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Spring 2020

# Patient Preparation

## New nursing student learning and simulation center opens

In the ever-changing world of healthcare, preparation is key. With that in mind, Utah Valley University opened its new Nursing Student Learning and Simulation Center in 2019. This lab provides a hospital-like setting for student nurses to train and develop their skills. Thanks to the



facility, nurses can prepare for emergency situations in a high-pressure environment that helps them hone their abilities without any risk.

"Each year, the state of Utah is short 4,000 nurses, and we need to do as much as we can to increase the quantity of nurses entering the field each year," says David McEntire, dean of the College of Health and Public Services. "In addition to that, we also want quality. That's where this lab comes in. We have great instructors and great support from the community, but this is a safe lab where we can help our students gain confidence."

The facility is impressive, with nearly 7,500 square feet and room for up to 21 hospital beds. There are three nursing skill labs in the center and three high-fidelity simulation rooms including a simulated mother and baby birthing suite. The use

of computerized mannequins to simulate real-life scenarios provides students with effective engaged-learning opportunities that are second to none. The facility also includes a state-of-the-art control room, three debriefing rooms, and an outpatient exam room.



[Article adapted from UVU Magazine: Patient Preparation](#)

### Semester Dates & Deadlines

Monday, February 24  
Priority registration begins  
for summer semester

Monday - Saturday  
March 16 - 21  
Spring Break

Monday, April 6  
Priority registration  
begins for fall semester

Monday - Thursday  
April 27 - 30  
Final Exams

Monday, August 24  
Fall classes begin

# Money Help for Students

Free financial services available on campus

## Is your student stressed about finances?

As a college student, there can be so much to stress out about, so don't let money struggles weigh your student down. UVU financial coaches are here to help students learn how to properly budget and handle their money. These are the FREE individual coaching services available:

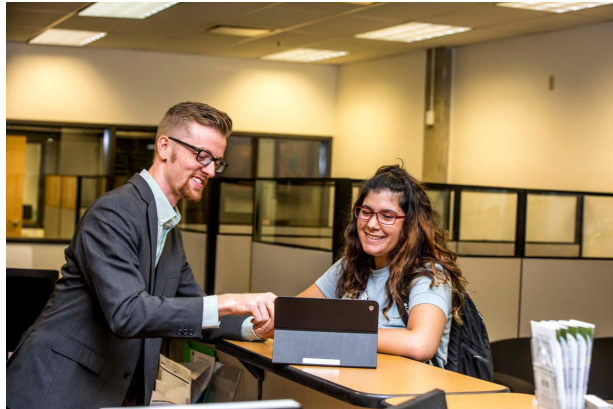
- **Budgeting**
- **Building Credit**
- **Debt Management**
- **Basic Retirement**
- **Student Loans**
- **Tax Preparation**

The UVU Money Management Resource Center (MMRC) dedicates itself to improving the financial well-being of individuals by equipping them with the knowledge and skills needed to make responsible financial decisions in college and beyond. They achieve this mission by providing:

- **Unbiased information**
- **Highly Trained Financial Coaches**
- **An Educational Approach to Financial Planning and Counseling**

The UVU MMRC began in 2015 and reflects the mission of the university to helping students stay in school, graduate with minimal debt, and learn sound financial skills for the future.

[Article adapted from the Money Management website](#)



*"I would recommend the Money Management Recourse Center to anyone who may have questions about finances, or may be struggling financially in general. The relaxation and decrease in stress just by talking about finances to someone else is amazing. I think everyone, especially college students who are trying to figure out their finances, should meet with these financial counselors." -UVU Student*

Finances can be an ongoing concern well into adulthood. Free professional help is available at the MMRC to community members as well. So when your student graduates, they can still receive help... and so can you!

## Money Management Resource Center

WB 147 | 801.863.5388 | [mmrc@uvu.edu](mailto:mmrc@uvu.edu)

[Schedule an appointment online](#)

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

## Health: Physical & Mental

### Student Health Services

SC 221 | 801.863.8876 |

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

Student Health Services aims to serve students in a caring and competent manner. The low cost services they provide include: medical and psychiatric care, psychological services, learning disability assessment services, and suicide awareness and prevention. They offer life and health enhancing services that increase safety, productivity and life experience of the individual and the campus.

### Student Life & Wellness Center

SLWC | 801.863.5552 | [slwcenter@uvu.edu](mailto:slwcenter@uvu.edu)

[www.uvu.edu/campusrec/slwc](http://www.uvu.edu/campusrec/slwc)

Their mission is to enrich the quality of life for students by providing a broad range of recreation, wellness, and student engagement opportunities that complement the academic experience. Fitness and personal wellness services offered: fitness training equipment, fitness classes, indoor walking/jogging track, personal training, massage, bowling, climbing wall, gaming center and more.

### Wellness Programs

SL 211 | 801.863.5553 | [www.uvu.edu/wellness](http://www.uvu.edu/wellness)

[uvuwellnessprograms@uvu.edu](mailto:uvuwellnessprograms@uvu.edu)

The wellness programs at UVU provide services to students that enhance personal wellness.

The programs offer healthy lifestyle counseling, fitness testing, health screenings and wellness

## First-Generation Student?

At UVU, a student is first-generation if neither parent/guardian has completed a U.S. bachelor's degree. These students are still considered first-generation even if a sibling or other family member has already completed a four-year college degree.

