

Non-Traditional Student Services  
Mid February Newsletter



## Good Luck with Midterms, Non-Trads!

Midterms are close, and for many nontraditional students, this part of the semester can feel especially busy. Between exams, projects, and deadlines, you may also be juggling work, family, and other responsibilities that don't pause just because it's midterm season. If things feel packed right now, that's completely normal.

This point in the semester is often a check-in moment: what's working, what's not, and where you might need a little extra support. Midterms don't define your ability or your future—they're just one snapshot of your progress.

Whether you're feeling confident, overwhelmed, or somewhere in between, there are resources, strategies, and people on campus who can help you get through the next few weeks.

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

## **Is Everything Running Smoothly so Far this Semester?**

Click the link or contact the Nontraditional 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](#)

## **IMPORTANT DATES**



### **Upcoming Academic Dates:**

**February 5 - February 18:** Summer 2026 Course Registration.

**Wednesday-Thursday, February 25-26:** Senior Cap & Gown Pick-Up.  
Grad Fair in the Hunter Alumni Center. 9:00 am - 4:00 pm to get your

cap, gown, hood, and anything else you may need.

**March 9 - March 13:** Spring Break, No classes, campus *open*.

**March 14 & 15:** Spring Break, campus *closed*.

**April 20 - April 23:** Finals Week

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### **Other Community Events:**

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

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

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

### **Graduation Announcements**

#### **February Grad Fairs (Recommended)**

Feb 25: 9 AM - 4 PM

Feb 26: 9 AM - 4 PM

#### **April Grad Fairs**

April 23: 8 AM - 6 PM

April 24: 7 AM - 4 PM

Location: SUU Hunter Alumni Center

#### **What Students Will Receive/Can Do:**

Pick up cap, gown, & tassel (FREE)

Explore special stoles (Legacy, Gratitude, Tradition Keeper)

Donate to their Senior Class Gift for Giving Cords

Collect honor medals (if applicable)

Receive an Alumni Relations gift

Enjoy a complimentary treat

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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



### IT Help Desk

IT Help Desk offers support for technological struggles. If you need help with your Portal, Wifi, or other technological things, submit a help request or visit them in their office during office hours.



### Trula

Silent sessions are offered through Trula. These are a great opportunity to focus on homework or studying without any distractions. Take one hour a week to get a few extra things done!



### Career Center

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

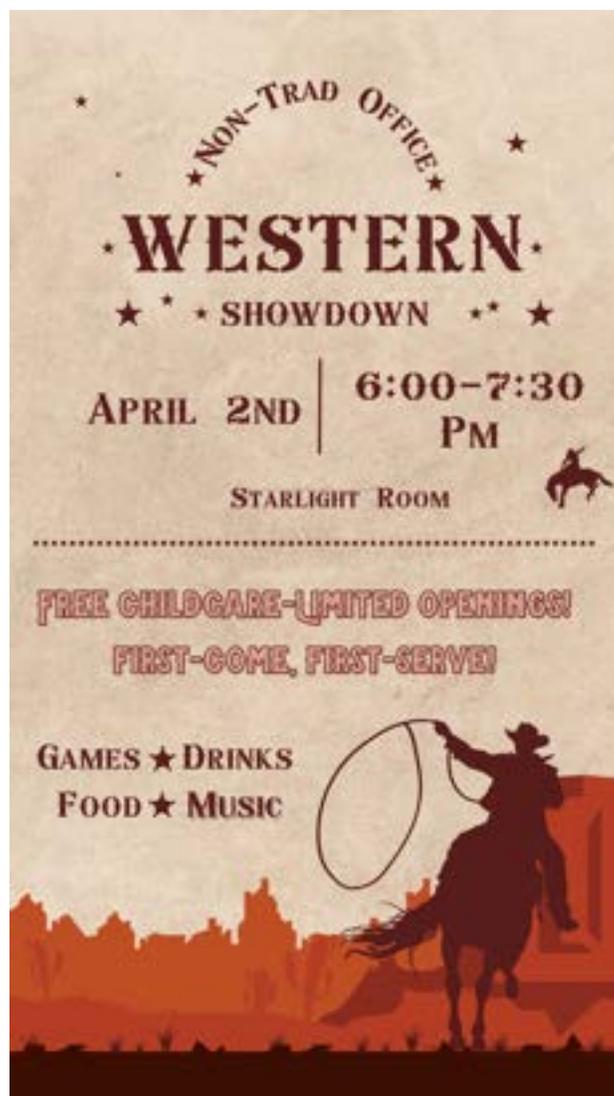
**Student Health Care**  
**Student Clinic Services**



