As part of our team, we know you have made rapid changes to support the health and safety of our community. Here are some resources you might find helpful:

- **Student Affairs Online**
- **COVID-19 Central @theU**
- **SA Network Support**

With our rapid transition to providing services online, here are some additional resources you might find helpful:

- **Face Masks**
- **Salt Lake Tribune and was featured in @theU on April 2nd, you can read it here:**
  - Kris Linder and Brittany Badger (Center for Student Wellness) that appeared in the Salt Lake Tribune, titled "Help is Available for Victims of Domestic Violence"

- **April is Sexual Assault Awareness Month.**
  - Deadline Extended for Well U Requirements
  - **Register by clicking the button below.**
  - You can learn more by visiting this article in @theU here or following them on Instagram @UOFUWELLNESS

- **Online Resources**

- **When the going gets tough may I choose love over fear. Every time.**
  - May I be kind.
  - May I be the first to apologize. May I leave it at that.
  - May I open my heart before I open my mouth.

- **A Student Affairs Moment**

  - When the going gets tough may I pause, reach out a hand, and make the way easier for someone else.
  - When the going gets tough may I turn my gaze up to the sky above my head, rather than down to the mess at my feet.
  - May I count my blessings.

- **In Case You Missed It**

  - April is Sexual Assault Awareness Month.
  - President Watkins and Vice President McDonald, you can watch the full video by clicking the button below.
  - Register by clicking the button below.

- **What topics would you like to see in SA Updates?**

  - Please submit below along with your name and email address, so we can reach out to you.

- **Submit your idea!**

  - Do you have an inspiring poem, quote or saying you would like to share? We will select one for our next all staff meeting.

- **Your SA Moment**

  - "When the going gets tough..." by Katrina Kenison

  - This editorial piece by Dr. Katrina Kenison quickly became a Student Affairs moment during our all staff call.

  - The following poem was shared by a Student Affairs moment during our all staff call. Lori shared it with us.

- **SA Network Support**

  - Visit [StudentAffairsZoom](https://attheu.utah.edu/students/april-2020-sexual-assault-awareness-month/)

- **FORWARD TO A FRIEND**

  - Subscribe to our email list.