



WEBER STATE UNIVERSITY



# VIBES

## VETERANS UPWARD BOUND

<http://weber.edu/vetsupwardbound>

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FB <http://www.facebook.com/pages/Veterans-Upward-Bound/343081093488>

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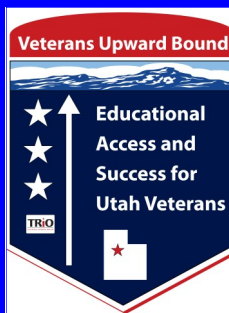
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**TRiO**  
VETERANS UPWARD BOUND



### INTRODUCING: DANIEL KISER

I am happy to announce that Daniel Kiser is now the Math Basic Skills Instructor in Veterans Upward Bound. Daniel began work October 14, 2013.

Daniel holds a Baccalaureate degree in Math Education from BYU and intends to pursue his Master's Degree at Weber State University while working at VUB.

Daniel was employed at Salt Lake Community College for approximately the past two years and worked as the VUB math tutor in that area as well. Before that time Daniel taught half a year in a junior high school.

Daniel and his wife, Amber, just became new home owners in the Salt Lake City area and they share their living accommodations with their pooch named Darwin.

When asked about hobbies, Daniel said he liked to play video

games but does not have much time to do so any more.

Daniel is a fine addition to our staff. Veterans he tutored at SLCC have great appreciation for his skills and we are looking forward to a long future with Daniel on our staff.



### HELPFUL RESOURCE

If you will be attending WSU this spring you may find this resource helpful.

Dr. Aaron Ahern  
VITAL Program Coordinator  
Department of Veteran Affairs  
Tuesdays, 9am - 3:30pm, Ogden-Davis Campuses

**To make an appointment, please contact the WSU Veteran Services Office, 801-626- 6039 / 6040/6042**

Resource for VA healthcare

- o Help with enrollment
- o Problem solving
- o Appropriate referrals
- Help with academic difficulties
- o Testing for learning disabilities and ADHD
- o Help with academic accommodations
- o Appropriate referrals for tutoring
- Mental health treatment
- o Individual therapy
- Readjustment, PTSD, depression, anxiety, etc.
- o Marital/family therapy
- o Group therapy

## **DREAM WEBER BENEFIT**

Big dreams and an innovative new program brought freshman Nicole Valdez back into the classroom eight years after high school. At age 25 she thought her dream of an education in criminal justice was out of reach, until her sister told her about Dream Weber, a tuition-assistance program at Weber State University.

"She told me to hurry up and register and do all the requirements," Valdez said. "So I did."

To meet the requirements, Valdez, like other students, had to be a Utah resident, have an annual household income equal to or less than \$25,000, and qualify for a Pell Grant.

Dream Weber is especially important in this time of economic challenge and has sparked tremendous response. In the fall of 2010, 1,947 students with a household income less than \$25,000 applied for federal financial aid — an 88 percent increase over 2009.

The program is made possible by generous private donations. It also will be funded by unrestricted gifts given to the university through the annual fund. Donor money fills any gap that might exist between federal and state financial aid and the cost of a student's tuition.

"I think it's awesome to have a program to back you up," Valdez said. "I am excited to get closer to my goals in life, to get my associate's and work toward a bachelor's and then toward a career as a police detective."

Dream Weber will provide up to eight semesters of tuition for those who qualify. The extra help is geared toward students from socioeconomic backgrounds that wouldn't typically pursue higher education because of a lack of financial resources, especially those who may be the first in their families to attend college.

## **FIRST-GENERATION STUDENT LIVING THE DREAM**

Belia Alvarado is one of those first-generation students who said her life got back on track when she came to Weber State three years ago.

"When Weber accepted me I was so ecstatic," Alvarado said. "To me it was my second chance to do everything right because I had done everything wrong when I was younger, so I was really excited to come back."

Today, Alvarado is a senior majoring in psychology. Her goal is to become a school counselor, to set an example for teens who may be headed for trouble, as a way to pay back those who have helped her.

Alvarado says the money from Dream Weber is only one of the benefits of being a Weber State student.

"Dream Weber helped me to finish, because I had the university believing in me. They are pushing me to succeed," Alvarado said. "Weber State sees that people are trying and says, 'We are going to help you out. Let's get you there as fast as we can. What do you need?' And I love that about Weber."

