

**WE SUPPORT STUDENT WELL-BEING AND SUCCESS.**  
**OUR VISION IS FOR STUDENTS TO DISCOVER THEIR PASSION, PEOPLE, AND PURPOSE.**

Student Affairs Updates

October 22, 2021

## Student Affairs' Values: Lifelong Learning

One of the Student Affairs values that have resulted from strategic planning is lifelong learning. The value of lifelong learning signifies that we provide formal and informal learning opportunities to develop and improve knowledge and skills needed to be successful.

[Learn More](#)

### Our Values

- Lifelong Learning -

We provide formal and informal learning opportunities to develop and improve knowledge and skills needed to be successful.

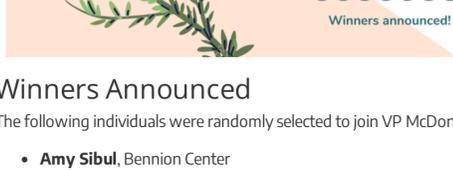




## All-staff Meeting Schedule

The Student Affairs All-Staff Meeting is scheduled for **November 4, 2021**. Please make sure to register below. We look forward to seeing you!

[Register for November here](#)



## Winners Announced

The following individuals were randomly selected to join VP McDonald for lunch!

- **Amy Sibul**, Bennion Center
- **April Pavelka**, Campus Recreation
- **Asma Hassan**, Bennion Center
- **Josh Olszewski**, Student Leadership and Involvement
- **Shelly Duvall**, Guest House



## Beacons of Excellence Virtual Awards Ceremony

A selection committee of faculty, staff and administration led by Sr. Associate Vice President for Academic Affairs, Thomas Chase Hagood and Vice President for Student Affairs, Lori McDonald recommended six recipients in 2021 for service inspiring and advancing change by raising awareness around marginalized students, creating institutional change and/or advancing racial justice across campus.

Join us for a virtual awards ceremony to congratulate this year's recipients.

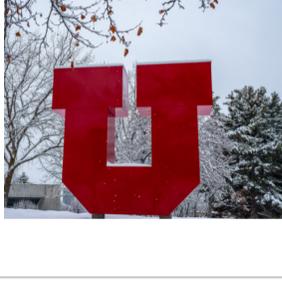
Justice Lab  
International Health Scholars  
Psychology Department Diversity Committee  
Jennifer Follstad Shah  
Meligha  
Tramaine Jones

Beacons of Excellence Virtual Awards Ceremony  
**October 28, 2021 | 12:00 PM MST**

[Register Here](#)

## COVID-19 testing, now more than ever

Fall break is over and winter is in the air, which means we all will be spending more time inside and closer together. That's why it's more important than ever to know your COVID-19 status. Sign up for a test [here](#). Read the full [@theU article](#) for more information.



## Fostering Wellness in Today's Work Environment

Join the Alumni Association for a [panel of wellness](#) where professionals will share their expertise on work policies and individual practices that can help us assess and realign our priorities and behaviors to foster healthier work and

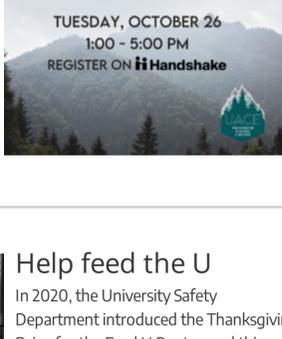
personal outcomes. The event will be virtually on **Wednesday, October 27th from 12 pm - 1 pm.**

[RSVP Here](#)

## Utah Virtual Graduate School Fair

The [Utah Virtual Graduate School Fair](#) is an opportunity to learn about the variety of programs available nationwide and internationally, as well as connect with program admissions representatives. The virtual fair will take place on Tuesday, October 26 from 1 pm - 5 pm.

