



WEBER STATE UNIVERSITY



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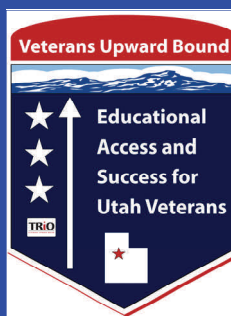
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TRIO
VETERANS UPWARD BOUND

VIBES

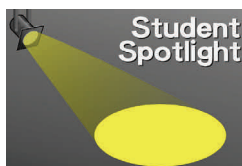
VETERANS UPWARD BOUND

<http://weber.edu/vetsupwardbound>

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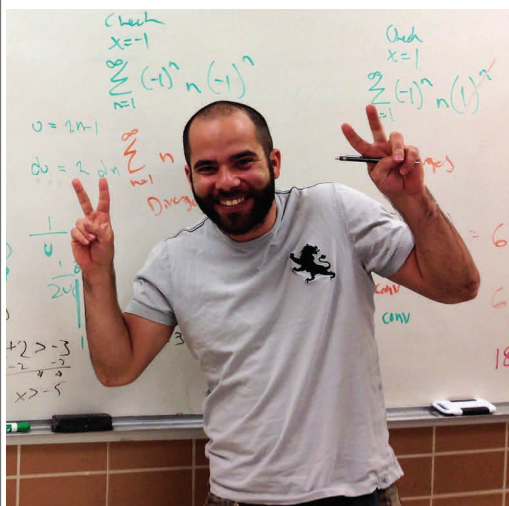
Spring 2015

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



Student
Spotlight

**YANDRIEL
"JIMMY"
RODRIGUEZ**



Yandriel "Jimmy" Rodriguez was born in Cienfuegos, Cuba, a city which translates as "100 fires" in Spanish. Due to oppression and harassment from the Cuban government, Jimmy's parents decided to apply at the U.S. embassy in Cuba to come to the United States. After a lengthy process, they were allowed to come to the US. In December 2001, Jimmy (12), his brother (10), and his parents arrived as political refugees. Jimmy was immediately enrolled in middle school, and initially had a tough time transitioning. Learning the language was his primary struggle.

After graduating high school, Jimmy joined the Marine Corps at age 18. He did the Marine Corps boot camp in San Diego, and afterwards was sent to MOS (Military Occupation School). His stationary unit was with the 3rd Battalion 5th Marines (or

the dark horse battalion as many call it). He was there during his remaining time and was able to deploy overseas with the battalion one time.

Jimmy started his schooling at Salt Lake Community College studying Computer Science (CS). He has always liked computers, and his intrigue with computer problems created enough interest that he wanted to know as much as possible about computers and how they operated. He is now at Weber State University, and is additionally pursuing a Math minor because he says he has to take many math classes for his CS major anyway.

Despite initially struggling to learn English and find support for going to college, Jimmy ascribes his positive attitude and commitment for being able to accomplish his goals. By putting school first, he is able to commit as much time as necessary for doing homework and studying. He says this is the best way to overcome anything that might be slowing him down.

He says that life has been a learning experience ever since stepping on American soil. He has been enjoying that experience, and knows that he would not have been afforded any of the same experiences in Cuba. He is grateful for his parents bringing him to the US, and is also appreciative of Veterans Upward Bound.

He says, "I cannot find words to describe how helpful the Veterans Upward Bound program has been to me. I don't think I would've gotten as far as I am, and as quickly as I have, if it wasn't for them. They have helped me with school work; they have given me advice on school and non-school related problems/choices. It's just really nice to have someone around to connect to and to listen to you when you need it."



SALT LAKE COMMUNITY COLLEGE HAS BEEN NAMED AS ONE OF THE BEST FOR VETS 2-YEAR COLLEGES IN THE NATION BY MILITARY TIMES

The Military Times Best for Vets distinction recognizes and rewards schools for their commitment to providing opportunities to America's veterans.



Best for Vets: Colleges 2014

SLCC Veterans Services assists hundreds of students in using their VA [education benefits](#) each semester. We are dedicated to assisting you with your integration to college life, obtaining your educational goals, and exploring services offered for Veterans.

Taylorsville Redwood Campus

4600 South Redwood Road
Taylorsville, UT 84130
STC-RM 059
Phone: (801) 957-4289
Fax: (801) 957-4987
E-mail: veterans@slcc.edu
South City Campus
1575 S State St
Salt Lake City, UT 84115
RM-1-061H-D
Phone: (801) 957-3010

WSU RECOGNIZED FOR ITS SUPPORT OF MILITARY AND VETERANS EDUCATION

Veteran Services

Ogden Campus

1352 Village Dr DEPT 4701
Ogden, Utah 84408-4701
801-626-6039

M-Th: 8 a.m. - 5 p.m.

