



WEBER STATE UNIVERSITY



# VIBES

## VETERANS UPWARD BOUND

<http://weber.edu/vetsupwardbound>

Volume 1 Issue 4

Fall 2014

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

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**TRiO**  
VETERANS UPWARD BOUND

### THE DIRECTOR OFFERS INSIGHT



When I graduated from high school I could not afford college. I entered the military the following November, not knowing if I would be sent to Viet Nam to fight/die or not. This military experience made the GI Bill available to me four years later. In the fall of 1972 I was a freshman in college and the sacrifices and struggles began.

I naively thought that the GI Bill would pay all the costs but I was oh-so wrong! I quickly learned that to survive I had to live in the residence hall with kids 4-8 years younger than I was. I also had to eat in the dining services (think military mess hall only worse). I had to have a student job. But I was still broke so there were not many vacations, or fun activities, unless they were free. But all of this generally worked for me, because I was not married and had no family to support and had no car payments to meet.

The hardest thing I discovered was how hard it was to ask for help. I could have used tutoring, but I thought I would be paired up with an acne faced recent high school graduate, and I was not ready to face that. I did not know how to look for other kinds of help, such as a study group or a writing lab, etc. so I took classes and retook classes until I passed with a reasonable GPA.

Because I thought I could only do one thing, I pursued a major that became worthless to me and I had to redirect myself through a Masters' Degree to get into the career I liked. I could also have avoided this problem if I had chosen to go to the career center instead of trying to tough-it-out on my own.

The Pell Grant program had not even started at this time, so I did not have to face the challenges of divulging my financial status on application forms. There was no Veterans Upward Bound program in my area so I did not have that resource.

It took me 7 years to get a "4 year degree" and Master's Degree and the GI Bill ran out at the end of 36 months.

**I am telling you all of this to illustrate why you should use the benefits of Veterans Upward Bound. If there had been a VUB program where I went to college, I could have avoided many of the problems I had in education. I, and the VUB staff, do not want to see veterans have such struggles so we strongly encourage you to stay active in the program and let us know the minute an obstacle pops up in front of you. We are likely to be able to help.**

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### TRACKING YOUR GRADES AND CLASS COMPLETION

Most colleges and universities now have a system where a student can see the results of each semester's work. I urge you to either copy these reports every semester or make a written record of the classes you complete, the hours you earned and the grade awarded. As you progress toward graduation this will help you remember your GPA, but will also help you compare what you have accomplished to what must be done to qualify to graduate. Don't fall in the trap of forgetting a class and having to take an extra semester to finish one class for graduation.

Schools can have glitches in computer systems, so this kind of record will help you correct any future errors that might crop up.

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## WEBER STATE UNIVERSITY

Counseling & Psychological Services Center

Here is a useful URL for WSU students and those who will become students. On left of this page are useful information links for ANY person, student at WSU or not.

<http://www.weber.edu/CounselingCenter/default.html>

Here are some of the topics of information you can find:

- Anxiety
- Test Anxiety
- Depression
- Anxiety
- Eating Disorders
- Obsessive-Compulsive Disorder (OCD)
- Grief and Loss
- Relationships
- Self-Esteem
- Sleep
- Stress
- Suicide

Take a look. You might be glad you did.



## WEBER STATE UNIVERSITY

Career Services

Here is a URL you can use if you wish to research careers. These items can be useful even if you are not a WSU student now or in the future.

<http://www.weber.edu/careerservices/library.html>

After you look at the URL, contact VUB if you wish to discuss anything.

### FINANCIAL AID AND SCHOLARSHIP APPLICATIONS



If you plan to be in school in the fall of 2015 and need financial aid assistance to cover the costs, here is the URL where you should apply. <https://fafsa.ed.gov/>. You can apply in January or later but the earlier the better, so you receive earlier notification if you are eligible for assistance. VUB staff can help you understand the application process.

The beginning of January is also the time to apply for scholarships. Stay in touch with VUB because we often have the opportunity to nominate promising students for scholarship help from sources other than the college or university you might attend.

#### **A few terms you should know for financial aid purposes:**

**Grant:** Pell Grant is money that is provided free for people who show the academic need for it in order to attend college.