Modeled after a program in Texas, the tuition outreach is the first of its kind in the state of Utah.

"Weber State University has a tradition of making educational dreams a reality," adds WSU President Ann Millner. "This program has tremendous potential to lend a hand and improve the economic circumstances of many individuals all across our community."

## **DREAM WEBER EASES TRANSITION FROM SOLDIER TO STUDENT**

Brandon Anderson is a student who

(continued from the previous page)

understands the value of an education. Anderson delayed his education out of high school to enlist in the Reserves. He spent 15 months as a combat engineer in Iraq clearing roadside bombs.

Three soldiers in his company died in a bomb blast. During another mission, the tire on Anderson's vehicle detonated an explosive device, which damaged the vehicle and left him shaken but uninjured.

Anderson said his military experience trained him to think and respond quickly and to work as a team member, but it also solidified his desire to complete an education.

"Coming back from Iraq was difficult; I had stress issues associated with having been deployed," Anderson said. "It was overwhelming at first, so the support I received made the transition easier. I am really grateful for a program that has helped things work out so well for me."

WSU continues to seek donations to make Dream Weber an ongoing program of help and hope for students who dream of a better future, with an education.

— **Allison Hess**, University Communications



### **UTAH VETERANS LEGAL CLINIC**

Talk to an attorney at no cost the 2nd Thursday of each month, 5:30 pm to 7:30 pm At the VA Medical Center, Bldg 8, Multipurpose Center...See Attached Flyer: **Veterans Legal Clinic Flyer** <http://veterans.utah.gov/documents/VeteransLegalClinicflyer.pdf>



### **VUB COMPUTER LAB**

The computers in the Veterans Upward

Bound office have been getting a workout this semester. We appear to have more students than ever using our computers and we are



very happy to have this service available for our participants. Feel free to come by to use a computer or to study, receive tutoring or



instruction. We can also help you think about appropriate college classes, consider what career is best to train into, how to write a cover letter or resume, refer you to appropriate veterans services, and more.

Come see the friendly and helpful staff at Veterans Upward Bound.



## **FINANCIAL AID APPLICATIONS**

It will soon be time to file financial aid applications if you want to receive grants or low-interest loans to pay for school. VUB urges you to apply as soon after the first of the year as possible. Some programs have a limited amount available and the last applicants to apply might not receive what they need.

Here are a few bits of information for you.

**Most financial aid comes out of your calculated need based on the FAFSA.** You need to apply online at <http://www.fafsa-application.com/preparer.php?s=GOOGLE&gclid=CKS6vMGAv7oCFQhgMgoddIAACQ>. The application is free. Even if you want low-interest loans you need to do the application.

**Grants** are money you can receive that does not have to be repaid. This should be your first priority.

**Scholarships** are competitive and require some paperwork, but again, you do not have to pay them back.

**Low-interest, deferred payment loans** are better than loans straight from the bank because of lower interest rates, and you usually do not have to start paying on them until 6 months after you stop going to school.

You might be eligible for **rehabilitation** school support too, if you have a disability. Check the federal and state governments for this. Also, be aware that rehab money *might* discount the amount of other aid you receive and you should check this out with the rehab office AND your intended school.

**Aid may be available even if you use the GI Bill.**

If you have any questions or need help applying, call VUB at 801-626-7173. Do not wait until the last minute.

## **USEFUL CONTACTS FOUND ON THE VA WEB PAGE**

<http://veterans.utah.gov/>

### **Commonly Used Numbers**

- VA Regional Office 1-800-827-1000
- VA Medical Center 1-800-613-4012 or local 582-1565
- VA Medical Center Enrollment Office 801-584-2585
- Pharmacy Refills 801-584-2525
- VA Education Line 1-888-442-4551
- VA Home Loan Office 1-888-244-6711
- William E. Christoffersen Salt Lake City Veterans Home 801-584-1900
- George E Wahlen Ogden Veterans Home 801-334-4300
- Central Utah Veterans Home in Payson 801-465-5400
- Southern Utah Veterans Home in Ivins 435-634-5220
- Veterans Cemetery 801-254-9036
- Vet Center, Provo 801-377-1117
- Vet Center, Salt Lake 801-266-1499
- Vet Center, St. George 435-673-4494
- 24 Hour RCS Combat Call Center 1-877-WAR-VETS (1-877-927-8387)
- Champ VA 1-800-733-8387

