



WEBER STATE UNIVERSITY



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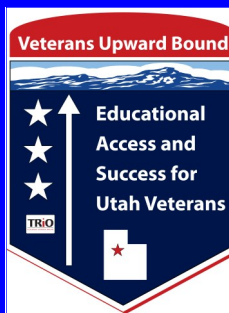
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TRiO
VETERANS UPWARD BOUND

VIBES

VETERANS UPWARD BOUND

<http://weber.edu/vetsupwardbound>

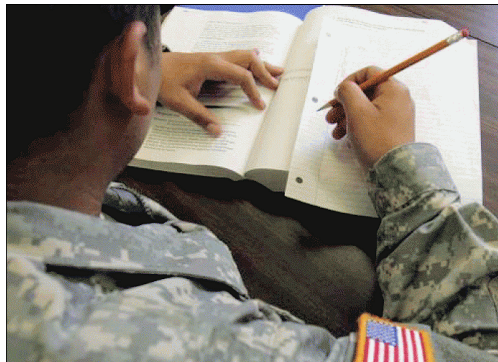
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FB <http://www.facebook.com/pages/Veterans-Upward-Bound/343081093488>

A NEW SEMESTER BEGINS WITH PREPARATION

The fall semester is upon us and I have a few tips to help you prepare to have a good experience in the coming year.



1. Now is a great time to talk to a VUB staff member about college survival skills and study skills. Meet the new semester fully armed with the tools you will need.
2. If you feel you have an academic weakness, especially in Math, English or Computer Skills, working ahead to build your understanding and skills is far better than trying to do it on the run. If you need to brush up the staff can help you before you even start classes.
3. Along that same train of thought is the manner in which you use tutoring. Tutoring all semester or year will enhance your learning more than if you wait until "crunch time" and get help just long enough to pass a test.
4. Remember this thought: "Prior Planning Prevents

Poor Performance."

5. You are on a mission to learn and to get a college degree. Do not abandon the mission if you hit a bump



or two. **Persevere and Overcome.**

6. Working ahead of classes is a great way to be prepared.
7. Stay in touch with the VUB staff, no matter where you are in your educational process, and they can help you navigate through the rough spots but they cannot help if you do not talk to them. They are here for you so do not hesitate to call or come by the office. (We even have coffee for those people who are using our services.)



**Randy Wilson—
Director**



"Learning is not attained by chance, it must be sought for with ardor and diligence."

Abigail Adams

THE HISTORY OF THE PLEDGE OF ALLEGIANCE

<http://www.oldtimeislands.org/pledge/pledge.htm>



Francis Bellamy (1855 - 1931), a Baptist minister, wrote the original Pledge in August 1892. He was a Christian Socialist. In his Pledge, he is expressing the ideas of his first cousin, Edward Bellamy, author of the American socialist utopian novels, *Looking Backward* (1888) and *Equality* (1897).

Francis Bellamy in his sermons and lectures and Edward Bellamy in his novels and articles described in detail how the middle class could create a planned economy with political, social and economic equality for all. The government would run a peace time economy similar to our present military industrial complex.



The Pledge was published in the September 8th issue of *The Youth's Companion*, the leading family magazine and the *Reader's Digest* of its day. Its owner and editor, Daniel Ford, had hired Francis in 1891 as his assistant when Francis was pressured into leaving his Baptist church in Boston because of his socialist sermons. As a member of his congregation, Ford had enjoyed Francis's sermons. Ford later founded the liberal and often controversial Ford Hall Forum,

located in downtown Boston.

In 1892 Francis Bellamy was also a chairman of a committee of state superintendents of education in the National Education Association. As its chairman, he prepared the program for the public schools' quadricentennial celebration for Columbus Day in 1892. He structured this public school program around a flag raising ceremony and a flag salute - his 'Pledge of Allegiance.'

His original Pledge read as follows: 'I pledge allegiance to my Flag and (to*) the Republic for which it stands, one nation, indivisible, with liberty and justice for all.' He considered placing the word, 'equality,' in his Pledge, but knew that the state superintendents of education on his committee were against equality for women and African Americans. [* 'to' added in October, 1892.]

