

OCTOBER 2024 NEWSLETTER



SCHOLARSHIP SPOTLIGHT



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.

Fill out the application **HERE**

SCAN FOR MORE INFORMATION



ACADEMIC TOOLS



How to Focus on Homework to Get It Done on Time

American Public University
By Dr. Robert Gordon, CPC

Tip #1: Eliminate Distractions and Find a Creative Environment

- Turn off your phone or other media devices and do not visit distracting websites, like social media platforms or online gaming sites.
- Find a quiet study space and consider playing white noise or calm music such as classical music or whatever you prefer listening to that helps you maintain focus!
- Schedule a break ahead of time so you have something to look forward to and maintain focus during allotted work times.

Tip #2: Divide a Homework Assignment into Manageable Tasks

- Break your school assignment down into smaller tasks. Make a list of what needs to be done for that particular assignment, set priorities to focus on, and start at the top of your list.

Tip #3: Seek Out Assistance

- Find a study buddy or utilize tutoring services.

Tip #4: If You Are Granted an Extended Deadline, Stick with It

- If your instructor agrees to extend your deadline and submit work late, adhere to that deadline. Set time aside to complete all the tasks for that one assignment and hold yourself accountable.

MILITARY TO CIVILIAN



SOUTHERN UTAH UNIVERSITY VETERAN RESOURCE AND SUPPORT CENTER



ANNUAL VETERANS DAY Nominations

We will be honoring and recognizing 11 outstanding veterans from SUU as well as the local community at our annual Veterans Day Ceremony on November 11, 2024 at 11:00am in the SUU Ballroom



If you know a veteran who has gone above and beyond in their achievements and service please nominate below:



<https://forms.gle/2smUPxY5gnHzB8dA6>

OR SCAN HERE:



PLEASE SUBMIT NOMINATIONS BY OCTOBER 15, 2024



TRIVIA

In what section of your student portal can you locate your TNumber and academic advisor information?

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!