Fri: 8 a.m. - 4:30 p.m.

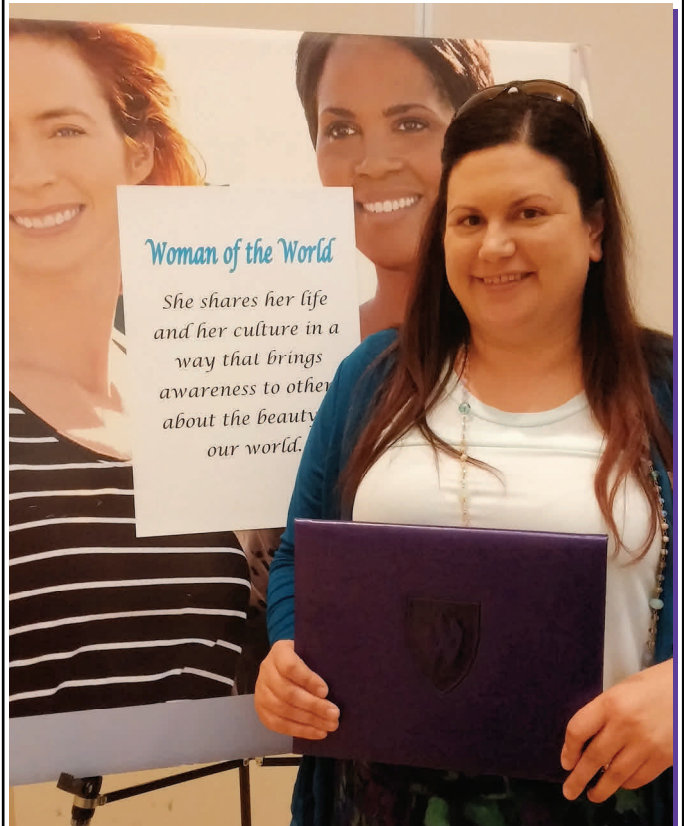
Davis Campus

Bldg D2, Room 255
801-395-3460



YULIA GOFF, VUB INSTRUCTOR, RECEIVES AWARD

WOW Awards are given annually to wonderful Women of Weber. There are several different fields where women inspire others with their actions. Nominations are made and awards given to each of three categories, faculty, staff and student. This year Yulia Goff was nominated and won the staff award for Woman of the World. The definition of this award is, *"She shares her life and her culture in a way that brings awareness to others about the beauty of our world."* Although the award is presented by the Women's Center, we at Veterans Upward Bound know firsthand that this award is going to the correct person. Every day, Yulia does exactly that with everyone she meets.



Congratulations, Yulia!

**Teacher: Why do you have cotton wool in your ears, do you have an infection?*

Pupil: Well you keep saying that things go in one ear and out the other so I am trying to keep them it all in!

"The Only Resume Advice You'll Ever Need"

If you have ever been looking for a job I'm sure asked yourself: "What can I do to make my resume stand out and get an employer to seriously consider me for a job?" If you Googled the term "resume", you know that there's a dizzying array of information and advice out there about what works best in putting something together that presents you best. How do you make sense of it all? I'm going to make it easy for you – I have looked at well over 50,000 resumes and talk daily with Recruiters and HR Directors who are often the ones making the first pass at your resume. No matter your experience level or what kind of job you're looking for, these are the most important "insider tips" you will need to know and do:

1. The "one-size fits all" approach won't cut it in a marketplace of increasingly specialized needs. So plan on having several versions of your resume adjusted for the different jobs you are applying for. Include ways you can make an immediate contribution to the organization that reflects the homework you should be doing about the organization you're applying to. Make sure that you – and at least one other person you trust – carefully review your resume and adjust it to contain the "key words" that recruiters will be searching for.
2. Don't worry about an objective – employers will skip over this, or worse, will screen your resume out based on an objective that is not a perfect match for the job they are hiring for. Instead let your experience, skills and results-driven descriptions make the case for you.
3. "Space equals importance", so put the most critical information first and spend more time and space talking about the skills, experiences, and results that are directly related to the job you are applying for.
4. Avoid all complicated fonts or design elements. To be considered an applicant, you will likely be uploading your resume to an applicant tracking system (ATS) on a company or third-party web site. These systems have a difficult time deciphering elaborate fonts or design elements and if your resume can't be read easily, it won't be read at all.
5. Quantify whenever possible. We live in a metrics driven work culture and it's no longer enough to state that you increased sales or productivity, you need to back it up with quantifiable data whenever possible.
6. Check your resumes for errors of fact, typos, formatting woes or omissions. After you checked it and before you send it to an employer, let a trusted person in your network review it as well. One

inaccuracy or misspelling could cost you a second look.