Dr. Mortimer Adler, American philosopher and last living founder of the Great Books program at Saint John's College, has analyzed these ideas in his book, *The Six Great Ideas*. He argues that the three great ideas of the American political tradition are 'equality, liberty and justice for all.' 'Justice' mediates between the often conflicting goals of 'liberty' and 'equality.'

In 1923 and 1924 the National Flag Conference, under the 'leadership of the American Legion and the Daughters of the American Revolution, changed the Pledge's words, 'my Flag,' to 'the Flag of the United States of America.' Bellamy disliked this change, but his protest was ignored.

In 1954, Congress after a campaign by the Knights of Columbus, added the words, 'under God,' to the Pledge. The Pledge was now both a patriotic oath and a public prayer.

Bellamy's granddaughter said he also would have resented this second change. He had been pressured into leaving his church in 1891 because of his socialist sermons. In his retirement in Florida, he stopped attending church because he disliked the racial bigotry he found there.

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What follows is Bellamy's own account of some of the thoughts that went through his mind in August, 1892, as he picked the words of his Pledge:

- *It began as an intensive communing with salient points of our national history, from the Declaration of Independence onwards; with the makings of the Constitution...with the meaning of the Civil War; with the aspiration of the people...*
- *The true reason for allegiance to the Flag is the 'republic for which it stands.' ...And what does that vast thing, the Republic mean? It is the concise political word for the Nation - the One Nation which the Civil War was fought to prove. To make that One Nation idea clear, we must specify that it is indivisible, as Webster and Lincoln used to repeat in their great speeches. And its future?*
- *Just here arose the temptation of the historic slogan of the French Revolution which meant so much to Jefferson and his friends, 'Liberty, equality, fraternity.' No, that would be too fanciful, too many thousands of years off in realization. But we as a nation do stand square on the doctrine of liberty and justice for all...*

If the Pledge's historical pattern repeats, its words will be modified during this decade. Below are two possible changes.

Some prolife advocates recite the following slightly revised Pledge: 'I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all, born and unborn.'

A few liberals recite a slightly revised version of Bellamy's original Pledge: 'I pledge allegiance to my Flag, and to the Republic for which it stands, one nation, indivisible, with equality, liberty and justice for all.'

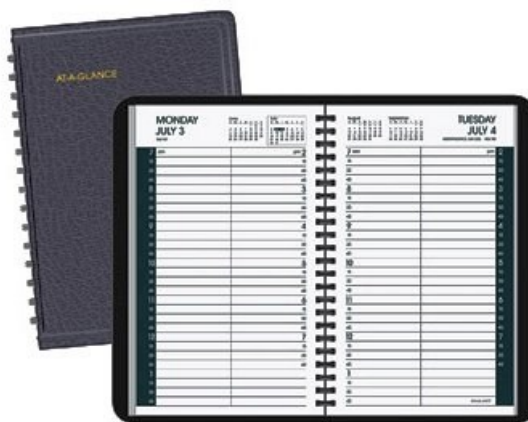


HOW LONG TO STUDY EACH WEEK

People new to college may not realize what it takes to be a student with a great grade point average. Here is some advice that many professors and advisors will offer you.

"For every hour you spend in class you should spend two hours studying for that class." That means a regular 3 hour class has you in the classroom 3 hours a week. Multiply that by two hours and you see that you study 6 hours that week for that class. Add the 3 hours and the 6 hours and you have a commitment of 9 hours for one class a week.

The above information is why you may find advisors advising you to only take a 12 hour class load. 12 hours in class and 24 hours of study brings you to 36 hours a week just in class. A general idea is that a full-time work schedule is 40 hours so you can see that education is as demanding as a full-time job if you are a dedicated student.



This is why having a good command of your life schedule is important. We suggest that you either use a calendar from a phone app, or a daily planner on paper that you can carry with you. Write everything you need to do that day on the calendar and think in terms of 15 minute blocks. You can lose an hour or more a day to underutilized your time.

Plan ahead and be in control of your time.

VUB can give you many more tips to help you in school if you talk to the staff. Come by or give us a call at **801-626-7173**.



HOLLAND CODE CAREER TEST

Price: Free!

VUB recommends that you discover the best jobs for you with the powerful system of Holland career codes. This free test will identify your strongest career interest among six occupational themes: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional (a.k.a. RIASEC).

