

Updates & Conversation

Thank you for joining us for a conversation with President Watkins and Vice President McDonald. Were there questions you didn't have a chance to ask? You can ask them [here](#).



Our next all staff meeting will be held on Thursday, May 7th at 11:00 a.m. Register by clicking the button below.

Register

If you would like to view the recording of yesterday's Updates and Conversations with President Watkins and Vice President McDonald, you can watch the full video by clicking the button below. The password is **StudentAffairsZoom**. Please note: Captioning is in process with this video and fully captioned version will be posted as quickly as possible.

Watch the full video here

A Student Affairs Moment

Being in a community is important to the work we do to serve our students and each other. Sometimes we have those "Student Affairs Moments" where we share a quote, a story, or even just express that we are there for each other. Lauren Weitzman shared the following poem with Lori at a moment when she needed it. Lori shared it with us and it became a Student Affairs moment during our all staff call.

When the Going Gets Tough

by Katrina Kenison

When the going gets tough may I resist my first impulse to wade in, fix, explain, resolve, and restore. May I sit down instead.

When the going gets tough may I be quiet. May I steep for a while in stillness.

When the going gets tough may I have faith that things are unfolding as they are meant to. May I remember that my life is what it is, not what I ask for. May I find the strength to bear it, the grace to accept it, the faith to embrace it.

When the going gets tough may I practice with what I'm given, rather than wish for something else. When the going gets tough may I assume nothing. May I not take it personally. May I opt for trust over doubt, compassion over suspicion, vulnerability over vengeance.

When the going gets tough may I open my heart before I open my mouth.

When the going gets tough may I be the first to apologize. May I leave it at that. May I bend with all my being toward forgiveness.

When the going gets tough may I look for a door to step through rather than a wall to hide behind.

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.

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 remember that I'm not alone. May I be kind.

When the going gets tough may I choose love over fear. Every time..

Your SA Moment

Do you have an inspiring poem, quote or saying you would like to share? We will select one for our next all staff meeting. Please submit below along with your name and email address, so we can reach out to you.



SA Moment

In Case You Missed It

Please stay up-to-date on official information from the University of Utah by taking a few minutes to read [@theU](#) each Monday. Here are some highlights in case you missed them.



Deadline Extended for Well U Requirements. Please see the story in [@theU](#) about the new deadlines for Well U

Requirements: <https://attheu.utah.edu/announcements/wellu-options-and-deadlines/>

April is Sexual Assault Awareness Month. You can learn more by visiting this article in [@theU](#) here or following them on Instagram [@UOFUWELLNESS](#)

<https://attheu.utah.edu/students/april-2020-sexual-assault-awareness-month/>

Help is Available for Victims of Domestic Violence. This editorial piece by Dr. Kris Linder and Brittany Badger (Center for Student Wellness) that appeared in the Salt Lake Tribune and was featured in [@theU](#) on April 2nd, you can read it here: <https://attheu.utah.edu/facultystaff/help-is-available-for-victims-of-domestic-violence/>

Face Masks. Are you hearing more about the use of face masks to protect yourself and others from COVID-19? UHealth has helpful resources and strategies here: <https://healthcare.utah.edu/healthfeed/postings/2020/04/face-masks.php>

Online Resources

With our rapid transition to providing services online, here are some resources to help:



[COVID-19 Central @theU](#)

[Student Affairs Online](#)

[SA Network Support](#)

What is on Your Mind?

As part of our team, we know you have made rapid changes to support the health and wellbeing of not only our campus community but our broader community. Share what's on your mind [here](#).

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What topics would you like to see in SA Updates? [Share your ideas!](#)

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