

Non-Traditional Student Services
Mid - October NEWSLETTER



Watch the leaves fall, Non-Trads!

The temperature is dropping, and the colors of fall start to take over campus. We're checking in with you. How's the semester treating you so far? We know this time of year can feel like a balancing act, and it's easy to get swept up in everything that's happening.

With midterms coming up and the second half of the semester ahead, it's a good time to pause and take stock. Whether you're in a groove or feeling a bit overwhelmed, we

want you to know that you're not alone.

The Non-Traditional Student Office is here to help you manage it all, balancing classes, work, family, and everything else that comes with the fall semester. Whether it's juggling schedules, late-night assignments, or simply finding a moment for yourself, we see your hard work, and we're here for you every step of the way.

You've made it this far, and we're with you as you finish out the semester strong.

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



Every semester is full of possibilities, and we can't wait to see how you'll make your SUU experience your own—in class, at events, and everywhere in between.

College is full of moments that push you out of your comfort zone. Our advice? Take the leap!

Dive into new experiences, talk to someone new, raise your hand in class, join a club, or try an event you've never attended. Every step you take helps you soar as a Thunderbird.

Here are a few ways to get started:

- Watch the [SOARING OVER SUU VIDEO](#) for a dose of inspiration and campus eye candy—then share it with everyone you know!
- Explore the [SUU APP](#)—your hub for events, updates, and all things campus.
- Join the [TRADITION KEEPER CHALLENGE](#)—track your adventures, collect points, and earn fun prizes.

- Check in with [THOR THE CHATBOT](#) for 24/7 campus support and a chance to win an Amazon gift card.
- Explore the [CAMPUS RESOURCES & SERVICES](#) here to help you succeed.

NON-TRAD STUDENT HIGHLIGHT

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](#)



Our student highlight this month:
Bri Bedingfield

Major: Illustration

What makes you a Non-Traditional Student? : I am 29 and started school again after 10 years. I decided a few years ago to come back to school, having found a love for Illustration and Animation. I hope to use them in the future and work for an animation company. Whether it's in kids' shows or any other type of film, I want to help create worlds and bring back a traditional style of visual storytelling to family entertainment.

About Bri: I love playing piano and reading to relax, and am simply enjoying being in school again before locking down into the career I want. Whether it's art or music, I'm always doing something.



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.

You've got a lot on your plate, don't hesitate to take advantage of what's here for you

Student Services



Tutoring Center



Career Center

Offers services to help current SUU students and SUU



Writing Center

Includes three branches: the Undergraduate Writing

Tutoring is available for drop-in, in-person, online, individual, in pairs, or in a group. Tutors also facilitate Study Squads (homework/study groups) and offer academic coaching.

alumni improve their job search skills, find employment opportunities, build a better resume, cover letter, mock interviews, access to Handshake.

Center, the Graduate Writing Center, and the Writing Fellows program. Offers Workshops for organization, citations, and sentence structure.



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

Registration Dates for Spring Semester!

Graduate Students: Monday, October 27, 2025 at 8:00am

Seniors: Tuesday, October 28, 2025 at 8:00am

Juniors: Thursday, October 30, 2025 at 8:00am

Sophomores: Monday, November 3, 2025 at 8:00am

Advanced Freshmen: Wednesday, November 5, 2025 at 8:00am

New Freshmen: Will be contacted by their Student Success Advisor to make a registration appointment after paying their Enrollment Deposit and submitting their T-Bird Takeoff Questionnaire.

Open Registration: Monday, December 15, 2025 at 8:00am

FAQ: **Registration Help**



Graduation Application Deadlines:

For students completing in Fall semester: October 15, 2025

For students completing in Spring semester: December 1, 2025

Click for info: **Graduation Application Info**

IMPORTANT DATES



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:



Therapy Dog Tuesdays

Gerald R. Sherratt Library (LIB), Lobby

Are you ready for some snuggles or a slobbery wet kiss from the Therapy Dogs? The Sherratt Library is happy to announce the return of Therapy Dog Tuesdays for the upcoming school year.

3:00-4:00pm

&

4:30-5:30pm



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

Calendar Corner : October

Study Abroad Fair: Wed, Oct 15, 10 am to 1 pm In the Ballroom

Aviation Fall 2025 Career Fair Thu, Oct 16 10am to 3pm

Spook Alley: Thalassophobia: Friday, October 17 7pm to 11pm. An eerie underwater haunted house through the underground tunnels of the Auditorium and Adams Theatres! The cost is \$5 per person.

The Scream 10/25: Halloween Celebration for students. 9 pm - 1 am.

Day of the Dead Festival of Altars: Celebrate at SUMA: Oct. 18 - Nov 1.
Click for more info:

Day of the Dead Festival of Altars

Career Fair Prep Night Tuesday, October 28, 2025 4pm to 6:30pm. Hear from a panel of experienced employers, networking and enjoying some light refreshments. Starlight room in the Student Center.

Important Dates

10/13 & 10/14 Fall Break (Campus Open) No classes.

10/29 - Last Day to withdraw with a w from individual course(s).

11/24 - 11/26 Thanksgiving Break (Campus Open, no classes)

11/27 - 11/28 Thanksgiving Break (Campus Closed, no classes)

12/12 - 1/7 Winter Break

1/7/26 First Day Spring Semester



Join us for Fall Into Fun, a cozy, family-friendly event created especially for non-traditional students and their loved ones! Come enjoy an afternoon of pumpkin painting, autumn crafts, and delicious fall-themed treats. It's the perfect way to relax, connect, and celebrate the season together. All ages welcome - bring your family and fall into the fun!



SUU University Housing

HALLOWEEN

For Kids

31 OCTOBER | 4PM-6PM

University Housing - Eccles A
250 South 500 West, Cedar City, UT

FREE event Intended for children <10 years
(Must be chaperoned by an adult at all times)

Bring your own goodie bag



Face-painting | Walk the Pirate Plank |
Wild West obstacle course | Bluey Character crafts
| Fish for Prizes and Treats |
Adventure room guarded by dragons, tunnels & small
bounce castle (150-lbs max. capacity) |
Live Reptile/Critters Room (SUU animal ambassadors)
& Mad Scientist Laboratory

Questions? Ryder Vance larryvance@suu.edu



Root for Kids



Play. Learn. Grow.

Parents as Teachers supports families with children from birth to age five. Through partnerships, facilitation, and reflection, we empower parents and caregivers to nurture optimal early development, learning, and health. As a proud Blue Ribbon Affiliate, we offer scholarships to ensure that every family can benefit from our program.



**PERSONAL
HOME VISITS**



**GROUP
CONNECTIONS**



**FINANCIAL
LITERACY**



**HEALTH AND
DEVELOPMENTAL
SCREENINGS**



**COMMUNITY
CONNECTIONS
AND RESOURCES**



**GOAL SETTING
AND SCHOOL
READINESS**

The Parents as Teachers program is FREE and open to pregnant women and families of small children that may have situations such as becoming first time parents, low income, teen pregnancy, domestic abuse, child(ren) with disabilities, experiencing homelessness, and more.

Please reach out today to see if this program could benefit YOU and your family!



Scan here to learn more or to apply!
Serving Washington and Iron Counties
and surrounding areas.



DEPARTMENT OF
**WORKFORCE
SERVICES**



parents & teachers

APPLY TODAY!

435-873-5353

ROOTFORKIDS.ORG

@ROOTFORKIDS

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[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:

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!



#nontradstograde

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