### **Veteran's Service Organizations**

- American Legion (AL) 801-326-2380
- Disabled American Veterans (DAV) 801-326-2375
- Military Order of the Purple Heart (MOPH) 801-326-2471
- Veterans of Foreign Wars (VFW) 801-326-2385



Education is the ability to listen to almost anything without losing your temper or your self-confidence.  
Robert Frost



## **SUICIDE WARNING SIGNS**

People experience emotional and mental health crises in response to a wide range of situations—from difficulties in their personal relationships to the loss of a job. For Veterans, these crises can be heightened by their experiences in military service. When emotional issues reach a crisis point, it's time to call on the Veterans Crisis Line for support.

**Sometimes, a crisis may involve thoughts of suicide. Learn to recognize these warning signs:**

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

**The presence of the following signs requires immediate attention:**

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.

If you are a Veteran or know a Veteran who is experiencing any of these signs, call the Veterans Crisis Line at **1-800-273-8255** and **Press 1**, chat online at [www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net)\*, or text 838255 today.



## **HOW TO EMAIL YOUR PROFESSOR**

**Write from your college or university e-mail account.** That immediately lets your professor see that your e-mail is legitimate and not spam. The cryptic or cutesy or salacious personal e-mail address that might be okay when you send an e-mail to a friend is not appropriate when you're writing to a professor.

**Include the course number in your subject line.** "Question about 3009 assignment" is clear and sounds genuine, while "a question" looks like spam. "Question about English assignment" or "question about assignment," without identifying the class you're in, may leave your professor with the chore of figuring that out.

**Choose an appropriate greeting.** "Hi/Hello Professor [Blank]" is always appropriate. Substitute "Dear" and you've ended up writing a letter; leave out "Hi" and your tone is too brusque.

**Ask politely.** "Could you e-mail me the page numbers for the next reading? Thanks!" is a lot better than "I need the assignment."

**Proofread what you've written.** You want your e-mail to show you in the best possible light.

**Sign with your full name, course number, and meeting time.**

Example:

Maggie Simpson  
English 3703, MWF 10:00

**When you get a reply, say thanks.** Just hit Reply and say "Thanks," or a little bit more if that's appropriate.

Adapted from Leddy, M. *Orange Crate Art* (01.10.2005)

## **Lawmaker accuses some for-profit colleges of unfairly 'targeting' vets?**

America made a commitment to veterans of the wars in Iraq and Afghanistan: In return for their service, the country would help pay for their college education when they came home.

Since the Post-9/11 GI Bill went into effect in August of 2009, the federal government has paid more than \$30 billion in tuition and benefits, according to new figures from the U.S. Department of Veterans Affairs released on Friday. The VA said this money has now helped 1 million vets, service members and their families get college degrees or technical training.

Most of this money goes to for-profit colleges and universities. Eight of the 10 schools receiving the most GI Bill dollars are for-profits, according to a 2012 report from the Senate Committee on Health Education Labor and Pensions (HELP).

Sen. Tom Harkin (D-IA), who chairs that committee, accuses some non-profits of using "predatory and deceptive tactics to target service members and veterans for enrollment" in order to tap their federal educational benefits.



Last week, Sen. Harkin and Sen. Dick Durbin (D-IL) introduced the Protecting Our Students and Taxpayers Act (POST) which would reduce the percentage of revenue for-profit schools can earn from federal financial aid to 85 percent, down from the current 90 percent.

Sen. Durbin believes too much federal money is going to an industry that "often provides a greater return on taxpayer

investment to its administrators and investors than it does to its students."

The for-profit educational industry calls the POST Act unnecessary and warns that it would harm all students looking to get a



postsecondary education.

"The industry is not ripping off military students. We have many schools that are supporting military members to get a quality

education," said Michael Dakduk, vice president of military and veterans affairs at the Association of Private Sector Colleges and Universities. "There are good and bad actors throughout the entire spectrum of higher education. We want to make sure that veterans, service members and their families have the best education and resources to choose an educational institution. And we're going to continue to work on that to develop best programs and services."

