

Non-Traditional Student Services
MID-NOVEMBER NEWSLETTER



Hey Non-Trads, Finals Are Approaching!

We've got your back! Our office doors are 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!

Don't Forget T-Birds!



CCAMPIS SCHOLARSHIP NOW OPEN FOR SPRING 2025!



Childcare Grant for SUU Students!
Don't wait to apply!



** Important Dates **



Monday - Wednesday, November 25th-27th

Thanksgiving break.
No classes. Campus Open.

Thursday-Friday, November 28th-29th

Thanksgiving break.
No classes. Campus Closed.

Resources for You

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

MENTAL HEALTH MATTERS



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, 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.



SUU Silver Linings Meeting



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
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Co-President: Mason Lyman
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Vice President: Keelie Stewart
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Treasurer: Will West
williamdwest17@gmail.com

**Help out a fellow
psychology student!**



We're excited to invite you to participate in a student based research study, "National Identity: Attitudes on Immigration." This is a great opportunity to explore how your views on immigration shape your sense of national identity—all while supporting a fellow student!

[Take the Survey Here](#)

NON-TRAD STUDENT HIGHLIGHT



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

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](#)

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.



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

Reach Out
to Us!



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#nontradstograds

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