

# THE LOOP

New Year, **NEW NAME**, Same Support!

Welcome to **The Loop**. We've renamed FreshMail to more accurately describe the content we are bringing you. Our goal is to literally keep you *in the loop* from the day of acceptance to the day of commencement with the same timely information to help you navigate the U's many resources.

Our Utah Fresh site has also been updated and rebranded, [Belong.utah.edu](https://belong.utah.edu) - we've shifted the focus to be more inclusive of our students and families as they continue their journey(s) here at the U. Check back, we are actively adding more info, additional features and materials.



# Resources

While the spring semester is often a time of excitement, sometimes the long, cold winter days call for a little additional support. There are many ways to seek support on campus:

- [Mindfulness and meditation](#)
- Recent 5-part URising [podcast](#) - focusing on student mental health
- Mental Health first responders on-campus resource, [MH1](#)
- [Wellness coaching](#) to help balance the demands of university life on students
- The [Student Health Center](#) is available for virtual and in-person appointments

If you are a planner like we are, here are some exciting [resources](#) to think about with your student and planning their summer or working towards Utah residency to help with the cost of tuition.

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## Social Events



After a long winter's nap, our [Friday Night Hype](#) events are back in full swing starting on **Friday, January 12th!** Most of these events are free or low-cost to U students and will continue throughout the spring semester. [Sign up to receive texts](#) about each Friday's festivities.



[The MUSS](#) sign-ups for the 2024-25 school year will be opening in the spring, so be sure to follow them on Instagram for up-to-date info on pricing, registration, and benefits of membership [@theMuss](#).

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## Important Dates & Deadlines

- [FAFSA](#) is open! Complete the FAFSA form each year to be eligible for student financial aid and scholarships.
- **January 15th**, MLK Jr. Day holiday, no classes - the [Black Cultural Center](#) is hosting a week's worth of experiences and conversations.
- **January 19th** - Spring semester tuition payment is [due!](#)

- Registration for [1st-year student orientation](#) will open later this month. Watch [Belong.utah.edu](#) if you are an aspiring Ute!

# Housing, Housing, Housing

- For the first time in University history, first-year students who apply by the May 3rd deadline are [guaranteed housing](#) on campus! For first-year living-learning communities, that deadline is **March 20th**.
- Learn about the [Impact and Prosperity Epicenter](#) opening this August, soon to be home for 778 students.
- If you are a *first-year* student applying for housing, you MUST submit your [enrollment deposit](#) *before* applying for housing. The enrollment deposit will **open after January 15th and close on May 1st**.
- Click [here](#) for housing timeline information.

As always, if you have any questions, feel free to contact us at [belong@utah.edu](mailto:belong@utah.edu) or call 801-213-1800.

You can also schedule a time to meet with us [here](#).

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