7. Omit any unnecessary, or potentially controversial, information, including sexual orientation, religious or political affiliations. It's illegal for employers to ask for this information and irrelevant to whether you are a strong candidate for the job.

"Size matters" and no one has the time to spend a long time reviewing a resume. Keep the resume to one or two pages depending on your experience. If your resume is more than a page, be sure to include your name and email contact on subsequent pages and do your best early on to make sure the recruiter will want to read more!

Examples and more information can be found here:

http://www.forbes.com/fdc/welcome_mjx.shtml

JOB INTERVIEW TIPS

Get Advice and Insight from Waggener Edstrom's Staffing Partner

By Thad Peterson, Monster Staff Writer

Like many career advice experts, Steve Fogarty, staffing partner at Waggener Edstrom, says candidates should research a company thoroughly before an interview. And if the company is a private firm, that's not an excuse to skip doing your homework.

Where there's a will, there's a way, and finding a way to gather information on a company "distinguishes the great candidates from the good candidates," says Fogarty.

Consider Fogarty's company, a large independent public relations agency. He says that if someone were trying to find out about Waggener Edstrom, the candidate could take a number of steps. In addition to simply visiting the company's Web site, joining a trade organization like the Public Relations Society of America would almost certainly give someone interested in his company exposure to people who work there.

Fogarty offers a less conventional method as well: "People might be able to find a press release that one of our PR people has written and contact that person and say, 'I saw your press release. It looks really good. Would you be open to me asking a few questions? I'm / doing research on your company.' That's a way to get information."

What else can you do to improve your chances at the interview? Try these tips from Fogarty:

Be Concise

Interviewees rambling on is one of the most common interview blunders Fogarty sees. "You really have to

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listen to the question, and answer the question, and answer it concisely," he says. "So many people can't get this basic thing down. You ask them a question, and they go off on a tangent. They might think you want to hear what they're saying, but they didn't answer your question."

Provide Examples

It's one thing to say you can do something; it's another to give examples of things you have done. "Come with a toolbox of examples of the work you've done," advises Fogarty. "You should come and anticipate the questions a recruiter's going to ask based on the requirement of the role. Think of recent strong strategic examples of work you've done, then when the question is asked, answer with specifics, not in generalities. You should say, 'Yes, I've done that before. Here's an example of a time I did that...', and then come back and ask the recruiter, 'Did that answer your question?'"



Be Honest

Somehow, candidates get the impression that a good technique is to dance around difficult interview questions. "If you don't have a skill, just state it. Don't try to cover it up by talking and giving examples that aren't relevant. You're much better off saying you don't have that skill but perhaps you do have some related skills, and you're happy to tell them about that if they like."

Keep Your Guard Up

According to Fogarty, you can split recruiters into two schools. There are those who are very straight-laced and serious, and candidates had better take the process seriously as well when dealing with them.

"Then you have recruiters like me," he says, chuckling. "I'm going to be that candidate's best friend when they call me. My technique is to put them at ease, because I want them to tell me everything, and a lot of candidates mess up in this area. They start to think, 'Oh, this guy is cool. I can tell him anything.' And then they cross the line." And that can take a candidate out of contention. Remember: Always maintain your professionalism.

Ask Great Questions

Another of Fogarty's interview tips is to come ready with good questions to ask. He says nothing impresses him more than a really good question that not only shows you've researched the company in general, but also the specific job you're hoping to land in particular. "That makes me go, 'Wow, this person has really done their homework. They not only know the company, but they know the role.'"

SAM SMITH RECEIVES "ASPIRE TO ACHIEVE" AWARD

Sam Smith, VUB participant and VA Work Study Student in the VUB office, was presented the "Aspire to Achieve" award on April 9, 2015 for having continued in school while overcoming a tremendous amount of hurdles due to military service physical problems. Sam is an example to us all how we can perseverer even while enduring strong challenges that try to stop us from achieving on dreams.



"In recognition of having the highest aspirations to achieve while having overcome the most to meet those aspirations."

JAMES FLANDER RECEIVES THE "STUDENT OF THE YEAR" AWARD FROM VETERANS UPWARD BOUND

The most dedicated and hard-working student we have seen in VUB for the past year is James Flanders. James is in our office several times a week and spends nearly the entire day working on studies and receiving tutoring. James is also very willing to help other participants learn and assists them whenever possible.