**HOPE Pantry | Helping Our Students Eat**

The Southern Utah University HOPE Pantry provides essential food and toiletry items to SUU students, as well as educational opportunities to develop food budgeting, meal planning, and cooking skills. The Pantry also works to raise awareness of food insecurity and food waste, and encourages student engagement in learning and service opportunities to address these issues on our campus and in our community.

**SUU Community Engagement Center**  
**Sharwan Smith Student Center, room 120**  
**9 am-5 pm, Monday-Friday (September-April)**  
**10 am - Noon, Monday-Friday; or by appointment,**  
**email [braninp@suu.edu](mailto:braninp@suu.edu) (May-August)**



Call or come into the Nontrad Office to sign up for childcare!  
There are limited spots for each age group, and sign-ups must be completed before the event. Also note that the childcare center will NOT be providing a meal.



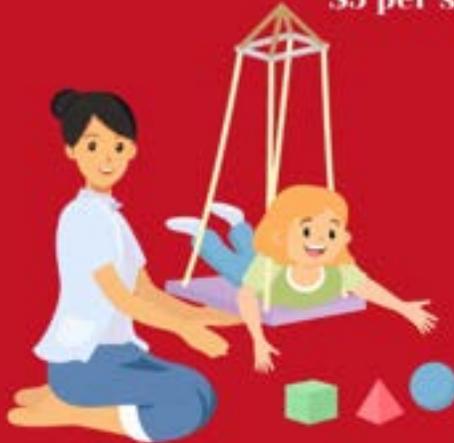
## Mental Health & Timely Care

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](#)

# 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

## Other Announcements



### Winter Weather Notifications

As winter weather comes and goes, SUU has implemented new severe weather notifications for the season. This will guide decisions regarding campus responses to winter storms and lead 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.

[Click here for instructions to receive text notifications.](#)

## Non-Trad Student Highlight



**Major:** Family Life and Human Development

**Minor:** Family Services

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

My beautiful baby girl

**Some things about me:**

I began my journey at Southern Utah University in 2023 as an Elementary Education major. My goal has always been to work with and support children as they learn how to be themselves in this crazy world. In 2025, after welcoming my baby girl, my goals and perspective changed a bit. Becoming a mother made me more passionate about wanting the young minds in our world to be successful. I wanted to understand family dynamics and child development as well as I could, leading me to change my major to Family Life and Human Development. This shift

### 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](#)

reflects both my personal experiences and my passion for supporting children and families in meaningful ways.



# 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!\*

**LEAP**  
LOCAL - EVENTS - ACTIVITIES  
PROGRAMMING

Follow us on Instagram  
[@suuoutdoors](#) for LEAP times  
and locations or visit Basecamp

Monday-Friday  
Afternoons and  
evenings

Events include:  
Mountain Biking,  
Hiking, Lawn games,  
Yoga, Climbing,  
Rappelling, and more!

Meet  
new  
people!

FREE + No Sign-ups!!  
On Campus and/or within 45 mins  
of Campus

SUU  Outdoors

Open to students, staff & faculty, and the public.

# Give Your Child a Strong Start in School

*Research shows Waterford Upstart works, and kids love it!*

Waterford Upstart is an on-demand early learning program that gives you tools, coaching, and resources so you can prepare your child for a bright future.



## What Do You Get?

- Tailored software with **fun and engaging lessons** in reading, math, and science that are done in **just fifteen minutes a day**
- Personalized family coaching and **easy-to-use resources** that support the work you're already doing with your child
- **A computer and internet access** for those who qualify

## Why Should You Sign Up?

- To **prepare your child for kindergarten**
- Your child can **learn anytime, anywhere**
- To **join your child** in their learning journey

## No Cost for Families!

The program is provided by funding from the State of Utah and the Utah Legislature.



## Get started now! See if you qualify

Scan this QR Code  
Or visit [waterford.org/upstart](https://waterford.org/upstart)  
888-982-9898



### 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/>

**YOUR FEEDBACK HELPS!**

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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