

Non-Traditional Student Services NOVEMBER NEWSLETTER



Gratitude is like a magical key to happiness. It's the art of appreciating the good things in life, both big and small. When you practice gratitude, you create a warm and positive energy around you that can make your day brighter and lift the spirits of those you share it with. So, take a moment each day to be thankful, whether for a beautiful sunset, a kind friend, or a delicious meal.

November 20th-November 24th- Thanksgiving Break (No Classes) (Campus open: 11/20-11/22)

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



Campus Events

November 2023

- Saturday, November 2nd- LIFE LESSONS & LUNCH 12:00 pm @Non-Trad Office
- Wednesday, November 4th- LINCOLN TAILGATE 11:00 am FOOTBALL GAME
 1:00 pm @Eccles Coliseum
- Wednesday, November 8th-Nutrition Presentation for moms and future moms 5-6 pm GC 201
- Friday, November 3, 10, 17, 24- WEAR RED ON FRIDAY!
- Friday, November 10th- VETERANS DAY PROGRAM 11:00 am @Ballroom
- Tuesday, November 14th- Stella Oaks Single Mom Scholarship Due
- Friday, November 15th- QPR and Queso 11:00 @Health & Wellness Center
- November 20 24- THANKSGIVING BREAK (Campus open 11/20-11/22)



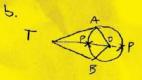


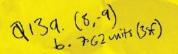
Meet with your advisor! Stay on track to graduate!

Spring Registration opens at 8am on your assigned day

Seniors

(90 credits or more)
Tues. October 31st





Juniors

(60-89 credits)

Thurs. November 2nd

Sophomores

(30-59 credits)

Mon. November 6th





Freshmen

(29 credits or less)

Wed. November 8th



To schedule your appointment, go to www.suu.edu/advising





Mental Health Prevention Reminder

Preventing challenges and overcoming obstacles is an essential aspect of personal and professional growth. Here are some resources you can use to proactively prevent and manage challenges.

Mental Health Resources



Future Important Dates

Friday, December 8th-Last Day to Withdraw with 'W' From all courses

Sunday, December 10th-Instruction Ends Last day of regular class meetings

Monday, December 11th- Study Day For on-campus students

Tuesday, December 12th - Friday, December 15th-Final Exams

Final Exam Schedule

UPCOMING CHANGES TO THE FAFSA

There are major changes and improvements coming to the 2024–25 Free Application for Federal Student Aid form.

The new form will be available in December 2023, not Oct. 1st.

The launch date will apply only to the 2024–25 FAFSA form.

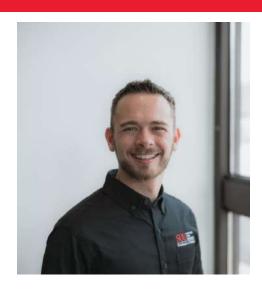
The changes to the FAFSA form for the 2024–25 aid year include:

- expanded eligibility for federal student aid and
- a more streamlined application process.

Did you fill out your 23-24 FAFSA application?

Our team is here to guide you every step of the way. Don't let financial barriers keep you from achieving your dreams. With FAFSA, you have access to grants, scholarships, and loans.

NON-TRAD STUDENT HIGHLIGHT



October Student Highlight

Our student highlight this month is: Isaac Wilson!

Major: Biology major, Geology, and Creative Writing minors.

What Makes You a Non-Trad: Being married to my incredible wife.

About You: I love the red-rock environment of Southern Utah. I'm planning on going into paleontology and writing novels, so having so many fossil-rich sites and beautiful natural landscapes right next to campus is perfect. I have a paleontology YouTube channel with nearly 5 million views and my favorite food is lasagna.

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

Moms or future moms check these out!





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



Reach Out to Us!





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#nontradstograds

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