**Loan:** There are low interest loans available for qualified people with deferred payment dates, but please understand that they MUST eventually be repaid. We recommend this resource be a last resort before you take out a regular bank loan.

**Work Study:** If you wish to work part-time in college, you can also apply for campus work of all kinds from clerical to outdoors work.

**VA Work Study:** Some veterans are eligible for VA Work Study if you are receiving VA payments or services already. You are paid monthly or after every 50 hours completed.

Talk to a VUB staff member if you would like more information about financial aid. Please understand the VUB does NOT provide monetary support for college, but we will be happy to help you find resources.

***WARNING:*** *Be extremely cautious about paying anyone for help with financial aid or scholarship searches. Some of those services are rip-offs and others just ask you to pay for help you can get for free. If in doubt, contact a college financial aid office and ask them if a services is necessary or can be trusted.*

**Daniel Kiser**, (801) 626-6758, is our math instructor and has attended a training on financial literacy. Contact him if you have questions regarding financial literacy other than financial aid applications for college.

### LITTLE KNOWN MILITARY HISTORY FACTS

**30 of the 43 Presidents served in the Army, 24 during time of war, two earned the rank of 5-star General (Washington and Eisenhower) and one earned the Medal of Honor (T. Roosevelt)**

**Kleenex tissues were actually developed for use as gasmask filters during the first world war.**

## CAMPUS MAPS

If you are attending VUB at the Weber State University Ogden Campus, Weber State University Davis Campus, or Salt Lake Community College Redwood campus, here are links that will take you to online maps to help you find your way around.



### **Salt Lake Community College Redwood Campus:**

<http://www.slcc.edu/locations/taylorsville-redwood-campus.aspx>

### **Weber State University Ogden Campus:**

<http://www.weber.edu/weberstatemap/>

### **Weber State University Davis Campus Rooms:**

<http://weber.edu/WSUDavis/room-map.html>

## VUB PARTICIPANT SATISFACTION QUESTIONNAIRE



A questionnaire is being developed to get feedback for VUB participants who were in the program in 2014. You will be notified in January. Please fill it out online and submit it so VUB can measure if we are meeting participant needs and expectations or if we should explore different ways to serve you and future VUB participants. **This is important** and your help will be greatly appreciated.

## VITAL VOLUNTEERS FROM VUB AT WEBER STATE UNIVERSITY

Two of the VUB participants will soon become mentors for veterans at WSU through the VA's VITAL

program. (**Veterans Integration to Academic Leadership**).

**VITAL** is a VA Initiative aimed to support student Veterans on campus in their successful transition to academia, and in completion of their educational goals.

- **Integration to Veteran Life:** most Veterans are entering college for the first time vs. returning
- **Academic Leadership:** the act of taking responsibility for one's own work, and setting the example for others through action and mentorship
- **VITAL is EMPOWERMENT Focused**

**Bob Sarlo** and **Sam Smith** have volunteered their services to support other veterans who need help or guidance, especially in their first college experience.

## VUB PARTICIPANT HELPS ORGANIZE VETERANS DAY ACTIVITIES AT THE DAVIS CAMPUS

One of our regular participants, Keith Ellis, saw a need and an opportunity to serve veterans this year and got involved helping to organize the Veterans Day event at the Davis campus. The event was held November 11, 2014 after several years of little to no observation of Veterans Day at the Davis campus. We are proud of Keith for his efforts.



<http://www.veteranscrisisline.net/>

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, [chat online](#), or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for [deaf and hard of hearing](#) individuals is available.

## **FOURTEEN HABITS OF TOP COLLEGE STUDENTS**

*Dr. Lynn F. Jacobs is professor of Art History at the University of Arkansas. Jeremy S. Hyman is founder and chief architect of Professors' Guide™ content projects.*

<http://www.universityparent.com/topics/academics/the-14-habits-of-top-college-students/>



**1. Have a schedule.** Not only do they know when the tests and papers fall in the semester, but they have a good sense of what work needs to be done each week as the semester progresses. Nice and balanced: everything in gear and no worries come exam time.

**2. Divide up the tasks.** Readings get broken up into manageable chunks (not two hundred pages in one sitting). Quizzes and tests are studied for over the course of a week (not at 3 a.m. the night before). And paper ideas start gestating when the assignment is handed out (not the day before it's due, when you can barely formulate an idea, much less think through an issue).

