



ACADEMIC TOOLS

Need help with time management?
Use the 4 quadrants of the Eisenhower Matrix!



SCHOLARSHIP SPOTLIGHT

VFW
VETERANS OF FOREIGN WARS

SportClips
HAIRCUTS

HELP A HERO SCHOLARSHIP ★ PROGRAM

Provides service members and veterans with the financial assistance they need to complete their educational goals without incurring excessive student loan debt. It's just another way for us to say "thank you" to those who fought for our freedoms.

Scholarship Details:

- Scholarships of up to \$5,000 will be awarded to qualified applicants.
- Awarded scholarships are limited to one per family per semester.
- Applications for the fall semester will be accepted Jan. 1 through April 30.
- Applications for the spring semester will be accepted Aug. 1 through Nov. 15.
- Fall semester scholarships will be awarded in August, and spring semester scholarships will be awarded in January.
- Scholarships must be used by the end of the school semester for which the veteran is applying or they will become null and void.
- Scholarships are restricted for tuition and fees only and will be paid directly to accredited schools.

Eligible Applicants Must:

- Be a citizen of the United States.
- Be retired, honorably discharged, active duty, or a member of the National Guard or Reserve.
- Have completed Basic Training and follow-on training (Advanced Individual Training, technical school, etc.).
- Separated with or currently hold a military rank of E-5 or below.
- Demonstrate a need for financial assistance.
- Participate in, be accepted to or currently enrolled in a VA-approved program or school at an accredited post-secondary institution.

SCAN FOR MORE INFORMATION



OR

FILL OUT THE APPLICATION HERE

GET OUTDOORS



ZION NATIONAL PARK

1 ZION PARK BLVD
SPRINGDALE, UT 84767



Know Before You Go:

- Zion offers camping, biking, hiking, backpacking, and canyoneering but some hikes and wilderness trails may require a permit so plan ahead
- Parking is a first come, first serve basis and lots fill up during peak season. You can pay to park in Springdale and ride the free Zion Canyon Shuttle System to the park entrance
- Weather can change quickly in Zion and the canyons are susceptible to flash floods so use caution
- Driving through the Zion-Mt Carmel Tunnel with a large oversized vehicle or trailer, requires a ranger to control traffic and a \$15 tunnel permit

Activity to Try: HIKE ANGELS LANDING

- Angels Landing is a 5.4 mile round-trip strenuous hike gaining 1,488 feet in elevation but the spectacular views are well worth it
- Be mindful that the ascent up the last half mile is a knife-edge ridge but there is a single metal chain for hikers to hold onto
- A permit is required and can be applied for through a seasonal lottery ranking seven days you want to do the hike or the day-before lottery. Both require a nonrefundable \$6 fee but is good for up to six people

For more information visit: www.nps.gov/zion

Nature exposure presents no significant side effects and offers a promising low-stigma means for veterans to access psychological benefits including PTSD symptom reduction.²



TRIVIA

What is the name of the Canvas shell that we put all our students in as a resource?

The first 5 students to email the correct answer to veterans@suu.edu will be placed in a drawing for a Veterans Center trucker hat!

