

# THE LOOP



The quick slide to the December holiday break is just a few short weeks away. Fall break is behind us and Thanksgiving on the horizon. This time of year, always flies by on campus.

Thank you for all of those who joined us during U Family Weekend just a few weeks ago. It was our largest EVER family weekend on campus and for those of you who participated in our first ever Trivia Night, thanks for a memorable and fun evening!

Save the date



All NEW Spring U Family Weekend!

February 28th - March 2nd, 2025

More information to come

Resources



How is a young adult supposed to determine what to do with the rest of their lives? While college is about exploration and trying new things, there is a constant ticking clock about selecting a major and heading down a chosen path. The [Office of Undergraduate Studies](#) offers opportunities to explore interests, consider potential career paths and resources to select a direction. **You don't have to do this alone.**



We can help you get to a better mental place.

MENTAL HEALTH FIRST RESPONDERS (MH1)  
401 ROOM 2130  
385-321-5356  
NEW WINTER BREAK HOURS 2023  
DEC 26 - 31  
SUN, SAT, WED, THUR  
CLOSED DEC 24 - JAN 8  
If there is an emergency outside MH1's winter break hours, please call 988 the Suicide & Crisis Lifeline.  
The Crisis Line at 800-985-5890, visit the SUICUT app, or contact U Health & Research at 801-589-3277  
MH1  
mh1.utah.edu

**MH1**  
MENTAL HEALTH  
FIRST RESPONDERS

After-hours mental health support for students

385-321-5356  
mh1.utah.edu



As the weather gets cold and daylight fades earlier, some students need a little extra support. Here is a list of offices, webinars, podcasts and ways to support student success when things get a little bumpy:

- [U Rising Podcast Mental Health Resources 5 episodes](#)

- [State of Student Mental Health Townhall](#) from February 2024
- [Beyond the Books: A Parent's Guide to Supporting Student Wellness at the U](#)
- [MH1](#) – Mental Health First Responders on Campus
- [Health and Wellness](#) Departments and resources on Campus



Fall is often a time when we start to reflect on the past year. Perhaps we think of those less fortunate or who may struggle around the holidays. Located in both the [Union](#) and [Kahlert Village, The Bennion Center](#) is our on-campus agency working to provide support to identified community needs in the greater Salt Lake area. Students are encouraged to participate in projects serving the elderly, youth and special populations through volunteerism.



If you can believe it, many scholarship applications for the 2025-26 academic year open this fall. Be sure you are keeping tabs on opportunities [here](#).

## Webinar

**“Academic & Internship tips and tricks for a successful semester”.**

**November 13th at 12pm MST**

Learn from the Academic Advising Center and U Career Success experts on how to set up a

successful spring semester and beyond.

REGISTER FOR THIS WEBINAR

Did you know the University has a new Instagram channel just for students? [@utahstudentlife](#) – be sure to follow!

## Student Social Events

- November 8th – [BYU / Utah Pre-Game Tailgate at the Union](#)
- November 15th – [RedFest](#) at the Union featuring Ritt Momney
- November 22nd – [International Night](#)

## Looking for a part-time gig?



## Join the Hype Squad!!

Are you a student looking for part-time work?

Join our Friday Night Hype Squad.

Apply [here](#)



---

## University Highlight



If you've travelled through the Salt Lake City International Airport in the past several years and had the pleasure of navigating the B concourse, you'll be happy to know that a new, shorter walkway opened on October 22nd. The River tunnel can cut as much as .5 miles off your walk from A to B concourses. And, be sure you stop by and enjoy [Ally the Airport Allosaurus](#) while you're there. Ally is a 150-million-year-old, 30-foot long and 15-foot tall skeleton of *Allosaurus fragilis* and Utah's state fossil. Ally is brought to the Salt Lake Airport in a partnership with The Natural History Museum of Utah.

## Important Dates & Deadlines

- November 4th – Upper Division housing [application](#) opens
- November 7th – Spring course registration begins
- November 14th – Enrollment for [5-month payment plan](#) opens
- November 28 - December 1 – Thanksgiving break
- December 5th – Last day of fall semester classes
- December 9-13 – Final exam period
- December 14-January 5th – Holiday recess
- December 20th – Deadline to enroll for [5-month payment plan](#)
- December 21st – Enrollment for [4-month payment plan](#) opens
- January 17th – Deadline to enroll for [4-month payment](#) plan

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 Michelle](#).

Office of Student Experience

[Manage](#) your preferences | [Opt Out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

75 Fort Douglas Building #601 | Salt Lake City, UT 84113 US

This email was sent to .

*To continue receiving our emails, add us to your address book.*

[Subscribe](#) to our email list.