

Non-Traditional Student Services  
JULY NEWSLETTER



**Hey Non-Trads! Summer Semester still going strong? ☐**

We've got your back! ☐ Our office doors are wide open all semester long, ready to support you. Whether you need guidance, assistance, or just a friendly chat, drop by or give us a call. We're here to help you thrive!

*\*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!\**

**Heads Up T-Birds!**

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## Reminder

Last day to add without a signature  
For 2nd Session is Friday!

5th

July



### \*\* Important Dates \*\*



**Monday, July 1st**

Summer Second Session Starts.

### Thursday, July 4th

Independence Day. No Classes. Campus Closed.

### Friday, July 5th

Independence Day Break. Campus Open. No classes. Last day to Add without instructor signature. Commenced Attendance Due.

### Friday, July 12th

Last day to add with instructor signature. Last day to drop without a W from *individual* course(s). 100% Refund Deadline.

### Wednesday, July 17th

Silver Linings Meeting at 4:00pm at BH 318.

### Wednesday, July 24th

Pioneer Day. Campus Closed. No Classes.

### Wednesday, July 31st

Last day to Withdraw with W from *individual* courses.

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## Resources for You

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

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Here are a few campus resources that can help you finish out this semester strong! These are also great resources that you can use in the future. Remember these as you continue with your education!

- We help SUU students achieve their educational, career and personal goals. [CAPS](#) is staffed with experienced licensed mental health professionals including psychologists, social workers, and mental health counselors who work with students to reduce the interference of everyday stress and also treat more serious conditions. CAPS regular services include individual counseling, couples,

# MENTAL HEALTH MATTERS



- counseling, group counseling and workshops, and biofeedback.
- The [SUU Writing Center](#) has expanded to include three branches: the Undergraduate Writing Center, the Graduate Writing Center, and the Writing Fellows program. Our staff of undergraduate writing tutors and graduate writing consultants are trained to assist SUU writers with all aspects of the writing process. We welcome student writers at every skill and confidence level and at every stage of the writing process because every writer needs a reader.



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## SUU Silver Linings Meeting

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## Silver Linings

On campus peer support group for those struggling with addiction, know someone struggling with addiction, or are interested in working in the field of addiction.

### Our Meetings:

3rd Wednesday of the  
Month, 4:00PM  
BH 318

We Would Love  
to Have You!

Refreshments  
will be  
Served!

### For More Information, Contact:

Co-President: Jami Logan-Yetter  
jamiloganyetter@suuemail.net

Vice President: Keelie Stewart  
keelie7175@gmail.com

Co President: Mason Lyman  
masongrey36@gmail.com

Treasurer: Will West  
WilliamDWest17@gmail.com

**NON-TRAD STUDENT HIGHLIGHT**

**We'd Love to  
Highlight You!**



**Our student highlight this month :**  
Jami Logan-Yetter

**Major:** I have a double major of Pre-Nursing and Psychology

**What Makes You a Non-Trad:** It might be quicker to say what doesn't. lol. I check all of the boxes that make one a Non-Trad except widowed.

**About You:** I am a mother of two and a grandmother of two. All are boys. I have been with my husband for almost 30 years. I love spending with them. I have a small farm with lots of animals and a garden. I enjoy cooking and baking. I also enjoy hunting, fishing, camping, and rock hounding. My passion is helping people which is why I have chosen to pursue nursing and psychology. I believe we need to acknowledge all sides of an individual. Healthcare and psychological services should work together to help people. SUU has given me a place to grow in this capacity. My hope is to one day honor those I have lost to substance abuse and mental illness by being able to sponsor a scholarship for another person to achieve their goals at SUU.

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?

Yes

Indifferent

No

**SUU** Non-Traditional  
Student Services

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435-865-8760

Reach Out  
to Us!



**#nontradstograde**

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