



NAU

2025-2026 FACULTY/STAFF CALENDAR

NAU faculty:

As we gear up for a new academic year, I'm so excited to share this calendar with you. It's more than just dates and events; it's a window into our students' lives.

This calendar will help you understand what our students may be dealing with—their stressors, distractions, and triumphs. By knowing their world, we can better support them.

Inside, you'll find:

- **Key dates:** These include holidays, term start and end dates, finals week, and a few fun wild-card entries to keep things from being too staid.
- **Quick wellness tips:** Simple, in-the-moment tips to help students manage stress and stay healthy.
- **Issues:** Timely lists of things that might weigh on your students' minds.
- **Resources:** Information on accessing counseling services, study groups, and more.

Talk to your students and share information and links to any resources you think might help them maintain academic momentum. Keep your eye on your email inbox; on the first of each month, I'll send you an email that includes all of the links referenced here for the coming month. That way, you can more easily share them with your students. We all play a crucial role in our students' success. Let's make this year exceptional!



Sincerely,

Margot

Margot Saltonstall
Vice President of Student Affairs



Land Acknowledgement

Northern Arizona University sits at the base of the San Francisco Peaks, on homelands sacred to Native Americans throughout the region. We honor their past, present, and future generations, who have lived here for millennia and will forever call this place home.

FORGING *community*

When our students feel connected to NAU and involved in the campus community, they are more likely to succeed academically, maintain positive mental health, and stick around to finish their degrees. If you have students who you feel might be struggling to find their place or people on campus, please consider encouraging them to explore some of these resources and opportunities from the Division of Student Affairs:

- The Office of Inclusion transforms the student experience through thoughtful events, spaces, and resources that foster and embrace alliances and community connections.
- Campus Recreation (nau.edu/rec) offers group fitness classes, outdoor adventures, and Lumberjack Late Nights extended recreation hours where students can stay active and make new friends.
- With more than 400 student clubs and

organizations (nau.edu/clubs), there's truly something for everyone: hiking, religion, singing, dancing, astronomy, Disney, engineering, chess, gardening, you name it. Students are also encouraged to start their own organization if the group they're looking for doesn't already exist.

- More options are available through the Office of Leadership and Engagement (nau.edu/getinvolved) and on the NAU Events Calendar (nau.edu/events).

Issues your students might be facing right now

- New time management challenges
- Adjusting to independence
- The need to make friends/loneliness

Quick wellness tip for students

Take three long, slow, deep breaths.

Campus Health Services: Your one-stop-shop for medical services, mental wellness, and health education. Visit us in the Health and Learning Center or at nau.edu/chs.



August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16 First disbursement of scholarships and financial aid	
17	Fall tuition due First day for faculty Early move-in for approved groups	Early move-in	Move-in begins New Faculty Orientation	20	21	22	23
Pluto Demoted Day #TeamPluto #HopeForPluto	24	25	26	27	28	29	30 NAU football @ASU
31							



BUILDING confidence

Tutoring and coaching can help guide our students through challenging concepts, provide targeted support, and boost their confidence. Please encourage students to schedule a session with the Academic Success Centers (nau.edu/asc) to find the support they need. Peer Academic Coaching is also a great option.

Some tips to share with your students:

- Identify your strengths and learn to apply them in challenging situations.
- Learn to thrive after “failure.” Be compassionate with yourself, reflect on what you learn, and plan new approaches to your goal. “Remember that failure is not the opposite of success; it’s part of success.” – *Unknown*
- Surround yourself with supportive people to become the architect of your own success.
- Find balance in your academic responsibilities, social connections, work, and self-care routines by setting healthy boundaries and being realistic about where your focus is needed most.

Issues your students might be facing right now

- Potential schedule adjustments
- Fear of asking for help
- Getting involved

Livewell Focus: Social

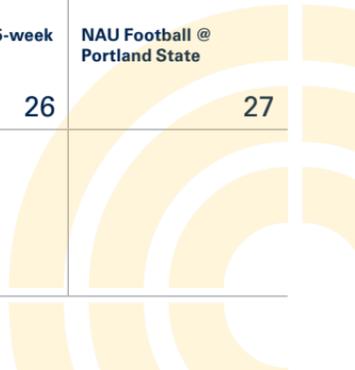
- Make time to connect with friends and loved ones.
- Explore the NAU event calendar for events that peak your interest.

