HAPPY THANKSGIVING – REGISTER FOR CLASSES!
On behalf of Dixie State University, we wish you a Happy Thanksgiving! If you are traveling for the holiday, please remember defensive driving and stay safe! Also just a reminder that Spring semester begins on January 11th and registration has begun. Get registered today for your classes by going online to “MyDixie” (at Dixie.edu) or visiting the registration office (Holland 1st floor). If you are unclear about what classes to take, please visit with an academic advisor (Holland Building 1st floor, 652-7690), or login to “MYDixie” (dixie.edu) and use the Degree Works program to see what courses are remaining. With winter temperatures fast approaching you have yet another reason to celebrate your decision to attend Dixie State University. Gotta love our weather!

DO YOU HAVE MONO?
In recent weeks we have had a number of individuals in Southern Utah diagnosed with mononucleosis. It is vitally important to seek treatment right away if you feel you might have mono. Symptoms of mono are different in the beginning of the illness compared to later in the course of the illness. Initial symptoms (within the first 3 days) include chills, loss of appetite, and a lack of energy. More intense symptoms usually occur after the first three days and include swollen lymph nodes in the neck, fever, swollen tonsils, and a severe sore throat. Mononucleosis (otherwise known as mono, or the kissing disease) is highly contagious, and can lead to further liver complications if not addressed. Students should refrain from sharing straws or other beverage containers as it is most commonly spread by casual contact via saliva, and it has a 4-6 week incubation period – which means many students may already be infected and not know it. Mono is a viral illness and antiviral drugs are not effective for treatment. Management of this illness generally focuses on symptom relief. Aches, pains, fever, and headache should be treated with acetaminophen (Tylenol), plenty of rest, sleep, and an over-hydration of fluids. If you feel you might be suffering from mono, please seek medical diagnosis, and then take the “break” to get well. Upon return to campus, if you are still uncertain about whether or not you might have mono, please call the Health and Wellness Center at 435-652-7756 to schedule an appointment.

HOLIDAY HOURS – Health and Wellness Center
The Health and Wellness will be CLOSED the following dates:
Nov 25 -29  Thanksgiving Break
Dec 19 - Jan 6  Christmas Break

SUPPORT GROUPS at the Health and Wellness Center -- FRIDAY
The therapists at the Health and Wellness Center will hold several additional support groups this semester. The main topic is Stress and Anxiety Management. Each group will cover a different skill or technique to help you better understand and cope with stress and anxiety in a healthy way. Groups are free to DSU students, and held each Friday at 3:00 pm.

12/4  Contain your Worry; healthy thoughts lead to healthy behaviors
12/11  Balancing your life and making a plan
12/18  Process Group – Last day of classes

FINALS SCHEDULE
We certainly hope you had a wonderful Thanksgiving break, and when you return it will be only a few weeks until finals. Take a moment to familiarize yourself with the finals schedule: https://dixie.edu/fye/final_exams.php

CHINESE 3990 CLASS
If you are seeking to maintain your Mandarin language skills, improve your formal writing, or even gain a better understanding of Chinese culture, consider Chinese 3990. The teaching style is very open and adapts to students’ needs. The class is taught using simplified characters, but traditional characters are also acceptable for writing
assignments. If you are only familiar with traditional characters, this class is an opportunity to learn the standard writing system used in Mainland China and Singapore. This class emphasizes formality in writing and teaches the usage of vocabulary in different writing situations. We also have Chinese 1020, 2020 for other level of Chinese language learners, no matter if you are a beginner or intermediate level learner, we have the right class for you.

PARKING REMINDER
All motor vehicles parked on campus must display a valid Dixie State University parking permit. You can buy your pass online [www.dixie.edu/parking](http://www.dixie.edu/parking) or in person at the Burns Arena. To register your vehicle, you will need your university D-number and also your vehicle license plate number. Office Hours: Monday-Friday 8:30am to 4:00pm at the Burns Arena. For more information please see [www.dixie.edu/parking](http://www.dixie.edu/parking)

LOOKING FOR A JOB?
Visit the DSU Career Center Digital Employment Board. [www.dixie.edu/career](http://www.dixie.edu/career) then click on “employment” and “student jobs” for an up-to-date listing of jobs currently available for students.

SEXUAL VIOLENCE PREVENTION TRAINING
The Dixie State University (DSU) Office of Title IX Clery Act & Compliance exists to educate and prevent gender inequity, sexual discrimination, sexual harassment, sexual abuse, and sexual assault. You can complete an online complaint form at: [https://www.dixie.edu/titleixcleryact/incident_report_form.php](https://www.dixie.edu/titleixcleryact/incident_report_form.php). We are also excited to announce that students will soon be able to receive on-line training regarding healthy relationships, and how to protect yourself or deter possible incidences sexual assault. Look for a SAFE COLLEGES invitation coming to you in the next few weeks. If you feel your rights have been violated, if you witness any of the aforementioned incidences, or if someone you know has been a victim of sexual assault, please contact Cindy Cole in the North Administration Building or by calling 435-652-7731.