

## Non-Traditional Student Services Mid November Newsletter



### **Hang in There, Non-Trads - You've Got This!**

It is the middle of November, and the semester is in full swing. Deadlines are piling up, schedules are packed, and life probably feels like it is moving at double speed. Between classes, work, and family responsibilities, this time of year can feel especially hectic.

The good news is that Thanksgiving break is just around the corner. A chance to rest, enjoy good food, and spend time with loved ones is on the way. You have been putting in the effort, showing up, and making steady progress, and that deserves real recognition.

Take a deep breath, keep going, and remember that we are cheering you on as you head into the final stretch of the semester. You have got this, and the finish line is closer than it seems.

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

## NON-TRAD STUDENT HIGHLIGHT



**Major:** MBA - Business Analytics

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

My name is Claudia Cardenas and a first-generation Guatemalan American working towards my MBA in Business Analytics at SUU. Along with being a wife and

## 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](#)



mother of two adorable little kids, I am also a full time Accountant at Warner Bros Studios based in Burbank, California. Currently I am celebrating 10 years working as an accountant in the Entertainment industry working for companies such as Technicolor, HULU, and WB.

**Some things about me:**

Since Spanish was my first language, I spent a few years of elementary school in ESL programs (English as a 2nd Language). I was the first person in my family to graduate from college in the United States. I went to community college, worked full time jobs (such as a barista), and transferred to California State University Los Angeles where I obtained my BS in Business Admin - Accounting. I have had a fulfilling career as an accountant and I love to advocate for higher education, primarily amongst underserved communities. I often mentor and spend my time involved in volunteer activities within my community, aiming to connect, support, and help uplift Latino/Hispanic voices. This past year I helped restore a small elementary school garden, restored an elementary school's library, advocated for Little Free Libraries in my community, filled backpacks for children misplaced by the Altadena Fires, and helped advocate for food insecurity by collecting and distributing vegetable seeds for local small community gardens. Small contributions that I hope will not only create a big impact but also show my own children how they can champion to their highest potential.





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!



## **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](#)



## **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**



## **Graduation Application Deadlines:**

**For students completing in Spring semester: December 1, 2025**

**Click for info: [Graduation Application Info](#)**



# IMPORTANT DATES

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## Fall Events

Check out some of the incredible events SUU will be hosting this Fall and heading into the holiday season! Fun times await as you make friends and build your campus community:

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**November 29:** Where the Magic Begins -- Downtown Cedar City and The Beverley Center Lightning Ceremony. Kick-off the holidays in style. [Learn more](#).

**December 7-12:** Holiday Assistance provides Christmas gifts for children in the Iron County area and assistance to their families. [Find out how you can Pay it Forward with Holiday Assistance](#).

**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](#).

# 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

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## Calendar Corner : November

### Important Dates

11/24 - 11/26 Thanksgiving Break (Campus Open, no classes)  
11/27 - 11/28 Thanksgiving Break (Campus Closed, no classes)  
12/8 - 12/11 Final Exams  
12/12 - 1/7 Winter Break  
1/7/26 First Day Spring Semester

[Final Exam Schedule](#)





# QPR SUICIDE PREVENTION TRAINING

**NOVEMBER**

**2025**

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year, thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

Join us for this important training and a tasty treat in the Student Center!

**QPR AND QUESO**

**NOV  
4**

**QPR AND COOKIES**

**DEC  
2**



**RSVP HERE**



**SUU HEALTH AND WELLNESS**



**ESCALANTE ROOM ( 144 E )**

# 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](#)

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**Other Annoucements**

### **Angel Tree Set-up**

Sign up to help distribute and set up Angel Trees throughout Cedar City, Monday, November 3, 3-6 pm. These trees help to serve over 500 families every year during the holiday season. Meet at the SUU Community Engagement Center located in the Student Center (ST 120).

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### **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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How did you like this email?





# SUU Non-Traditional Student Services

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435-865-8760

Reach Out  
to Us!



#nontradstograde

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