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September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day (University closed) 1	2	3	Last day to drop courses without a "W" 4	5	NAU Football vs. Utah Tech Running of the Freshmen 6
7	8	Promotion and Tenure Packets Due 9	10	11	12	NAU Football @ Southern Utah 13
14	Hispanic Heritage Month (through Oct 15) 15	16	Constitution Day 17	18	Family Weekend 19	Family Weekend NAU Football vs. Incarnate Word 20
Family Weekend 21	Autumnal Equinox 22	Sabbatical and Professional Project Reassignment (PPR) packets Due 23	24	25	Last day of 1st 5-week session 26	NAU Football @ Portland State 27
28	First day of 2nd 5-week session 29	30				





NEVER TOO SOON TO *look ahead*

As your students settle into the rhythm of the new semester, please remind them that it is never too early to start planning for their future. Here are some resources to consider sharing:

- Career Development (nau.edu/career) offers free career advising, résumé assistance, job and internship opportunities, interview practice, and more
- Career Coffee Corner information tables every Tuesday, Wednesday, and Thursday in the University Union
 - Career Events (in.nau.edu/career/events), like the Career and Graduate School Fair on September 25 at the University Union Fieldhouse
 - Handshake (nau.edu/handshake) lists current job openings

Issues your students might be facing right now

- Managing relationships with friends/roommates
- Exam anxiety
- Depression and anxiety

Livewell Focus: Emotional

- Aim for 7-9 hours of sleep each night.
- If you're struggling with mental health, make an appointment with a mental health professional.

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October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Campus Living applications for spring semester open this month. (nau.edu/housing)						NAU Football vs. Montana State Hispanic Heritage Day
			1	2	3	4
5	Midterm grades open for faculty input 6	7	8	9	10	NAU Football @ UC Davis 11
12	Indigenous Peoples' Day 13	14	15	16	Last day of 1st 8-week session 17	18
19	First day of 2nd 8-week session 20	21	22	23	Midterm grades due 24	NAU Football @ Idaho State 25
26	27	28	29	30	NAU Football vs. Idaho Native American Heritage Day Halloween Last day of 2nd 5-week session 31	

DEVELOPING *resilience*

As the fall semester progresses, it's common for students to encounter increased academic demands, social pressures, and personal challenges that can take a toll on their mental well-being. The colder and darker winter months can also impact mental wellness. Share these resources with your students if they need a little bit of extra support this time of year:

- Campus Health Services (nau.edu/campushealth) has multiple programs offering health and wellness support.
 - » **Counseling Services** (nau.edu/counseling) has immediate availability to serve students' mental health and emotional needs, offering crisis support, individual and relationship counseling, and support groups. Jacks Care 24/7 offers after-hours crisis support, a virtual peer-to-peer community, a self-guided mental health and wellness focused app, and a personalized referral network for seeking therapy in the Flagstaff community and across Arizona (via Telehealth).
 - » **Nutrition and fitness** programs include cooking demonstrations, special events, and videos.
 - » **Alcohol and drug reduction** initiatives include non-judgmental, personalized feedback about substance use, strategies to reduce the risks of substance use, and connections to on- and off-campus resources.
 - » **Sexual health** programs include the Condom Club, STI testing, and more.
 - » **For faculty and staff**, NAU's Employee Assistance and Wellness office (EAW) offers counseling services and wellness programs.

Issues your students might be facing right now

- Financial stress
- Academic pressure
- Balancing family/cultural responsibilities with school

Livewell Focus: Intellectual

- Explore something new.



November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
Daylight Savings Time ends 2	Homecoming Week First day of 3rd 5-week session 3	Homecoming Week Election Day 4	Homecoming Week 5	Homecoming Week 6	Homecoming Week 7	NAU Football vs. Northern Colorado Homecoming Weekend/ Military Appreciation Day 8
9	10	Veterans Day (University closed) 11	12	13	14	NAU Football vs. Cal Poly Senior Day 15
16	Take a Hike Day 17	18	19	20	21	NAU Football @ Weber State Red Rock Rivalry 22
23	24	25	26	Thanksgiving (University closed) 27	University holiday (University closed) 28	29
30						



WRAPPING UP *a successful semester*

As your students gear up for this final push, champion these principles: prioritize self-care as a cornerstone of success, foster a mindset that sees every setback as an opportunity for growth, and remember that seeking assistance is not a sign of weakness but a testament to strength. Studies show that successful students ask for help. Also, remind your students that Cline Library (nau.edu/library) has dedicated study spaces and expert research assistance.

Issues your students might be facing right now

- Worrying about final grades
- Finding a job over the break
- Family concerns

Livewell Focus: Spiritual

- Find a group that aligns with your values and beliefs.
- Volunteer in local organizations throughout the community.