[Register Here](#)



## Help feed the U

In 2020, the University Safety Department introduced the Thanksgiving Drive for the Feed U Pantry, and this year, the department is expanding it with eight locations across campus. **The collection takes place from Oct. 5 to**

**Nov. 5** and helps students and U community members in need. Collection bins, provided by Utah Food Bank, are marked with the Feed U Pantry logo and are available across campus. Find a location close to you [here](#).

## Submit a Native American Heritage Month event

Equity, Diversity, and Inclusion wants to know what you are planning in November for [Native American Heritage Month](#) at the University of Utah. If your school, college or department has an event in the works, submit your information [here](#).



[More Details Here](#)



## Crimson View Now Open!

Crimson View on the 4th floor in the Union building is now open Monday-Friday 10:30 am-2:30 pm. Check out their [menu](#) and stop by or order from Boost.

## Campus Rec Happenings

### 50% OFF Fitness Class Passes

50% off fitness class passes that will get you Pilates, Bodypump, Cycle, Yoga, Zumba, Barre, U45 (think circuits and functional fitness), and more! We even have a ski conditioning machine to get you ready for those slopes. See schedule [here](#).

**Zombie Zumba Save the Date! | October 26, 5:30-6:30pm, FREE**  
Bryce Studio, Student Life Center

### Outdoor Adventure Clinics, 6pm, FREE

Outdoor Adventures is offering **9 free clinics** this semester to help you feel more comfortable exploring our beautiful state! Learn more, see clinic dates and descriptions at [campusrec.utah.edu/outdoor-adventures](#).

### Upcoming

**10/25:** Backcountry Navigation

**11/3:** Backcountry Cooking

### Upcoming November Recruitment Dates, for Campus Recreation

Join us at the Student Life Center, to learn about what it's like to be part of the Crimson Crew! Benefits include flexible schedules, on-campus work, employee events and discounts, leadership and professional development opportunities, and scholarships. This month, we are specifically looking to fill positions for fitness instructors and personal trainers. We do take all position applications, every recruitment session. [Learn more.](#)

**November 1, 5:30pm | November 2, 2pm | November 3, 10:30am (in the Union, Rm 312)**



Take time to improve your well-being, and earn \$80 in the process!

- Come Join -

## WELL-BEING ELEVATED

THIS IS A RESEARCH STUDY THAT AIMS TO ASSESS THE IMPACT OF WELL-BEING SKILL LESSONS TAUGHT VIA TECHNOLOGY AND IN PRIVATE ZOOM GROUPS FOR \$80 !!!

PROGRAM REQUIREMENTS

FALL 2021

- ATTEND 6 OUT OF 6 200M GROUP SESSIONS (1 HOUR EACH)
- PARTICIPATE IN 1 WEEKLY ACTIVITY (~10-20 MINUTES)
- FILL OUT BRIEF WELL-BEING SURVEYS AT THE BEGINNING AND END OF THE INITIATIVE (10 MINUTES EACH)

- Register at -

bit.ly/wellbeing-2021

For questions regarding scheduling, contact scheduling@wellbeingelevated.co  
For questions regarding research, contact nst.gall@uutah.utah.edu or merry.groep@uutah.utah.edu

## Well-being Elevated - Mental Health Workshop for Students

Well-Being Elevated has been developed with a U faculty member and students as a virtual workshop series for building wellness-related skills (stress management, mindfulness, etc.). **Fall workshops start next week.** There is no cost to students and those who participate to the minimum requirements can earn the \$80 incentive for the research project (IRB approved).

[Registration Link Here](#)

## Something on Your Mind?

[Tell us](#)

## COVID-19 Resources

[Coronavirus.utah.edu](#)  
[Vaccine Opportunities](#)  
General-Campus Questions Hotline  
**801-213-2874**  
Health and Testing Hotline  
**801-587-0712**

**Vice President for Student Affairs**  
University of Utah  
801-581-7793  
[studentaffairs@utah.edu](mailto:studentaffairs@utah.edu)

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