The award reads, "In recognition of your dedication and strong progress in your pursuit of postsecondary education based on Instructor/Tutor recommendations."

James is also receiving a scholarship from the VFW and intends to use it to help pay for summer classes.

James is pictured on the next page receiving the award from Randy Wilson, VUB Director.



STUDY TRAPS TO AVOID (excerpts)

"I Don't Know Where To Begin"

Be proactive. Conduct some brainstorming to determine what must be done. Organize your work into small sections. Once this is done, determine what must be completed first. However, you must be realistic since it's not possible to spend equal time on each section. Never miss a class since teachers often lecture about concepts that will be tested later. During class breaks, spend time reviewing notes and other study materials. To avoid burnout, schedule breaks during study sessions. Avoid cramming by studying a couple of hours each day weeks prior to a test. If necessary, increase study time as the test day nears.

"I've Got So Much To Study . . . And So Little Time"

Take some time to briefly review your notes, textbooks, and other study materials. Determine the main concepts that will show up on the test and identify what you need to better understand. Summarizing study materials makes it easier to determine what is important and saves time. However, summarizing notes and textbooks is not a method that should replace reading and in-depth review.

"This Stuff Is So Dry, I Can't Even Stay Awake Reading It"

Studying can be boring, but if you get involved in what you're studying, it will be easier retaining key information. After reviewing each section, identify what is important and underline important concepts and make personal notes. Go back and review these concepts and

discuss them with other class members. Organize study groups. When you encounter a boring concept, avoid zoning out by reading actively.

"There's Too Much To Remember"

Organize the concepts you're learning into outlines. It's easier to learn new concepts when they're effectively organized into manageable sections. Likewise, you'll spend less time looking for information you want to review. The following are tips for developing effective outlines:

- ✦ Organize similarly related concepts into sections and categories
- ✦ Develop an information map of related concepts. For example, if you were studying the causes of the Revolutionary War, begin by listing a series of main events. Next to each event, summarize why it was significant and how it related to subsequent events

"I Knew It A Minute Ago"

After you've summarized key concepts, take time to recall what you've studied. Attempt to answer questions you developed before summarizing these concepts. If you do not remember what you studied, re-summarize your notes or textbook. There is typically a correlation between time spent studying and memory retention. If you feel comfortable with the material, continue to study since it will decrease the likelihood that you'll forget it. It's not possible to study too much, but going about it unorganized will make any amount of time spent studying ineffective.

"Cramming Before A Test Helps Keep It Fresh In My Mind"

Cramming is an ineffective test preparation strategy. Begin studying as soon as possible. Begin studying for a test 2 hours a day a week prior to it. A couple days before the test, increase the time spent studying. It will be easier to remember what you've studied if you prepare in advance for a test.

"I'm Gonna Stay Up All Night 'til I Get This"

Do not put too much stress on your body. Be sure to schedule breaks during planned study sessions. Likewise, be sure to get enough sleep the night before a test. During scheduled breaks, do not dwell on school. It's also helpful to exercise regularly and eat a nutritious meal just prior to the test.

If you want to see the entire list, go to:

www.collegeatlas.org/general-college-study-tips.html

THE BEST TIME TO STUDY



It's important to schedule your study so that you're most awake and energetic. Finding the best possible time of day will save you time, help you to learn better, and make your work a lot more fun.

That said, it's impossible to give a rule that will work for everyone, although

there are some techniques that everyone can and should implement to find the ideal time.

With some proactive, results-based [self-experimentation](#), you can find the best time of day to study if you keep these **3 main considerations** in mind:

1. Alertness

You are probably your own best judge as to when you perform best. **However, it's likely that you're still wrong.**

Most people do not proactively test what works for them. They study when they "feel like it", but that's not necessarily their most effective time.

In order to know confidently what *truly* works best for you, it's important to try something consistently for an extended length of time, then try something else, and afterwards compare the results.

Still, you should make an informed decision in choosing which times to test in the first place.

Some considerations:

- Different qualities of memory and alertness seem to be generally better at different times of day (e.g. visual memory in the morning, critical thinking around noon)
- Whether innately or by conditioning, some people operate better in the early morning, whereas others work best in the evening.
- Most people suffer a "slump" in the early afternoon (between 1pm and 4pm)
- In addition to daily patterns, some hormonal cycles of longer durations have an impact on alertness.

To dig into this, here's a document from Cornell University with some great summary information on all these topics: [Biological Rhythms](#)

2. Distractions

Even if you theoretically study best at 6pm, if that's when you eat dinner with your family, you probably shouldn't study at the dinner table.