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December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Last day of 3rd 5-week session	
	1	2	3	4	5	6
7	Finals week	Finals week	Finals week	Finals week	Fall Commencement Winter break begins End of session for Fall 16-week and 2nd 8-week sessions	13
14	First day of class for winter term	Final grades due			Ugly Sweater Day	20
15	16	17	18	19	20	21
Winter Solstice				Winter Break (University closed)	Winter Break (University closed)	Winter Break (University closed)
21	22	23	24	25	26	27
Winter Break (University closed)	Winter Break (University closed)	Winter Break (University closed)	New Year's Eve (University closed)			
28	29	30	31			

GETTING BACK IN *the groove*

The start of a new semester is an opportunity to refocus on academic and personal goals. Here are some tools for students and for those advocating for students.

- Now is a great time to meet with a **Peer Academic Coach** to plan academic support and academic habits for the new schedule of classes.
- The NAU CARE Referral (nau.edu/careteam) is a resource for informing the CARE Team about a student who may be experiencing extenuating circumstances. A CARE Referral prompts outreach from a member of the CARE Team; student engagement is voluntary. Referrals may be used for a wide range of concerns, from mental health challenges to essential needs, and can often lead to simple interventions that make a meaningful difference in a student's ability to remain on track academically.
- Jacks Care 24/7 offers after-hours crisis support, a virtual peer-to-peer community, a self-guided mental health and wellness focused app, and a personalized referral network for seeking therapy in the Flagstaff community and across Arizona (via Telehealth).
- NAU has a wide variety of additional mental health resources available (nau.edu/counseling).

Issues your students might be facing right now

- Readjusting to the college routine
- Financial stress
- Winter blues—shorter, darker days

Livewell Focus: Physical

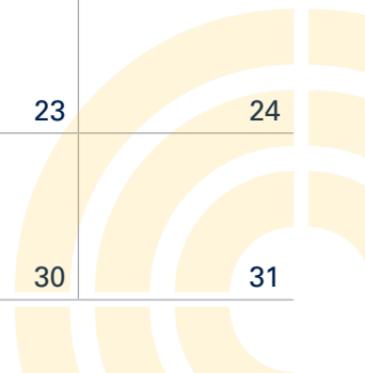
- Aim for 30 minutes of movement or physical activity that brings you joy each day.

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January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
University Transit Services offers motorist assistance (928-523-9066) that includes a push out of snow, battery jump, tire inflation, lockouts, and emergency gas.				New Year's Day (University closed)		
				1	2	4
4	Spring tuition due Faculty back from Winter Break	5	6	7	8	10
				NAU Teaching Day	Last day of winter term	Campus Living Communities re-open
	First day of spring classes (for 16-week, 1st 5-week, and 1st 8-week sessions)	12	13	14	15	17
11						
	Martin Luther King Jr. Day (University closed)	19	20	21	22	24
18						
Opposite Day						
25	26	27	28	29	30	31





HEADING INTO *midterms*

As we gear up for the midterm season, let's highlight the power of tutoring and academic coaching to empower our students. These invaluable resources not only assist in navigating challenging concepts but also serve as catalysts for enhancing confidence. Encourage students to proactively engage with the Academic Success Centers (nau.edu/asc) to tap into this support network.

Furthermore, let's underscore the importance of self-care as a cornerstone of academic success. Here are some empowering strategies to share with students to promote well-being and resilience:

- Embrace your strengths and leverage them in the face of challenges.
- View setbacks as opportunities for growth and self-discovery. Practice self-compassion, reflect on lessons learned, and devise adaptive strategies for future endeavors.
- Foster a supportive environment by surrounding yourself with individuals who uplift and inspire you on your academic journey.
- Strive for balance in all aspects of your life. Establish healthy boundaries, prioritize tasks, and allocate time for social connections, work commitments, and self-care rituals.

By embracing these strength-based approaches, students can cultivate resilience, enhance their academic performance, and foster a sense of empowerment in their educational pursuits.

Issues your students might be facing right now

- Managing wellness
- Thinking about housing for next year
- Winter clothing and transportation

Livewell Focus: Financial

- Sign up for a free online budgeting tool, such as Mint.
- Find fun, free things to do on campus or in the community.

Campus Health Services: Your one-stop-shop for medical services, mental wellness, and health education. Visit us in the Health and Learning Center or at nau.edu/chs.

