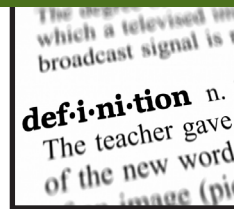
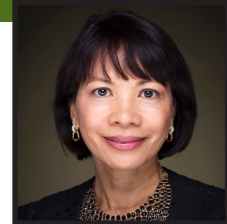




UVX  
& Other  
Campus  
Resources  
Pg. 2



Higher-Ed  
Glossary  
UVU Jargon  
Pg. 3



The Power  
of Dreams  
UVU's New  
President, Astrid S.  
Tuminez  
Pg. 4

Fall 2018

## The Next Level of Medicine

UVU's Paramedic Program is leading students on an unconventional path toward medical school

**W**hen Utah Valley University alumna Summer Grace goes to work as an emergency medicine physician, she says she's ready for anything to roll in. "It keeps me on the edge of my seat and requires that I stay current on my medical knowledge." From the time she was 14 years old, Grace knew she wanted to be a physician. After attending UVU's Firefighter Recruit Candidate Academy, she enrolled in the first paramedic class UVU offered in 2000. Grace was the first and only woman in the class.

Now almost two decades after its inception, UVU's paramedic program focuses on that experience as a way to prepare for future careers in medicine. About half of UVU's paramedic students have intentions of furthering their education by attending medical school, dental school, or

physician assistant school.

While UVU's program maintains a reputation for rigor and real-world application, what makes the program special -- according to the director of UVU's paramedic program, Steven Allred, who has 32 years of experience in the emergency room and as a firefighter paramedic -- is a sense of community not found at other universities.

"The closeness is very uncommon in these types of programs and it's really something that's unique about UVU. That culture comes from the top down, and it never goes away. Steve sets that tone," says Mat Goebel, a current medical student at the University of California.

The paramedic program, which is part of UVU's College of Health and Public Service, and is located at UVU's Provo Airport campus, is

comprised of two semesters. The first is lecture and book-heavy, and in the second semester, students participate in hospital rotations that include time spent in the operating room, labor and delivery, and the emergency room. Prior to joining the program, students must complete a year of prerequisite coursework and candidates are admitted through a competitive process.



Article adapted from UVU Magazine: *The Next Level of Medicine*.

### Semester Dates & Deadlines

Thursday - Saturday  
October 18 - 20  
Fall break

Monday, October 29  
Spring priority registration  
begins

Monday - Saturday  
November 19 - 24  
Holiday break

Monday - Thursday  
December 10 - 13  
Final Exams

Monday, January 7  
Spring classes begin

# Difficulties with parking on campus?

Here are some helpful tips and tricks!



Parking at UVU can be very difficult, especially when trying to find a parking space during peak class times. Therefore, it is always important to plan ahead, and to allow extra time for parking and walking to class. Another option to combat parking issues, is to use the new UVX bus system.

The new **UVU UTA Transit Pass** (or UVU student ID card) is designed to alleviate traffic congestion, parking issues, and to help promote clean air in Utah County. “UVU has more than 37,000 students, and that number is projected to increase to 46,000 by 2025,” said former UVU President, Matthew Holland. “We want our students to focus on their academic careers and not on transportation and parking.” The new system can also ease the burden of purchasing an annual parking pass, which has increased from \$90 to \$115 to help cover the cost of the new transit system.

UVU student ID cards will activate as free transit passes automatically for eligible users. Passes allow use of all UTA Buses, TRAX,

FrontRunner, and the new Utah Valley Express (UVX) line in Orem and Provo.

The new **UVX** bus system could help students avoid traffic, congestion, and the infamous parking difficulties on UVU's campus. The new line for UVX that has been completed is Provo's 700 North corridor. The route running from University Parkway and University Avenue will be the next to be completed. Busses run every six minutes during morning and evening commute times, every six to 10 minutes during the day, and every 15 to 60 minutes in the early morning and late evening.

[Article adapted from UVU News: UVU to Provide Free Annual Premium Access UTA Passes To Employees, Their Dependents and Students for Ten Years](#)



For more information about transit passes, visit:

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

SC 106F | 801.863.8797 | [campusconnection@uvu.edu](mailto:campusconnection@uvu.edu)

Monday through Thursday 8:00 a.m. - 8:00 p.m.

Friday 8:00 a.m. - 5:00 p.m.

Saturday 9:00 a.m. - 2:00 p.m.

## Career Development Center

LC 409 | 801.863.6364 | [careerdevcenter@uvu.edu](mailto:careerdevcenter@uvu.edu)

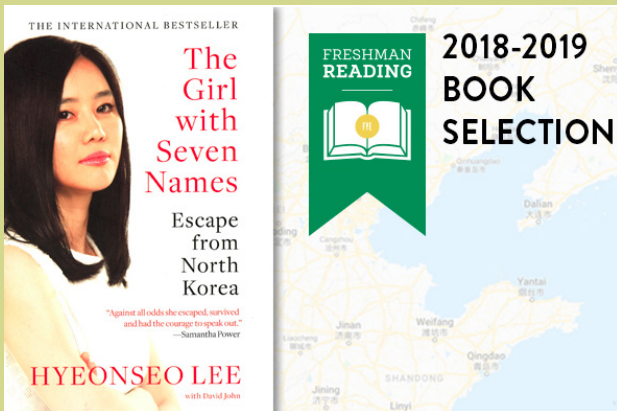
Monday through Friday 8:00 a.m. - 5:00 p.m.

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



The Career Development Center consists of career services and the **CareerPassport** and National Student Exchange programs. As a center, they develop individual career success and employment potential by fostering community, regional, and national relationships.

