



**Fall FAQ**  
What you need to know about the fall semester  
Pg. 2



**Thriving Online**  
Tips & Tricks  
Pg. 3



**First-Gen Students**  
New Success Center  
Pg. 4

Fall 2020

# UVU Works to Support Mental Health

## Mental health of UVU's student body is cared for during this time of change

Virtual classrooms, socially-distanced activities, and cancelled athletic events are not the typical start to a UVU school year, and the changes due to COVID-19 have had a strong impact on students' mental health. UVU's Mental Health Task Force is using a mixture of formal assessments and uplifting social media campaigns to ensure that the mental health of UVU's student body is cared for during this time of change.

"We need to address students' mental health as a basic need," said Dean of Students Alexis Palmer. "Mental health struggles during this pandemic are impacting our society on many different levels, and UVU is not immune to this."

In 2019 UVU participated in the National College Health Assessment (NCHA) and found that stress,

anxiety, and depression were the top three mental health concerns reported by UVU students. Since the start of COVID-19, the NCHA has found that cases surrounding these three issues have risen among college-aged students.

To support mental health, UVU has partnered with the JED Foundation, a nonprofit that protects the emotional health of young adults and works to prevent suicides.

"Partnering with the JED Foundation provides us an opportunity to participate in a multi-year strategic collaboration which includes everything from in-depth assessments to systematic changes within the campus community," Palmer said.

While these assessments and program adjustments will strengthen available mental health services,

Student Life is also working to provide an uplifting opportunity for students, staff, and faculty this fall by launching the Check Five Challenge social media campaign. To encourage communication and support among the UVU community, Wolverines are given the task to be united while apart by: 1) Choosing five individuals to reach out to each week 2) Finding a way to connect with those individuals 3) Starting meaningful conversations 4) Encouraging other Wolverines to join the challenge "UVU strives to provide exceptional care to all those in our collegiate community, particularly our students," Palmer said. "We're facing unprecedented times due to COVID-19, and we want to make sure that our students receive the mental health support they need to navigate through it all."

[Article adapted from UVU News](#)

## Semester Dates & Deadlines

Thursday - Saturday  
October 15 - 17  
Fall Break

Monday, October 26  
Priority registration  
begins for spring  
semester

Monday - Saturday  
November 23 -28  
Thanksgiving Break

Wednesday, December 2  
Tuition/Fees Payment  
Deadline for Spring  
Semester

Monday - Thursday  
December 14 - 18  
Final Exams

# Frequently Asked Questions

## What you need to know about the fall semester

### **Will face-to-face classes finish at Thanksgiving break?**

No, classes will not finish at Thanksgiving break. However, all but very few courses will move to livestream or online.

### **How are classes being offered for the fall 2020 semester?**

Face-to-face, traditional online, and livestream.

### **How will I know how my course will be delivered?**

When you register, you will see each course designated as “face-to-face,” “online,” or “livestream.” Be sure to check the delivery method for each of your courses.

### **If I take an online or livestreamed course, how do I access a webcam?**

You purchase a webcam online or through a number of retailers. If you cannot purchase one, webcams are now available to check out from the Fulton Library.

### **What if I do not have a computer to participate in online classes?**

If you don't have a computer, laptop, tablet, or hot spot, laptops and tablets are now available to check out from the UVU Fulton Library.

### **What do I do if I don't have access to internet at home and I'm taking an online class?**

If you don't have a reliable internet connection at home, you can use student study areas on campus or visit other places where the internet is publicly available.

[Article adapted from the Fall 2020 website.](#)

### **What should I do if I need assistance with my computer?**

Contact the UVU Service Desk for technical support at (801) 863-8888. Help is available Monday through Friday from 7 a.m. – 10 p.m. and on Saturday from 8 a.m. – 5 p.m.

For more FAQ visit the [fall 2020 website](#).



### **Student Resources**

Student Health Services | (801) 863-8876

- Medical Services
- Mental Health Services
- Psychiatric Services
- Crisis Services

Financial Assistance

- [Financial Aid](#)
- [Emergency Fund application](#)
- [Money Management Resource Center](#)
- [CARES Act Funding](#)

Food & Housing

- [UVU Food Pantry](#)
- [Student CARE Website](#)

## Safety Precautions at UVU

### **Hand Sanitizer Stations**

### **Desk Cleaning Materials**

### **Social Distancing**

**Masks:** UVU is a mask-required university. Students may receive one free cloth mask by visiting one of the following locations:

- Campus Connection | M-F, 8 a.m. - 5 p.m.
- Library Circulation Desk | M-F, 8 a.m. – 8 p.m.; Sat., 9 a.m. – 5 p.m.; Sun., 1 – 5 p.m.
- The Noorda Center Blair Box Office | M-F, 8 a.m. – 3 p.m.
- SLWC Control Desk | M-F, 6 a.m. – 10 p.m.; Sat., 8 a.m. – 6 p.m.
- UCCU Center Box Office | M-TH, 10 a.m. – 4 p.m.

Read more information about the [safety precautions](#).

UTAH VALLEY UNIVERSITY  
**PARENT** news

A Newsletter for Parents  
of UVU Students

Published Each Semester

[www.uvu.edu/parents](http://www.uvu.edu/parents)

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UTAH VALLEY UNIVERSITY  
**PARENT** news

## Helpful Tips

Fall will be a bit different from what your student expected or experienced in previous semesters. Here are a few helpful tips to support student success.

### 1. **Connect with Academic Advisor**

[Advisors](#) will be able to help select courses and answer questions.

