-drawn carriage rides around The Beverley Center, holiday characters and entertainers, Jubilee Christmas Tree displays, family-friendly activities, live performances, a visit from Santa Claus, fireworks, and much more! Bring your family and friends and celebrate the magic of the season in the heart of our community. Learn more about Where the Magic Begins!

### **Random Acts of T-Birds**

Pay It Forward this holiday season with the National Alumni Council. All it takes is providing service and random acts of kindness for people in your community. We encourage you to invite your T-Bird friends to join in, and let's make an impact! Share your random acts on social media using #SUUAlumni, #SUUServe and #SUUTraditions.

Join Random Acts of T-Birds!

### **Winter Weather Notifications**

Winter is coming, and SUU has implemented new severe weather notifications for the season. This will guide decisions regarding campus responses to winter storms and leads to more consistent notifications and updates. Opt in for notifications and keep an eye on your text messages, emails, and University social media channels for important details about weather-related campus closures or schedule adjustments throughout the season.

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## **We'd Love to Highlight You!**

We are highlighting undergraduate 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.

If you would like to highlight your SUU undergraduate experience:

[Student Highlight](#)



### **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 more about what's going on on campus, view the calendar here:

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

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## **YOUR FEEDBACK HELPS!**

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**Please answer the following questions to help us better plan Non-Trad events!**

Why didn't you attend our Fall-Into-Fun event?

Didn't hear about it in time

Conflicts with work or other commitments

Didn't know I could bring my kids

Don't like socializing with a bunch of strangers

Other

Are you open to attending our Spring Social event?

Yes, I'm excited for it!

No, I don't enjoy going to that type of event

Maybe, I will decide once it gets closer

Other

How did you like this email?



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

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

Reach Out  
to Us!



**#nontradstograds**

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