The Center for First-generation Student Success – Student Affairs Administrators in Higher Education and The Suder Foundation, recently announced their inaugural cohort of First-gen Forward Institutions. The First-gen Forward designation recognizes institutions of higher education who have demonstrated a commitment to improving experiences and advancing outcomes of first-generation college students. UVU's I Am First program is very proud to be selected to participate in the inaugural cohort!

The I Am First program is a great way to get help, get involved, and connect with other first-generation students, faculty, and staff.

### I Am First

LC 405 | 801.863.4000 | [iamfirst@uvu.edu](mailto:iamfirst@uvu.edu)

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

## UTAH VALLEY UNIVERSITY PARENT news

A Newsletter for Parents  
of UVU Students

Published Each Semester

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

Articles adapted from: UVU Magazine, UVU Review, UVU Press Releases, and [www.uvu.edu](http://www.uvu.edu).  
Photos Complements of UVU Marketing and Communications

# Textbooks: Tips & Tricks

## Why spend more money when you don't have to?

With all of the options to buy books, gadgets, and school supplies online, college bookstores are becoming more obscure, and purchases made on campus are more often made out of emergency, urgency, or convenience rather than necessity. The cost of college textbooks has been on the rise, but now that there are more options, students are spending less. Fear not, the odds are stacked in your favor. With several online retailers and comparison websites at your fingertips, the options for saving on textbooks are endless. Below are some great online retailers:

**AbeBooks**

**CheapTextBooks.com**

**Amazon**

**Chegg**

**Barnes and Noble**

**CollegeBooksDirect.com**

**BigWords**

**eCampus**

**BookFinder**

**SlugBooks.com**

**CampusBooks.com**

**Valore Books**

When purchasing textbooks from any online retailer, it's important to narrow down choices based on the factors that are most important to you (your student); such as: buy back options, low cost, fast shipping, the retailers return policy, and etc. This will help your student decide on which retailer is best for them.

Rather than purchasing all of their textbooks, another great option is to rent them. You can rent textbooks through the online retailers previously mentioned, or at the UVU Fulton Library.

[Articles adapted from thecollegeinvestor.com](http://thecollegeinvestor.com)



Chances are your student isn't going to keep all of their college textbooks. If making a little money sounds more appealing than donating their textbooks, there are some resell options:

**Sell to the UVU Bookstore**

**Sell online**

**Sell directly to students**

A great feature on myUVU is called *BookMatch*. This allows students to see which textbooks they need for each class that they are registered for before the semester even begins. *Bookmatch* lists all of the required books including the ISBN, the preferred edition, and a picture of the textbook to make it even easier to find the book they need. *Bookmatch* can help students be more prepared for class, and they can skip the long bookstore lines that inevitably happen during the first week of school.

# Vision 2030

## Q&A on the strategy guiding the next 10 years at UVU

Last year, at the direction of President Astrid S. Tuminez, UVU leaders created Vision 2030. A 10-year plan outlining how UVU's integrated dual mission will meet the higher education and workforce need of Utah County, UVU's service region, and the state of Utah. UVU Magazine sat down with Kyle Reyes, UVU vice president of Student Affairs, to find out more.

### **What is the Vision 2030 plan and how did it come about?**

"Vision 2030 is a set of directional strategies that help us to fulfill what we consider to be a strong dual mission - serving both a community college and a teaching university function. We realized we needed to bring the facilities master plan, academic master plan, inclusion plan, as well as the completion plan together to really plant our flag for the next five to 10 years. This document comes at a time when the state of Utah is reimagining what higher education looks like. We feel strongly that this document shows why UVU is poised to address such needs."

### **How is the Vision 2030 plan a response to community need?**

"There's a lot of public perception that says higher education might not be worth it anymore, but usually there's a flip side to that story - that during times of recession, folks who don't have a meaningful credential really fall on some hard times. So our message is, it's no longer bachelor's

or bust. We're going to put just as much effort into our certificates and associate programs as our bachelor's programs. And why is UVU the right organization to address these kinds of things? Because it's in our DNA to be community responsive. This institution was born out of fulfilling a workforce need. When we add programs, it's not out of elitism. We add programs because the community has asked for them."



### **What are the key components of the Vision 2030 plan?**

Our strategies focus on UVU's action commitments: include, engage, and achieve.

*Enhance student success and accelerate completion of meaningful credentials*  
*Improve accessibility, flexibility, and affordability for all current and future UVU students*  
*Strengthen partnerships for community, workforce, and economic development*

### **What do you hope to see achieved at UVU by 2030?**

"We want to see a significant increase in our completion rates. We want to make sure we have

significantly improved our outreach to underserved populations, everyone from low-income families to first-generation students to communities of color. We want to make sure that at least 30% of our total offerings are available online. We want a robust branch campus system that incorporates target offerings that make sense to communities in Payson, Lehi, Wasatch, and elsewhere. We hope the community continues to see us as a partner in workforce development."

A key part of Vision 2030 is providing access to education across Utah Valley. By 2030, UVU will serve students at seven current and two future master planned locations throughout its service region, with programs tailored to community and industry needs. UVU champions connectivity of its campuses to a full range of transportation options, including UVX, FrontRunner, and accessible biking and walking paths. These options help reduce traffic and pressure on neighborhoods and communities.

To read more about the Vision 2030 plan, visit:

[www.uvu.edu/vision2030](http://www.uvu.edu/vision2030)

For UVU's Facilities Master Plan, visit:

[www.uvu.edu/facilities/uvu\\_master\\_plan.html](http://www.uvu.edu/facilities/uvu_master_plan.html)

Article adapted from UVU Magazine.