Unfortunately distractions throw a wrench in the works. There are some distractions that we can usually control (like deciding not to go to a NYC subway station at 4pm on a Friday and study there), but sometimes we just can't get away from what distracts us throughout the day. If you live in a busy household, unless you can get away in a quiet place, you'll have to schedule your study time around those distractions to get the best results.

Take this one seriously. Distractions are detrimental to good study. If you have lots of people and noises around and can't find a secluded place to study during the day, don't try. Wait until night, or get up early, and work while nobody can distract you.

3. Consistency

In selecting a time, make sure it's something you can stick to consistently... preferable at least a few days a week.

I get up every morning at 5:00, and 5 days a week I spend the first 4 hours the same way: Eat, exercise, shower, read, journal, write. This consistent routine has simply become a part of my life pattern. Consistency doesn't just help to make sure you do your work every day. **Consistency improves the quality of your work.** If you study at the same time every day, your mind and body will quickly adapt. With a little practice, you'll be in your best frame of mind for study, with your best focus, during that time. The body likes to know what to expect.

<http://masterofmemory.com/the-best-time-to-study/>

Be wise. When you see links in text in this newsletter, like the one above, check it out. It might only show the source of the information but frequently the link will take you to a web site that has lots more useful information.

ANTICIPATING TEST CONTENT

Pay particular attention to any study guides that the instructor hands out in class before the exam, or even at the beginning of the course! For example: key points, particular chapters or parts of chapters, handouts, etc.

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Ask the instructor what to anticipate on the test
if he/she does not volunteer the information

Pay particular attention--just prior to the exam--
to points the instructor brings up during class lectures

Generate a list of possible questions
you would ask if you were making the exam, then see if
you can answer the questions

Review previous tests
graded by the instructor

Confer with other students
to predict what will be on the test

Pay particular attention to clues
that indicate an instructor might test for a particular idea,
as when an instructor:

- says something more than once
- writes material on the board
- pauses to review notes
- asks questions of the class
- says, "This will be on the test!"

<http://www.studygs.net/tstprp2.htm>

LIFETIME ACHIEVEMENT AWARD FOR RANDY WILSON, VUB DIRECTOR

During the 2015 annual conference of the National Association of Veterans Upward Bound (NAVUB) held in Fairfax, VA, Randy Wilson, Director of Veterans Upward Bound at WSU received the Association's Lifetime Achievement Award. This award recognizes the leadership and involvement Randy has had in the organization since joining it in 1996 and can also be applied to his activities in Federal TRiO programs since beginning his career in 1979. Randy has served on the NAVUB Board of Directors for nearly 15 of his 19+ years in NAVUB while doing double duty chairing and serving on other committees as well. He was instrumental in creating the first web site for the organization, leading the board in creating a scholarship program that has grown over the years, creating the NAVUB archives, and much more. After 20 years of service in VUB and NAVUB (and 37 years total in Federal TRiO Programs), Randy plans to retire in the spring of 2016.

(L-R: Randy Wilson, Leroy Chavez - NAVUB President)



MONEY SAVING TIPS FOR STUDENTS

(partial list)

Elizabeth Hoyt—June 16, 2014

Buy or rent [used textbooks](#) and sell last semester's books back.

Don't make impulse purchases.

Limit the number of times you eat out monthly.

Always pay bills on time to avoid late fees.

If you have a credit card, pay it off as quickly as possible. (It's good to establish credit, but a bad credit score follows you everywhere.)

Walk, use public transportation or ride a bike instead of having a car.

Shop where they offer student discounts. There are so many places that offer discounts to students with a school ID.

Sell what you no longer use or need. There are plenty of stores and web sites, like [Poshmark](#) and [Craigslist](#), where you can sell your used clothing, furniture or tech items.

Don't buy unnecessary school supplies. Why buy cumbersome notebooks when you can type on your laptop? It's better for the earth anyway!

Don't buy books you will only need for a short period of time — check them out from the library instead.

Go to class. You're paying for it and skipping is like throwing money out the window!

Drink water. It's free and better for you, anyway.

Make your own coffee. While coffee shops are convenient, they charge hefty prices that really add up over time.

Use a free tool, like FinAid's [Student Budget Calculator](#) or the one offered by [Mint.com](#), to keep track of your finances.

<http://www.fastweb.com/financial-aid/articles/the-30-money-saving-tips-for-students>



VUB SUMMER 2015

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:	
8:00 am - 11:30 am Rm SC 059	
1:00 pm - 5:00 pm Rm CT 194	

ENGLISH & COMPUTER LITERACY TUTOR	
WSU - Annex 12	
Mon, Wed, Fri: 9:00 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 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	
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)	