- **Realistic** - Building, fixing, working outdoors
- **Investigative** - Researching, thinking, experimenting
- **Artistic** - Creating, designing, expressing
- **Social** - Helping, teaching, encouraging
- **Enterprising** - Leading, selling, persuading
- **Conventional** - Organizing, categorizing, recording

Once you've taken this test and discovered your career type, you can use your Holland code to search our careers database and find the right career for you.

<http://www.truity.com/test/holland-code-career-test>

Also recommended by VUB:

WHAT'S YOUR LEARNING STYLE?

Have you ever wondered why you do better in some classes than others? It may depend on your individual learning style. Your learning style influences the way you understand information and solve problems.

There are three primary learning styles:

- Visual
- Auditory
- Tactile

Many people use a combination of learning styles, whereas others learn best by using just one. Do you want to know your learning style? Go to:

<http://www.educationplanner.org/students/self-assessments/learning-styles.shtml>

If you get results from either of these surveys, please print them and bring a copy to VUB to show

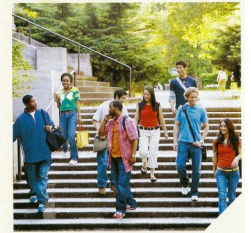
us that you did the investigation and so a staff member can help you understand the results.



COUNCIL for OPPORTUNITY in EDUCATION

COE

Financial Planning Made Easy



A few months ago VUB sent Daniel Kiser, our great Math Instructor/Tutor, to a training conference about Financial Literacy and Financial Aid so VUB could provide you with the best information possible as you work with finances for college. Who better than a math person to deal with numbers, right? Daniel brought back with him a copy of a Power Point presentation that is excellent, especially when Daniel explains the slides. He provided a copy to each staff but if you want the best information, speak with Daniel to work out a time for him to discuss the presentation with you.



Trying out a new army computer, an officer typed in a question: How far is it from the mess room to the sentry box?"

The computer replied: Six hundred."

The officer typed: Six hundred what?"

The computer replied: Six hundred, sir!"

VFW SSCHOLARSHIP AWARDED TO VUB PARTICIPANT

Yandriel (Jimmy) Rodriguez was recognized on June 7th at the State Convention for the Veterans of Foreign Wars. He was presented a \$500 scholarship at the awards luncheon in Salt Lake City. Jimmy shared his passion and gratitude for past service, as well as thanks for the continued support that the community has shown.

Jimmy has plans to transfer from Salt Lake Community College to attend WSU around the summer of 2015 to finish a computer science degree with minor in math. Once completed, Jimmy plans to return to the military as an officer. He loves playing video games, is bilingual, and has two siblings, one whom is currently serving as a marine.



GOODWILL COMMUNITY FOUNDATION LEARN FREE

GCFLearnFree.org is a literacy website that covers a broad range of topics, including computer basics, math, and career advancement. The tutorials are easy to use and absolutely free. In addition, there are a number of iOS, Android, and Kindle apps available.

Computer literacy topics include introduction to computers, using email, searching the Internet, social media, and using the cloud. It also includes a comprehensive typing tutorial. A separate section of the website focuses on Microsoft Office programs:

Word, PowerPoint, Excel and others. The level of these tutorials ranges from beginner to intermediate.

The math section contains topics such as subtraction, multiplication, division, fractions, decimals, and percentages. The tutorials use graphics and interactive learning, providing visual explanations of concepts and opportunities to test your understanding.

In the Work and Career section, you can find detailed instructions on writing a strong résumé and cover letter, as well as tips for job interviews and networking. The sub-section on job success contains a number of useful tutorials for anyone who is looking for work or who wants to grow in their career field. These are just some of the tutorials it offers: Resolving Workplace Conflict, Building an Effective Business Presentation, and Setting Goals.

GCFLearnFree.org is a valuable resource that you can use independently at home or in the Veterans Upward Bound computer lab. It can also be incorporated into the tutoring you receive at Veterans Upward Bound. To give it a try, go to www.gcflearnfree.org or mention it to Daniel or Yulia.



FIVE MYTHS ABOUT VA HEALTH CARE ELIGIBILITY

Myth Number One

I wasn't injured in the service, so I'm not eligible for VA health care.