### 2. **Take advantage of UVU services**

UVU is committed to supporting students always, but especially during these unique times. Check out dozens of [resources](#) to help students succeed.

### 3. **Use technology as needed**

You have several tools to help you succeed in the classroom. Use Canvas for your coursework and to submit assignments. Here are [other platforms](#) that can be useful for virtual meetings with professors and classmates.

### 4. **Embrace online**

Online learning continues to evolve and improve. Even if you've tried taking a class online in the past, times have changed. You may really enjoy the experience.

Here are some [tips and tricks](#).

### 5. **Make education a priority**

Continuing your education is always a good decision. Now more than ever, we're making sure there are a variety of ways to continue your progress toward your degree.

### 6. **Check your schedule frequently**

All classes at UVU will be designated as online, face to face, or livestream. If you have already registered for a face-to-face class, it may have been changed to another delivery method.

# Thriving Online

## How your student can successfully navigate online learning

Online classes provide the flexibility to learn when and where you choose, allowing you to fit your learning into your unique work, family, and social schedule in the way that suits you best. This flexibility makes it easier for many students to go to college.

Just because online learning is more accessible, doesn't mean that online learning is easy. In addition to the same academic challenges faced by traditional classroom students, online learners face other challenges unique to the online environment. In order to be successful online, students need to adopt a special mindset and group of skills suited to the online environment.

### **TIPS FOR DEVELOPING A MINDSET FOR ONLINE SUCCESS:**

- **Take Responsibility for the learning process**
- **Be "in it to win it"**

Keep your college goals firmly in mind and decide to keep up. You'll need extra self-discipline in order to keep your schoolwork at the top of your priority list.

- **Expect online classes to be challenging**
- **Plan ahead to overcome frustration**

### **TIPS FOR MASTERING YOUR ONLINE SCHEDULE:**

- **Set aside regular "class time" every week and keep to your schedule**
- **Schedule more time than you think you'll need (at least at first)**
- **Be mindful of deadlines and the needs of others**
- **Know when to take a break**

[Article adapted from UVU Orientation](#)



Learning online should require the same skills as learning in a traditional classroom, right? Yes... and...no. It's not that learning online requires different skills, it's that the online learning environment puts emphasis on some skills above others. We've already mentioned that online learners have to be better at self-regulation and cultivate a higher level of self-discipline. There are others worthy of mention, as well.

### **IMPORTANT SKILLS FOR ONLINE LEARNERS:**

- **Being a thorough and comprehensive reader**
- **The ability to ask detailed questions**
- **Patience**
- **The ability to integrate your instructor's feedback**
- **Asking for help when you need it**

View the Thriving Online portion of online orientation through our [website](#).

### **UVU Orientation Office**

LC 405Q | (801) 863-5491 | [orientation@uvu.edu](mailto:orientation@uvu.edu)  
[www.uvu.edu/orientation](http://www.uvu.edu/orientation)

# First-Generation Student Success Center

## New Success Center at UVU's Orem Campus

Utah Valley University is continuing its commitment to first-generation students in Utah's higher education by establishing a new First-Generation Student Success Center at its Orem campus. President Astrid S. Tuminez made the announcement June 25, 2020.

Dr. Michelle Kearns, associate vice president of Student Affairs at UVU, noted that approximately 37% of all undergraduates and 25% of new freshmen at Utah Valley University are first-generation students.

"This large and growing population of students are the first in their family to navigate higher education, and as such often require additional outreach, support, and guidance to do so successfully," Kearns said. "Those of us who have family familiar with and assist in the process take for granted the complexity and apprehension that come with getting admitted, enrolled, and working through the college experience."



UVU's First-Generation Student Completion Initiative, named "I Am First," began in 2016. In a few short years, I Am First received national recognition from two respected student success organizations, Kearns noted, beginning with a "First-Forward" designation from the National Association of Student Personnel Administrators (NASPA), the premier student affairs association. This designation, she said, is given to a small number of institutions that have demonstrated a commitment to improving the educational outcomes of first-generation college students. UVU's I Am First program has also been invited to be an inaugural member of the First Scholars Network, which is funded and directed by the nationally known Suder Foundation. Building on this success, Kearns said, UVU will expand the visibility and impact of first-generation activities through the new First-Generation Student Success Center. "The center will provide increased student outreach, support, mentoring, networking, leadership opportunities, and scholarships," she said. "Additionally, the center will increase fundraising opportunities and position UVU to be a national leader in first-generation efforts." Kearns noted that assistance, services, and resources will extend from the new success center throughout a student's life cycle at UVU — it's not just an incoming student program. There will be equal emphasis on "onboarding and navigation

and strategies focused on completion," she said. Proactive outreach will connect students to the center with the goal of maintaining an ongoing relationship through graduation and beyond, she explained, and graduates will be invited to mentor new students.

Marcy Glassford, who provided the vision for I Am First and led the program's success and national recognition, will direct the new success center, to be located on the east end of the fourth floor of the Losee Center. The new center is being created with existing personnel and resources. A national search for a new director of the First-Year Experience and Student Retention Office is underway.

"I'm thrilled that UVU will continue their focus on supporting first-generation students with the creation of this new center," Glassford said. "The university has consistently demonstrated their commitment to student success through the implementation of student success initiatives, and this is just one more example."

### First-Generation Student Success Center

LC 412 | (801) 863-6965 | [iamfirst@uvu.edu](mailto:iamfirst@uvu.edu)  
[www.uvu.edu/iamfirst](http://www.uvu.edu/iamfirst)

[Article adapted from UVU News](#)