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Groundhog Day 2	3	4	5	6	7
8	9	10	11	12	Last day of 1st 5-week session 13	Valentine's Day 14
15	First Day of 2nd 5-week session Presidents' Day 16	17	18	19	20	21
22	Midterm grades open for faculty input 23	24	25	26	27	28



PROMOTING *healthy habits*

As we near the mid-point of the semester, students may be looking forward to a break from classes, assignments, and other responsibilities. Please consider sharing these tips from Health Promotion for a safe and healthy spring break:

- Add some joyful movement to your day.
- Take a break from digital content and social media.
- Find hobbies that help you relax.
- If you choose to have sex, practice safer sex and always get consent.
- Avoid driving under the influence if you choose to use cannabis or other drugs.
- If you choose to drink, stay within lower-risk drinking guidelines (no more than 3 drinks per occasion for individuals assigned female at birth and 4 per occasion for individuals assigned male at birth).
- Make time to support all 8 dimensions of wellness on Live Well NAU's Live Well Wheel (nau.edu/livewell).

Resources for students

If you have students in your classrooms who are struggling with personal challenges or issues like food insecurity and financial need, please let them know about the Lumberjack CARE Center (nau.edu/carecenter). A few highlights of the resources that the CARE Center offers are below:

- **Lumberjack CARE Team** case managers offer one-on-one support to students experiencing life and academic challenges, offering a comfortable space to problem solve, create safety plans, connect with resources, or engage with wellness activities. You can submit a CARE Referral if you would like a case manager to reach out to you or one of your students.
- The **Louie's Cupboard** food pantry offers perishable and nonperishable food and resources to students, faculty, and staff through biweekly distributions, as well as grab-and-go bags.
- The CARE Center also offers weekly events, like the "Dog Days" series, where students can take a break from their studies and relax outside with therapy dogs.

Issues your students might be facing right now

- Re-enrollment
- Summer plans
- Feeling cooped up for winter

Livewell Focus: Occupational

- Consider joining a committee like the Staff Advisory Council
- Explore workplace resources with Employee Assistance and Wellness

Campus Health Services: Your one-stop-shop for medical services, mental wellness, and health education. Visit us in the Health and Learning Center or at nau.edu/chs.

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	Last day of 1st 8-week session 6	7
Daylight Savings Time begins 8	Spring Break 9	Spring Break 10	Spring Break 11	Spring Break 12	Spring Break 13	Pi Day 14
15	First Day of 2nd 8-week session 16	St. Patrick's Day 17	18	19	Vernal Equinox 20	21
22	23	24	25	26	Last day of 2nd 5-week session 27	28
29	First day of 3rd 5-week session 30	31				





FINDING *motivation*

Staying motivated this time of year is important for students, especially with finals right around the corner. It's no secret that motivated students succeed not only academically but also in their personal and professional development. Helping students connect their academic journey to their future goals is a great way to foster motivation and determination. If you sense that your students may be having a tough time staying motivated to finish the semester, please consider sharing a few of these resources with them:

- The "What Can I Do With This Major?" tool is a great way to help students visualize how success in their classes now can set them up for a successful career in the future. Click the "What can you do with your major?" link on the Career Development homepage. nau.edu/career
- Reading the success stories of NAU alumni (nau.edu/stories) might also help students visualize their future and stay motivated as they finish the semester.
- Encourage students to keep an eye out for NAU events and opportunities (nau.edu/events) to take a break from studying (like Dog Days, Stressbusters, Reading Week Donuts, and more).

Thank you, as always, for the support and guidance that you provide our students!

Issues your students might be facing right now

- Lack of motivation
- Choosing a minor
- Affirming they are in the right major

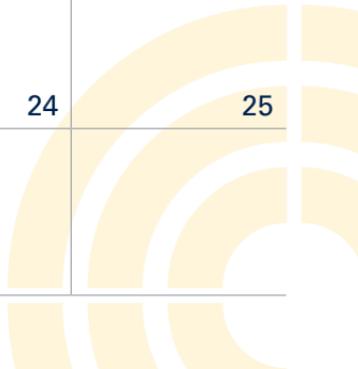
Livewell Focus: Environmental

- Eat plant based meals at least 1-2 times/week.
- Choose to be outside during the day for activities like eating or exercising.

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April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			April Fools' Day			
			1	2	3	4
5	6	7	8	9	10	11
			Tax Day			
12	13	14	15	16	17	18
			Earth Day		Undergraduate Symposium	
19	20	21	22	23	24	25
26	27	28	29	30		



PREPARING FOR *finals*

To help our students succeed in their final exams and projects, here are a few resources and recommendations to share. Cline Library (nau.edu/library) has dedicated study spaces and research assistance to help out with final projects. Counseling Services (nau.edu/counseling) are available to make sure that students feel supported to navigate challenges with confidence and resilience. As your students prepare for the final push, please also consider sharing these tips:

- Being healthy helps you focus and think critically, so practicing self-care is one of the best ways to achieve academic success. Remember to get enough sleep, exercise, and nutrition as you study for finals.
- Commit to a growth mindset. Past mistakes (and even “failures”) can be learning opportunities. Be compassionate with yourself and plan new approaches to your goals.
- Ask for help when you need it—your Lumberjack community is here for you!