Status: False

One of the most common myths revolves around eligibility for health care at VA. Many think that you have to first establish a disability rating before you can start to make appointments, see doctors and receive medication. That is not the case. If you served in the military, even during peace time, and were honorably discharged, [you likely qualify for VA care](#). Even if you don't meet those requirements, special circumstances might apply, like Vietnam service, exposure to Agent Orange and household income. The best way to find out if you qualify is to submit an application for health benefits. [You can fill one out online](#) or at a VA Medical Center. If you are an Iraq or Afghanistan Veteran, [there are special combat Veteran benefits](#) from VA, like temporary access to dental care and guaranteed access to Priority 6 for five years (unless you are eligible for a higher priority group). [See the priority enrollment groups here](#).

Also, if new regulations are established regarding health benefits, VA will automatically reassess your case if it's on file.

Myth Number Two

I can only receive care for service connected injuries.

Status: False

You can receive VA hospital and outpatient care for any ailment, service connected or not if you are enrolled in the VA healthcare system, but you may have to pay a copayment. For example, if a Veteran is service-connected for a bad knee, any VA hospital and outpatient care and medication for the knee is free of charge. However, if the same Vet goes into surgery to remove an appendix and it's not service connected, he may be subject to a co-pay depending on the amount of his disability rating and other factors. Familiarize yourself with [co-pay guidelines](#)

and [rates](#).

A small number of Veterans, such as those with [bad conduct discharges](#) that VA has determined were issued under conditions other than honorable and who are not subject to certain statutory bars to benefits, can only be treated for their service connected disabilities and nothing else. If one of those Vets is service connected for their left foot, they can only use VA health care for their left foot and nothing else.

Myth Number Three

I make too much money to qualify for VA health care.

Status: It depends

If you do not have a service connected disability, you may want to use VA's financial calculator to see if you qualify for free VA care, medication and travel benefits. If your income is too high (over a maximum income level set every year), you may have to pick up the tab for traveling and receive your care and medication by paying a co-pay. Recently, the rules have been changed for Priority 8 Veterans to permit more of them to enroll for VA health care. [Go here for more information](#) and an income calculator to see if you qualify under the new rules.

Myth Number Four

I can't use VA health care if I have private health insurance.

Status: False

From VA's [Health Eligibility Center](#) Director Tony Guagliardo: "We strongly encourage Veterans to receive all your health care through VA. However, if you choose to receive treatment from private doctors, VA will work with them to meet your health care needs and coordinate effective treatment. We call this Co-managed Care or [Dual Care](#) — which means that your VA and private doctors will work together to provide safe, appropriate, and ethical medical care."

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Myth Number Five

If I'm 100 percent disabled, that means I'm permanently disabled

Status: False

You could have a 100 percent disability rating as a temporary status while you undergo surgery, and have it reduced to its previous rating after you heal. 100 percent doesn't necessarily stay with you.

My hope is that this information sheds a little light on the sometimes confusing realm of VA medical care. These myths and answers are very general, but we hope to receive more specific questions in the comment section. We look forward to dispelling myths about other parts of VA as well.



THE POWER TO SUCCEED OR FAIL

The power to succeed or fail is yours alone. You alone have the responsibility to shape your life. Nothing and no one can deny you greatness once you understand this.

There's no one to stop you but yourself. No one can cheat you out of ultimate success but you.

More powerful than all the success slogans ever written is the realization that everyone has but one boss. That boss is you.

Picture yourself vividly as winning, and that alone will contribute immeasurably to success.



VUB IS FUNDED FOR ANOTHER YEAR.

VUB now has our Grant Award Notification and the best news is that our budget has been restored after it was slashed last year for the sequestration. We are now funded at \$323,217 for the year and will be responsible to serve 144 veterans, the highest number we have ever served in one year. In two years we have to compete for a new grant award by writing a new proposal to be graded and approved. It is an ongoing process, but this program has existed at Weber State University since 1978 and we plan to continue.

“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.”

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



NEW POSTAL ADDRESS FOR VETERANS UPWARD BOUND

Veterans Upward Bound has not moved but we do have a new postal address that is in line with the campus-wide address realignment. If you need to send us mail use this address:

*Weber State University
Veterans Upward Bound
1342 Edvalson Street, Dept. 4401
Ogden, UT 84408-4401*

Our phone, e-mail and URL information all remains the same as before the address change.



VUB Fall 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 CT 118	
Tues:	1:00 pm - 5:00 pm
Thurs:	1:00—3:30 pm

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