**CareerPassport** is an engaged way to actively participate in career preparation while working towards a degree at UVU. Students can begin the program as early as their first semester, and we encourage them to start as early as possible! CareerPassport is a flexible, free, non-graded, and self-paced program that enhances classroom learning by providing simultaneous career preparation activities and experiences. After participating in the program, your student will possess expansive career knowledge, developed career tools and powerful employment networks, and the experience needed to stand out in the workplace, profession, and life! [www.uvu.edu/careerpassport](http://www.uvu.edu/careerpassport)



## Freshman Reading Program Author Visit

Wednesday, October 3, 2018

1:00 p.m. | Fulton Library (FL) Lecture Hall

Followed by a book signing in the FL Bingham Gallery

UVU students, parents, and community members are welcome to attend.

[www.uvu.edu/firstyear/freshmanreading](http://www.uvu.edu/firstyear/freshmanreading)

## 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

# Higher-Education Glossary

Help your student by understanding UVU's jargon

There are many terms used at UVU that some students may be unfamiliar with. It is important to know UVU specific words, as well as common higher-education vocabulary in order to be successful. Below are some common terms and definitions to note.

## Terms and Definitions

**Accuplacer** - An assessment that is required for students whose ACT/SAT scores have expired or who would like to place into a higher level English course.

**Block Class** - A "block" is half a semester, or 7 weeks. While these classes are half as long as standard classes, they require the same amount of work.

**Canvas** - An online system used by professors at UVU to organize course materials, store documents, and to post quizzes and assignments. Canvas can be accessed through myUVU.

**Credit Hours** - Commonly referred to as "hours" or "credits." Using the credit hours of a class, a student can estimate the amount of time spent outside class for studying. For each credit hour spent in class, a student should spend 3 hours outside of class studying (i.e. For a 3-credit course, a student should spend 9 hours studying).

**CRN (Course Reference Number)** - A 5-digit number assigned to each specific section of a class. Some students write down the CRNs ahead of time to make registering for classes easier and faster.

**Hold** - A restriction placed on a student's account that may prevent them from registering for school. New students will have a "hold" if they have not completed orientation and met with their academic advisor.

**Waitlist** - A list of students who want to enroll in a course that has already reached maximum capacity. A waitlist is first come, first served. If a spot opens up, a student will receive an email in their myUVU Gmail account and they will have 24 hours to register for that course, or else the spot is offered to the next person on the waitlist.

**Wolverine Track** - An online tool that provides a clear and convenient way for students to track degree progress, plan future classes, and prepare for graduation. Students can meet with their academic advisor for help with navigating Wolverine Track.



# The Power of Dreams

New UVU President, Astrid S. Tuminez, is an example of education's ability to free the human spirit

Long before Astrid S. Tuminez became a college graduate -- long before she lived in New York City, the Soviet Union, Hong Kong and Singapore. Before she published a book and many articles and helped broker peace negotiations and held leadership positions at universities and corporations, and before she was chosen as Utah Valley University's seventh president -- she learned to dream.

From a tiny hut on the beach in the Philippine city of Iloilo, through holes in the grass roof that always needed a patching and from which water poured during rainy weather, sending her scrambling for the shelter of the family table, Tuminez could look up and see the stars. For her, she says the stars symbolized dreams. And dreams were free.

"I realized no matter how poor you are, you could actually dream," she says. "Nobody can stop you from dreaming about where you want to be, and what you want to do with your life." If that sounds unrealistic, you haven't met Astrid Tuminez. Her life is a flourishing example of the power of dreams -- and the role education plays in achieving them. As she begins her service as UVU president, her goal is to pass on that transformative power to all the people whom she can reach. "To believe in what is possible, whatever the hurdles and challenges are -- that's the culture I'd like UVU to have," Tuminez says.

"When you are poor, you learn to be very inventive. You really learn to be a problem



solver because you just can't sit there and buy your way through your problems," she says. One problem her family could not solve on their own, was access to education. For that, they had to rely on what Tuminez describes as "a miracle" -- a chance encounter with a group of Catholic nuns belonging to the Daughters of Charity, a religious community that traces its roots to mid-17th century France. The nuns gave Tuminez a solid foundation in values and an opportunity to attend school, tuition-free.

At the age of 5, she took the first step in an educational journey. The classroom seating was arranged with the smartest student in the first seat, first row. Tuminez was placed in the last seat, last row. However, soon she began to catch up, and the shame-inducing seating chart awoke a competitiveness in her. After a few months, she earned the first seat in the first row.

Her education continued, and by age 15, she had finished high school and was studying

at the University of the Philippines in Manila, on a full government scholarship, but she dreamed of emigrating to America and attending Brigham Young University. She was accepted to BYU at 18 years old, and by her senior year, Tuminez was already looking forward to graduate school. She applied to three: Harvard, Georgetown, and Yale. All three accepted her, but Harvard offered a full-ride scholarship. So she headed east, where she met her husband, Jeffrey Tolk. They married and now have three children.

They traveled all over the world together pursuing their careers, and while working at Microsoft, Tuminez was intrigued when a friend from UVU informed her of the presidency opening. At first, she didn't think the position was right for her. However, her curiosity led her to further research, and the more she read, the more intrigued she became.

Throughout her career she has focused on bridging the gaps in education and opportunity to make a difference in people's lives, which seamlessly aligns with UVU's institutional mission and core themes.

"Home is a place where I feel supported, safe, and accepted," Tuminez says. "To every freshman, parent, and all of the students and others in our community today, I hope that you come to UVU feeling that this is your home."

[Article adapted from UVU Magazine: \*The Power of Dreams\*.  
Click here to view the full article.](#)