

SEPTEMBER 2024 NEWSLETTER



UPCOMING EVENTS

September 20th

- Battle of the Branches Kickball Tournament at 4pm
- Fall Opening Social at 5pm

SCHOLARSHIP SPOTLIGHT



FOLDS OF HONOR

We ensure that families who've sacrificed so much for our country and communities receive the education and opportunities they deserve. Whether it's K-12th grade or higher education, we believe the cost of pursuing their academic dreams should not be an additional burden.

Scholarship Guidelines:

- Applications are accepted each year between February 1 and March 31. If March 31 falls on a weekend, the deadline date will be extended to the close of the first business day following March 31.
- Scholarship awards are up to \$5,000...not to exceed \$2,500 (minimum payment of \$100) per term. If, after submitting a check in it is determined that the awardee has an unmet need of less than \$2,500, Folds of Honor will only disburse the student's actual unmet need, based on their school account balance. Remaining funds will be retained by Folds of Honor and may be utilized by the student at another payment term within the same academic year.
- Applicants must reapply each year they are interested in receiving funds from Folds of Honor.
- All application information must be submitted through the Folds of Honor online portal.
- Documentation is not accepted via US mail, fax, email or over the phone.
- Offer or denial notifications will be sent in mid-July. All funds are mailed directly to the educational institution. No funds are sent directly to an awardee.

SCAN FOR MORE INFORMATION



ACADEMIC TOOLS



5 Ways to Help Cure Homesickness in College

By: Abbie Cochrane

Hit the Local "It" Place

Where does everyone go to hang out or get a bite to eat? What restaurants do you think will give you comfort, if not a little taste of home? Visit different restaurants, cafes, and food stops around your college campus to find your new comfort spot.

Make Yourself at Home

Decorate your dorm or apartment so it doesn't feel as unfamiliar. Maybe you brought some decorations and pictures from home that you can put up. The more like home you make it, the more like home it will feel.

Reach Out

Meet your roommates, try out a club that interests you, and put yourself out there a little bit at a time. Try to meet new people - you could be just the person they need too. If you download the SUU app on your smartphone, you will get alerts of upcoming events, access to the list of clubs, and any other resource you need to help you put yourself out there. If it helps, you can schedule a daily call with a family member or a friend back home.

Give Yourself Time to Adjust

Know that your feelings are one hundred percent valid. Keep in mind that spells of homesickness usually don't last more than a few weeks. Your blues will go away as you familiarize yourself with the area, the SUU campus, and the people. Getting into a routine can keep you busy, which can help you to forget about feeling homesick.

Take Advantage of Campus Resources

If you find that your homesickness isn't going away, maybe it's time to take your worries to a professional. Check out the SUU health office for mental health support and resources that you can reach out to.

MILITARY TO CIVILIAN

Iron County Veterans Coalition
COME & JOIN US FOR
ANNUAL BBQ PARTY
MEAT IS BEING COOKED BY THE DRUNKEN BUTCHER
Let's Celebrate it
MONDAY SEPT. 9
UTAH ARMY NATIONAL GUARD ARMORY
6:00 - 8:00 PM
For more information: (435) 288-5309
or email: cm1orr84@gmail.com

TRIVIA

How many Military Connected Student Scholarships do we give out each Fall and Spring semester?

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!