**3. Are organized.** It's impossible to do any real work when you don't have the tools for the job: a working computer with the right software, a fast Internet connection, a good printer, and, for some courses, a thorough knowledge of how to navigate the course web page and the university and library portals. Not to mention the basic materials of the course: a full set of lecture notes, the textbooks and articles, and, of course, all the course handouts and assignments.

**4. Hang out with smart friends.** Successful students know that spending lots of time with friends who don't even know what courses they're taking — or why they're in college at all — can create an atmosphere so toxic that any attempts to do well immediately wither and die. Pick your cohorts as carefully as you pick your courses.

**5. Don't kid themselves.** For instance, when you think you're studying, but you're really tweeting about how you barely survived your bonfire-jumping last night. Or when

you're alternating between reading the e-article and checking out your friend's Facebook page every eight seconds or so. You're the easiest person you know to deceive. Don't.

**6. Manage their feelings.** It's difficult to excel in a course if you're feeling inadequate, bummed out, or doomed to fail. Students who know how to focus on their own positive achievements — rather than on what they got on the quiz that counts for about 2 percent of the course grade — have a leg up on the rest.

**7. Challenge themselves.** Good students are intellectually energetic. When they read, they think actively about what they're reading. When they go to class, they don't just veg out or text. On tests, they pounce on the questions and answer them directly and fully (this distinguishes their work from their colleagues trying to BS their way through the question). And on papers they look for deeper levels of meaning and more nuanced points—always a hit with the professor.

**8. Are consistent — and persistent.** Tired? "I'm still going to make it to that 9 a.m. lecture." Late-night review session? "Like the owl, I do my best work at night." Difficult problem set? "I'll get these right, if it kills me." Three-hour final? "I'll stay to the bitter end. Maybe I can touch up my essay and collect a few extra points."

**9. Are open to feedback.** While it's easy and more fun to toss away your graded papers and exams, or conveniently forget to pick them up, the best students carefully study the comments and go over any mistakes they've made. And when the next piece of work rolls around, they take another look at the previous set of comments to see if there are any mistakes that they can correct on the new piece of work. All without feeling wounded or defensive.

**10. Ask when they don't understand.** Look, you've got a mouth. So when you don't get something in the reading, in the lecture, or in the homework, ask someone who might know. Like the prof or TA, for example.

**11. Aren't too shy.** Sure, everyone feels intimidated about having to seek out the professor (or even the TA) to talk about their own work. But keep in mind that most professors enjoy talking with students and, if asked, will offer loads of help on papers, preparing for tests, and even finding topics for future work—say, a junior project, senior thesis, or internship or collaboration.

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**12. Look out for Number One.** While some students are willing to blow off a week of school to satisfy the needs of others — for example, a demanding boss during busy season or an Uncle Fred who schedules his third wedding two days before finals — good students know that college is their job and make doing well their highest priority. Especially during the college busy season—the last month of the semester, when those big-ticket items like the term paper and the final exam roll around, and two-thirds of the grade is won or lost.

**13. Keep themselves in tip-top shape.** It's difficult to do well if you're sick as a dog, haven't slept in a week, or are subsisting solely on pizza and soda. Successful students manage their physical and emotional needs as carefully as they do their academic needs.

**14. Have a goal-and a plan.** The best students know why they're in college and what they need to do to achieve their goals. You can't do well if you don't know what you're doing — and why.



## **PURPOSE OF VETERANS UPWARD BOUND**

<http://www2.ed.gov/programs/triovub/index.html>



**CFDA Number:** 84.047V  
**Program Type:** Discretionary/  
 Competitive Grants  
**Also Known As:** TRIO (Upward Bound  
 is one of eight TRIO programs.)

### **Program Description**

Veterans Upward Bound is designed to motivate and assist veterans in the development of academic and other requisite skills necessary for acceptance and success in a program of postsecondary education. The program provides assessment and enhancement of basic skills through counseling, mentoring, tutoring and academic instruction in the core subject areas. The primary goal of the program is to increase the rate at which participants enroll in and complete postsecondary education programs.

