

Non-Traditional Student Services
Mid-January Newsletter



Way to Start-Off Strong, Non-Trads!

As we move a few weeks into the winter semester, we want to pause and check in with you. By now, classes are in full swing, routines are taking shape, and the reality of balancing school with work, family, and other commitments is very real. For nontraditional students, this part of the semester often requires the most adjustment—and the most perseverance.

If you're finding your rhythm, we hope you're taking a moment to recognize that progress. If things still feel a bit hectic, know that you're not alone. This season is about steady steps forward, and we're here to support you with resources, encouragement, and community as you continue working toward your goals.

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

Please answer the following question to help us better plan our Non-Trad Spring event!

Which of the following days / times would work best for you to attend?

Thursday Evening

Friday Evening

Monday or Tuesday Evening

I am only free on Weekends

Other

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](#)

IMPORTANT DATES



Upcoming Academic Dates:

Monday, January 19: Martin Luther King Day. No classes, campus closed.

Thursday, January 22: Automatic Drop from classes by Commenced Attendance.

Wednesday, January 28: Last day to drop courses without a W.

Thursday, February 5: Start Senior Registration for Summer 2026 Semester.

Other Community Events:

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.](#)



Congratulations to all of our Fall 2025 Non-Traditional Graduates! We are so proud of you and the hard work you have put in.

And good luck to all of the Spring 2026 Graduates! You're so close, don't let senioritis drag you down. Stay focused, and know that the Nontraditional Student Office is here for you in the final countdown.

CAMPUS to CAREER

PREPARE FOR TAKEOFF

ITINERARY & RSVP

DATE: **JAN. 29** TIME: **2 - 4 PM**

LOCATION: **STUDENT CENTER, CONVENTION CENTER**

FREE HEADSHOTS + LIGHT BITES
FIRST CLASS ADVICE + and MORE!

SUU Alumni **SUU Career Center**



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 (May-August)**



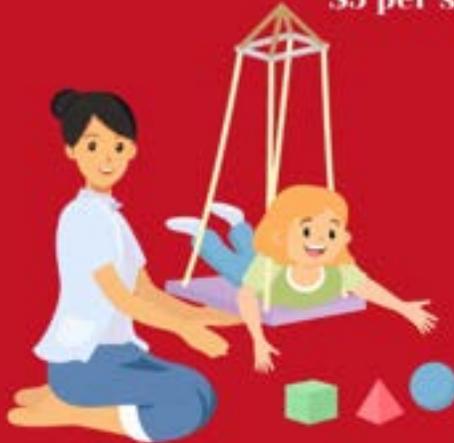
Mental Health & Timely Care

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

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!

 Waterford | **UPSTART**

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.



Now
Enrolling

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
888-982-9898



Other Announcements

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.

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

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/>

YOUR FEEDBACK HELPS!

How did you like this email?



SUU Non-Traditional
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Reach Out
to Us!



#nontradstograds

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