Issues your students might be facing right now

- Grades
- Burnout
- Summer internships or jobs

Quick wellness tip for students

Step outside and get some fresh air. Enjoy a healthy snack while you're out there.

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May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Last day of 3rd 5-week session 1	2
3	Finals week 4	Finals week Cinco de Mayo 5	Finals week 6	Finals week 7	Spring Commencement Last day of 16-week and 2nd 8-week sessions 8	Spring Commencement 9
Mother's Day 10	First day of summer classes for 3-week, 8-week, and 12-week sessions 11	Final grades due 12	13	14	True Blue Summer Fridays begin 15	16
17	18	19	20	21	True Blue Friday 22	23
24	Memorial Day (University closed) 25	26	27	28	True Blue Friday Last day of 3-week session 29	30





MAKING THE MOST *of summer*

If your students don't have a job or internship (or even if they do), encourage them to explore volunteer opportunities in their community. It's a great way to get connected and gain experience in a field they're passionate about.

The new website axeofservice.nau.edu, managed by the Center for Service and Volunteerism, lists volunteer opportunities in and around Flagstaff.

If your students are signed up for summer classes, remind them that these classes often move at a quicker pace. Encourage them to practice good time management skills.

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	First day of summer classes for 1st 5-week session and 10-week session 1	2	3	4	True Blue Friday 5	6
7	8	9	10	11	True Blue Friday 12	13
Flag Day 14	15	16	17	Juneteenth (University closed) International Picnic Day 18	True Blue Friday 19	20
Father's Day 21	Summer Solstice 22	23	24	25	True Blue Friday 26	27
28	29	Last day of 1st 5-week session 30				



EMBRACING OUR *many identities*

Lumberjacks embrace diversity and inclusion while promoting a welcoming community for students of all backgrounds. Just a few of the campus communities and departments working to support students include:

Office of Inclusion
nau.edu/inclusion

Office of Indigenous
Student Success
nau.edu/oiss

Veteran and Military Services
nau.edu/vets

First-Generation Programs
nau.edu/firstgen



July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Independence Day (University closed)	True Blue Friday Last day of summer classes for 8-week session	
			1	2	3	4
5	First day of summer classes for 2nd 5-week session	6	7	8	9	10
					True Blue Friday	11
12	13	14	15	16	17	18
					True Blue Friday	
19	20	21	22	23	24	25
					True Blue Friday	
26	27	28	29	30	31	





DISCOVER ALL
Student Affairs
HAS TO OFFER

Visit
nau.edu/student-affairs
to find resources that fuel your
community, wellness, academics
and career.

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	Last day of summer classes for 12-week, 10-week, and 2nd 5-week session	4	5	6 True Blue Friday	7 8



Important NAU departments

Contact information and websites

Academic Success Centers

928-523-7391
nau.edu/asc

Admissions and Enrollment Services

928-523-5511
nau.edu/admissions

Bookstore

928-523-6691
nau.edu/bookstore

Campus Dining

928-523-2372
nau.edu/dining

Campus Health Services

Appointments:
928-523-2131
Billing: 928-523-6343
nau.edu/chs

Campus Living

928-523-3978
nau.edu/campus-living

Counseling Services

928-523-2131
nau.edu/counseling

Disability Resources

928-523-8773
nau.edu/disability-resources

Emergency

911
nau.edu/police

Family Resources

928-523-5181
nau.edu/parents

First-Generation Programs

928-523-6980
nau.edu/firstgen

JacksCard

928-523-1905
nau.edu/jackscard

Motorist Assistance

928-523-9066

Office of Inclusion

928-523-5656
nau.edu/inclusion

Office of Indigenous Student Success

928-523-8086
nau.edu/oiss

Office of the Dean of Students

928-523-5181
nau.edu/studentlife

Police Department (non-emergency)

928-523-3611
nau.edu/police

Registrar

928-523-5490
nau.edu/registrar

Scholarships and Financial Aid

928-523-4951
nau.edu/financial

Student and Departmental Account Services

928-523-3122
nau.edu/sdas

Student Service Center

928-523-9501
nau.edu/servicecenter

Student Support Services

928-523-6980
nau.edu/sss

University Advising

928-523-4772
nau.edu/advising

University Transit Services

928-523-6623
nau.edu/parking

NORTHERN ARIZONA UNIVERSITY

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