### **Additional Information**

All Veterans Upward Bound projects must provide instruction in mathematics through pre-calculus,

laboratory science, foreign language, composition and literature. Projects may also provide short-term remedial or refresher courses for veterans who are high school graduates but have delayed pursuing postsecondary education. Projects are also expected to assist veterans in securing support services from other locally available resources such as the Veterans Administration, state veterans agencies, veteran associations, and other state and local agencies that serve veterans.

Other services include:

- Education or counseling services designed to improve the financial and economic literacy of participants
- Instruction in reading, writing, study skills, and other subjects necessary for success in education beyond high school
- Academic, financial, or personal counseling
- Tutorial services
- Mentoring programs
- Information on postsecondary education opportunities
- Assistance in completing college entrance and financial aid applications
- Assistance in preparing for college entrance exams
- Information on the full range of Federal Student financial aid programs and benefits

Guidance and assistance in alternative education programs for secondary school dropouts that lead to receipt of a regular secondary school diploma, entry into general education development (GED) programs or postsecondary education

**The eight TRIO programs are:**

[Educational Opportunity Centers](#)

[Ronald E. McNair Postbaccalaureate  
Achievement Program](#)

[Student Support Services Program](#)

[TRIO Talent Search Program](#)

[Training Program for Federal TRIO Programs](#)

[Upward Bound](#)

[Upward Bound Math/Science](#)

[Veterans Upward Bound](#)



## STUDY SKILLS



In addition to our study skills handouts that are on our web page at <http://weber.edu/vetsupwardbound/Dropdown/studyskills.html>. We also have professionally made handouts for students to take. They are on display in the classroom and are free for VUB participants.

## DAN CZECH AND RANDY WILSON AT WEBER STATE UNIVERSITY RECEIVE AWARDS

Veterans Day at Weber State University was held on November 10, 2014 this year and included a Veterans Recognition Luncheon. Dan Czech, Enrollment Advisor at WSU VUB, and Randy Wilson, Director, both received awards. The text of the awards reads as such, *“For demonstration of outstanding professional qualities and willingness to go above and beyond standard expectations to enhance the quality of WSU student veterans’ and military members’ educational experience.”*

## SEEKING VETERANS WHO ARE OWED A PURPLE HEART MEDAL

Jay Wells Of the Purple Heart Organization in Ogden is looking for any veterans who have earned the Purple Heart but never received their award. The organization he represents will help you clear up the confusion so you can receive the credit you are due. You may reach him at: **Jay Wells, Financial Officer, 3266 N. 1325 W, Ogden, UT 84414-1355.** That organization is also seeking members and he will be happy to accept your application for membership.



## \$500 DONATION FOR SHOE BOXES FOR VETERANS

<http://www.davmembersportal.org/chapters/ut/14/default.aspx>

A few months ago Ron and Barbara Ocana from the Disabled American Veterans of Davis County Chapter 14 came by the VUB office and spoke to us about donating money to help with the Shoe Boxes for Veterans project we run each year. Then Ron went back to his chapter in Layton and asked them to donate \$500. He brought us a check on Thursday, November 13, 2014.



Shoe Boxes for Veterans is a holiday project where people donate items that will fit in packages about the size of shoe boxes. We deliver them to homeless veterans and veterans in nursing homes. We usually start the process in the middle to late part of October and it runs into the second week of December. Just before the WSU holiday break we deliver the gifts.

We are very appreciative of the support from the DAV in Davis County and for the support of all the other individuals who take the time to prepare gifts for these veterans who might not have the great holiday experience the rest of us enjoy.

**Thank you to the Disabled American Veterans of Davis County Chapter 14!**



## UTAH NONPROFIT MATCHES VETERANS WITH SERVICE DOGS

Canines with a Cause is a Utah nonprofit organization that serves veterans who are assimilating back into life after war. A well-trained canine companion can help alleviate mental and emotional turmoil of PTSD and TBI.

Canines with a Cause holds monthly orientation meetings in Salt Lake, Orem, and Ogden areas to educate veterans about the program guidelines and benefits of canine companionship.

More information is available at:

[canineswithacause.org/veterans](http://canineswithacause.org/veterans)

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The work of Canines with a Cause has been recognized in the media, and the stories of veterans who have benefited have been featured in The Salt Lake Tribune, Military.com, and Deseret News, among others.

