### SUU Non-Traditional Student Services

# Non-Traditional Student Services DECEMBER NEWSLETTER



# Hey Non-Trads! The time has come - are you ready for finals?

Happy December Students! As Fall Finals approach, remember – we've got your back! Our doors are always open, ready to support you through every step of the semester. Whether you need advice, a little help, or just someone to talk to, we're here for you. Drop by or reach out – let's finish strong together!

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

#### **HEADS UP T-BIRDS!**

# FULL SEMESTER WITHDRAWAL DEADLINE

#### HOW TO WITHDRAW:

- 1.LOG INTO YOUR MYSUU Portal.
- 2. CLICK ON "ONLINE SEMESTER WITHDRAWAL" ON THE LEFT HAND SIDE UNDER THE "BANNER" SECTION. 3. FOLLOW THE PROMPTS.

Didn't do as well as you'd hoped to this semester? This deadline <u>does not</u> allow a student to choose individual courses to withdraw from -- <u>it will withdraw a student</u> <u>from ALL their courses.</u>

# DECEMBER

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PLEASE MAKE AN APPT USING THE QR CODE OR CONTACT WITHDRAWALSUPPORT@SUU.EDU OR (435) 865-8208 FOR ANY QUESTIONS.



# **IMPORTANT DATES**



**Sunday, December 1st** Graduation Application Due for Spring 2025.

Last day to Withdraw from Individual Courses.

## Thursday, December 5th

Last day to Withdraw from ALL Courses.

Sunday, December 8th Last day of Regular Class Meetings.

Thursday, December 12th Fall 2024 Term Ends.

**Sunday, December 15th** Graduation Application Due for Summer 2025.

Monday, December 16th Spring 2025 Open Registration Begins (8 AM).

> Wednesday, December 18th Final Grades Due.

Tuesday-Friday, December 24th-27th

Winter break. No classes. **Campus Closed**.

Tuesday - Wednesday, December 31st- January 1st

New Years break. No classes. **Campus Closed**.

### **RESOURCES FOR YOU**





We're here to help you have a successful semester!

- Take control of your finances with <u>SUU's Financial Wellness Program</u>! Get expert advice on budgeting, saving, and managing student loans—plus, access to workshops and one-on-one counseling.
- The <u>SUU Health and Wellness</u> <u>Center</u> is here to support your physical and mental well-being. Whether you're looking for fitness resources or counseling services, we've got you covered. Take care of yourself while balancing college life.

#### **SUU SILVER LININGS**





#### Join Our Campus Support Peer Group

Are you navigating challenges related to addiction, know someone who is, or are you interested in pursuing a career in the field of addiction?

#### You are not alone.

Our campus support peer group provides a confidential and supportive environment for individuals to share experiences, access valuable resources, and connect with others who understand.

#### Meetings are held on the 3rd Thursday of every month in GC303.

We welcome anyone seeking support or wishing to deepen their understanding of addiction and recovery.

#### Together, we can foster healing and growth.



#### For more information contact:

President: Jami Logan-Yetter jamiloganyetter@suumail.net

Co-President: Mason Lyman masongrey36@gmail.com

Vice President: Keelie Stewart keelie7175@gmail.com Treasurer: Will West williamdwest17@gmail.com

#### NON-TRAD STUDENT HIGHLIGHT



Our student highlight this month : Ashley Fekay

Major: Strategic Communications

<u>What Makes You a Non-Trad:</u> My years of wisdom and break in educational journey.

**About You:** I grew up in CA, and spent the past few years traveling across the U.S. with my horses and dogs before landing in Utah. I wasn't planning on staying here but I ended up meeting the love of my life. Now, I enjoy life with my family and horseback riding in the beautiful mountains of Bryce Canyon and Zion. Going back to school once felt out of reach, but with the support of my loved ones, the staff at SUU and the guidance of Non-Traditional Student Services, I'm achieving more than I ever imagined. I have found my dream career path, and have discovered a love for working alongside SUU staff and students to make a difference in the student journey. I'm proud to be a T-Bird!

# 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



#### Where to Find Community Events:

To stay up-to-date on all of the happenings around Cedar City please visit:

#### **Community Events**

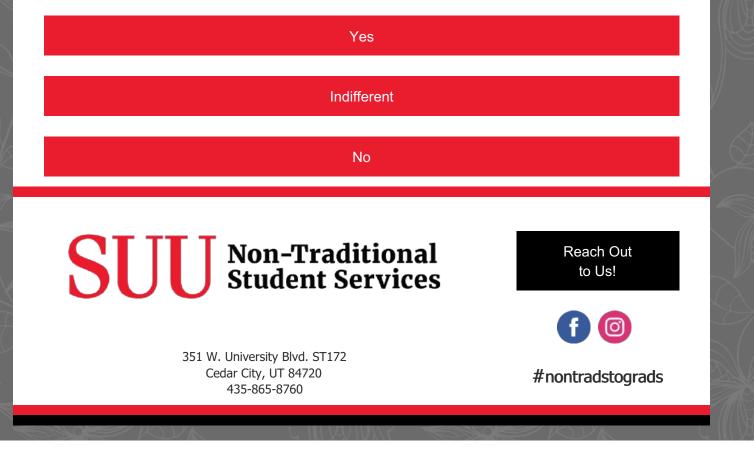
Here you will be able to find information on festivals, farmer's markets, family events, and more!

#### 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?



SUU Non-Traditional Student Services | 351 W. University Blvd. ST172 | Cedar City, UT 84720 US

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