

Non-Traditional Student Services
MID-JANUARY NEWSLETTER



Congratulations Non-Trads! You did it!

The finals are done, and the Fall semester has officially wrapped up. As the season of joy and cheer arrives, our doors are always open, ready to support you every step of the way. Whether you need advice, a little help, or just a friendly ear, we're here for you!

Drop by or reach out, and let's celebrate the year with some holiday cheer!

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

IMPORTANT DATES



Sunday, December 15th

Graduation Application Due for Summer 2025.

Monday, December 16th

Spring 2025 Open Registration Begins (8 AM).

Wednesday, December 18th

Final Grades Due.

Tuesday-Friday, December 24th-27th

Winter break.

No classes. **Campus Closed.**

Tuesday - Wednesday, December 31st- January 1st

New Years break.

No classes. **Campus Closed.**

RESOURCES FOR YOU

We're here to help you have a successful semester!

SUU Financial Wellness



- Take control of your finances with [SUU's Financial Wellness Program!](#) Get expert advice on budgeting, saving, and managing student loans—plus, access to workshops and one-on-one counseling.
- The [SUU Health and Wellness Center](#) is here to support your physical and mental well-being. Whether you're looking for fitness resources or counseling services, we've got you covered. Take care of yourself while balancing college life.

SUU SILVER LININGS

Silver Linings

Recovery and Safe Space

Join Our Campus Support Peer Group

Are you navigating challenges related to addiction, know someone who is, or are you interested in pursuing a career in the field of addiction?

You are not alone.

Our campus support peer group provides a confidential and supportive environment for individuals to share experiences, access valuable resources, and connect with others who understand.

Meetings are held on the 3rd Thursday of every month in GC303.

We welcome anyone seeking support or wishing to deepen their understanding of addiction and recovery.

Together, we can foster healing and growth.

For more information contact:

President: Jami Logan-Yetter
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Co-President: Mason Lyman
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Vice President: Keelie Stewart
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Treasurer: Will West
williamdwest17@gmail.com

NON-TRAD STUDENT HIGHLIGHT

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

We are highlighting non-traditional



**Our student highlight this month :
Ashley Fekay**

Major: Strategic Communications

What Makes You a Non-Trad: My years of wisdom and break in educational journey.

About You: I grew up in CA, and spent the past few years traveling across the U.S. with my horses and dogs before landing in Utah. I wasn't planning on staying here but I ended up meeting the love of my life. Now, I enjoy life with my family and horseback riding in the beautiful mountains of Bryce Canyon and Zion. Going back to school once felt out of reach, but with the support of my loved ones, the staff at SUU and the guidance of Non-Traditional Student Services, I'm achieving more than I ever imagined. I have found my dream career path, received academic honors and have discovered a love for working alongside SUU staff and students to make a difference in the student journey. I'm proud to be a T-Bird!

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](#)



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**

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Reach Out
to Us!



#nontradstograde

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