### **Profit is not a dirty word**

There's nothing wrong with an educational institution making money, but there is a growing sense among government regulators that some of these schools take federal money and don't deliver on their promise of providing degrees that lead to good jobs.

"We are very concerned about false claims about graduation rates, placement rates and possible earnings after graduation," said Lois Greisman with the Federal Trade Commission. "Not only are false claims unacceptable, they're illegal. We're looking into this. It's a top priority for the agency and if we find schools that are violating the law, we plan to take appropriate action."



Holly Petraeus helps run the Office of Service-member Affairs at the Consumer Financial Protection Bureau (CFPB). She said some for-profit schools serve military “But there have definitely been some that see it more as a profit-making exercise,” Petraeus said. They spend a lot more money on recruiting than actual counseling or concern about graduation rates and gainful employment.”

### A soldier's story

When Mae McGarry left the Army and returned to civilian life in Erie, Pa., she decided to pursue a degree in criminal justice and psychology. She found an online program with a for-profit university that would give her the flexibility she needed to take care of her.

After three years, McGarry decided to switch schools when she realized her school did not have the proper accreditation. That meant many potential employers would not accept her degree.

To make things worse, the credits she had earned during those three years could not be transferred to the new school she wanted to attend.

“I’m angry. I’m very angry,” she said. “I was basically duped out of my GI benefits.”

Having exhausted all of her federal benefits, McGarry had to take out loans to complete her education. She is now \$64,000 in debt.

“They got thousands of dollars that I can’t

get back, but I have to pay back. I’m very angry to say the least,” she told me.

### Trying to help

Matthew Boulay, a former Marine who served in Iraq, doesn’t like what he sees. He believes some for-profit schools “target” young vets to get their GI benefits.

“It’s not just over-promising,” Boulay said. “In some cases, it’s fraud.”

For example, vets who are assured their GI benefits will cover everything may find out after they enroll that those benefits have run out and they will need to take out a sizeable loan at a high interest rate.

Boulay runs the Veterans’ Student Relief Fund, a new non-profit that’s fighting for more regulation to protect vets who use their GI benefits. Working with the Iraq and Afghanistan Veterans of America, they give grants of up to \$5,000 to vets struggling to pay off the debts they incurred at for-profit schools.

One of those grants went to Jonathan Ngowaki, who served as a Marine Corps radio operator in Afghanistan. When he came home to Beaumont, Calif., in the summer of 2010, he enrolled in a for-profit college. He hoped it would help him land a good job in IT management.

Ngowaki told the school’s financial advisor he did not want to take out any loans — just use his GI benefits. But, he wound up with a \$15,000 loan. Ngowaki said he was tricked into signing the paperwork.

“I went into the military, so I wouldn’t have college debt, but now I have this debt and I have a family and it’s taken that money away from my family,” he said. “It’s all about the money. It’s all a money game. It really bothers me.”



The goal of education is the advancement of knowledge and the dissemination of truth.

John F. Kennedy





# VUB Spring 2014

## Class/Drop-In Tutoring/Enrollment Advisor Schedule



### MATH TUTOR

#### WSU - Annex 12

Mon, Wed, Fri: 8:00 am - 4:30 pm

#### SLCC - Redwood

Tues, Thurs:

8:30 am - 12:00 pm **Rm SC 059**

1:00 pm - 5:00 pm **Rm CT 194**

### ENGLISH & COMPUTER LITERACY TUTOR

#### WSU - Annex 12

Mon, Wed, Fri: 8:30 am - 4:30 pm

#### WSU - Davis - Rm 259

Tues, Thurs: 8:30 am - 11:30 am

#### SLCC - Redwood CT114

Tues, Thurs: 1:00 pm - 5:00 pm

### ENROLLMENT ADVISOR

#### WSU - Annex 12

Mon: 8:00 am - 4:30 pm

Wed: 8:00 am - 10:30 am

Fri: By appointment

#### SLCC - Redwood—Rm SC 059

Tues, Thurs: 8:30 am - 10:30 am

#### SLCC - South Campus

By appointment only

(call 801.920.4735)

#### WSU - Davis - Rm 259

Wed: 1:00 pm - 3:00 pm