In addition to matching veterans with service animals, Canines with a Cause offers numerous opportunities for veterans and others to give back to those who served. If you would like more information about supporting this organization, please visit [canineswithacause.org](http://canineswithacause.org)



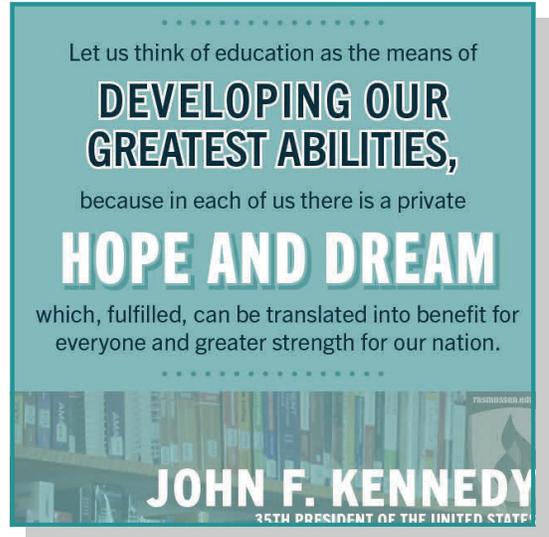
**SAM SMITH, THE VA WORK-STUDY**

Sam stated working at the VUB office in the Fall 2014 semester. Many of our participants have already had the chance to meet him and experience firsthand what a friendly and helpful addition Sam has been to our program.

Sam grew up in Ogden, and although he has moved around, he has always missed his hometown. Sam likes to keep active and has always enjoyed the outdoor recreational opportunities Utah offers year-round: camping, fishing, boating, and hiking the mountain trails in the summer and snowboarding the slopes in the winter.

Sam joined the Army in Sept. 2008. He served two combat tours to Afghanistan as a paratrooper with the 82nd Airborne. Sam separated from the military on the 27th of Feb. 2014.

Currently, Sam is a student at Weber State University. He is working toward a degree in either Psychology or Social Work, with an end goal of working for the VA and serving fellow veterans. He is also training to be a peer support specialist for the VA VITAL Program.



**CLOSING TIME**

Veterans Upward Bound will be unavailable due to a staff retreat on December 19, 2014, and will close for the holidays on December 24, 2014. One staff member will be available each day December 26–December 31, 2014 and on January 2, 2015.

**VUB JANUARY OPENING TIME**

The Veterans Upward Bound Office will be open January 5, 2015, to begin the Spring Semester. Staff will be available to meet with students at that time. Office hours are 8:00 am to 4:30 pm Monday—Friday. Instructional staff are at the Ogden office M, W, F and at Salt Lake Community Campus—Taylorsville Road or at the Davis Campus T-Th.

*Have a happy and safe holiday season and let the time refresh you so you can come back to classes and tutoring with a vigor and positive attitude toward achieving your educational goals and dreams.*

*- - - The VUB Staff*





# VUB SPRING 2015

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



<b>MATH TUTOR</b>	
<b>WSU - Annex 12</b>	
Mon, Wed, Fri:	8:00 am - 4:30 pm
<b>SLCC - Redwood</b>	
Tues, Thurs:	8:00 am - 11:30 am <b>Rm SC 059</b>
	1:00 pm - 5:00 pm <b>Rm CT 194</b>

<b>ENGLISH &amp; COMPUTER LITERACY TUTOR</b>	
<b>WSU - Annex 12</b>	
Mon, Wed, Fri:	9:00 am - 4:30 pm
<b>WSU - Davis - Rm 259</b>	
Tues, Thurs:	8:30 am - 11:30 am
<b>SLCC - Redwood CT 118</b>	
Tues:	1:00 pm - 5:00 pm
Thurs:	1:00 pm - 5:00 pm

<b>ENROLLMENT ADVISOR</b>	
<b>WSU - Annex 12</b>	
Mon:	8:00 am - 4:30 pm
Wed:	8:00 am - 10:30 am
Fri:	By appointment
<b>WSU - Davis - Rm 259</b>	
Wed:	1:00 pm - 3:00 pm
<b>SLCC - Redwood—Rm SC 059</b>	
Tues, Thurs:	8:30 am - 10:30 am
<b>SLCC - South Campus</b>	
	By appointment only (call 801.920.4735)