



WEBER STATE UNIVERSITY



VIBES

VETERANS UPWARD BOUND

<http://weber.edu/vetsupwardbound>

Spring 2015

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

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TRiO
VETERANS UPWARD BOUND

DAN CZECH HAS MOVED TO A NEW JOB

Dan Czech was offered a higher level job at another school and has accepted the opportunity to advance his career. Dan is now the Veterans Services Director at Davis Applied Technology College in Ogden (DATC) where he will be the Certifying Official for GI BILL and will manage the veterans center. He began employment with them on January 11, 2016. We wish Dan much success in his new job.

VUB STAFF SPOTLIGHT

JEREMIAH BRENNAN REPLACES DAN CZECH AS THE VUB ENROLLMENT ADVISOR

Jeremiah Brennan was born in Bataan, Philippines then shortly after moved to Utah with his family. He attended Cyprus High School in Magna, Utah where he participated in various athletics as well as learned more about his desire for military service. In his junior year of high school Jeremiah enlisted in the Utah Army National Guard and spent that summer in Basic Combat Training. After completing high school Jeremiah transferred to the Regular Army to train and work as an Infantry soldier at various locations throughout the United States and abroad. With his primary duty station being Fort Carson, Colorado Jeremiah also spent time in Afghanistan with his unit under Operation Enduring Freedom.

Upon returning from Afghanistan



Jeremiah married Alexis Groves whom he met while attending Cyprus High School. He was also transferred to recruiting duty in Ogden, Utah where he spent four years identifying and enlisting motivated members of the northern Utah community.

During Jeremiah's time recruiting for the Army he became the father of two daughters Evelyn and Emilia. He also completed a Bachelor's and Master's Degree in Business Administration.

Through Jeremiah's experiences he has a deep understanding of the trials that military veterans as well as underserved demographics go through in higher education. He has a profound respect for those who have overcome those obstacles while completing higher education goals.

Jeremiah is excited to work with veterans in the Veterans Upward Bound as well as seek out new candidates that can benefit from what the Veterans Upward Bound can offer. He is looking forward to getting to know this program and those involved in making it successful.

VUB DIRECTOR TO RETIRE



Dear Participants and Colleagues,

I am announcing my retirement from VUB, Weber State University and work in general!

It is with mixed emotions that I announce my retirement effective for May 31, 2016. I have been with Federal TRIO Programs for slightly over 37 years and I can tell you that working in programs like TRIO was the thing for me to do. If I were pastor this is where I would say I was called by God to do this work. I will miss TRIO and the professional organizations where I was involved but it is time to put this work horse out to pasture (but I am going with a camera in hand and a plan to do some light volunteerism). It has been a sometimes difficult, but overall, good run.

I served in the U.S. Air Force from 1968-1972 as a Personnel Specialist, part of my "grand plan" to go to college, and then I entered college in August of 1972, just two weeks after being released from active duty. While in college I applied twice for a summer job in the high school Upward Bound program but I was turned down because I was a veteran and they thought I would be too strict with the kids!

I began working in Federal TRIO programs in October 1979 when I was hired half-time in Upward Bound and half-time in Student Support Services at Murray State University in KY. A little later the director wanted us to declare full-time with one or the other of those programs and I was fortunate to go with Upward Bound. I worked 14 years as a UB Counselor and then 3 more years as a Director of Upward Bound at Northern Kentucky University in Highland Heights, KY. I consider the first 14 years of my TRIO work to be the best years of my life and I will never forget all the staff who shared that time with me. During my first 17 years I was active in the KAEOPP and SAEOPP professional organizations serving on, and chairing, committees and serving on boards, the height of which was as KAEOPP

President.

In 1996, in order to have a TRIO job closer to my aging parents, I began working in Veterans Upward Bound as the Director at Western Kentucky University in Bowling Green, KY, just 70 miles from where they lived. (But 3 months later they decided to move to Florida.) I became involved with the professional organization called NAVUB, that same year. In 2010, when I retired in KY, I moved to the Director position at Weber State University in Ogden, UT.

Along the way I made a number of suggestions during my first involvement on the NAVUB board. Before I had even attended a conference I received a form to fill out because someone nominated me for Public Relations Officer. The guidelines showed I was not eligible (I did not have two years of NAVUB experience) and when I pointed that out to the Nominations Chair I was told not to worry about that. I was elected PRO at the first conference I attended when nearly no one knew me! (What is that military advice about never volunteering?) After that I was on the board for quite some time and the experience was quite valuable and really enhanced me forming a network and friends. I had the opportunity to open a discussion about scholarship for VUB students. I suggested the idea for a NAVUB archives. I urged for a lot more activity in NAVUB in terms of committees. A guy from Tennessee and I proposed the first NAVUB web site and created a real clunker that has improved and grown into what we have today. I also suggested, and then helped to develop, the huge visual improvement of our logo.

When I joined NAVUB I believe people perceived NAVUB(PP) to be mostly a lobbying group. They had had to do this for years in the beginning to survive and grow nationally. I started pressing for the organization to become a lot more than that. Fortunately, more officers were elected who saw the need for this as well.

I sincerely hope I have helped to improve the TRIO programs and organizations in which I have been involved, as well as the participants involved in TRIO. I estimate I touched over 4,000 lives of people of low-income and first generation backgrounds and in some way helped them elevate themselves through having access to higher education that they might never have had without TRIO. Not too bad for a low-income first generation kid from central KY!

I think I hear Roy and Dale singing "Happy Trails To You" so I will close this out and salute my colleagues as I depart. Good Luck and Much Success in the Future! Stay the course. Your education can open many career doors.



FORMER UTAH VA HEAD SAYS VETERANS ARE BEING MISCOUNTED, GETS CHAFFETZ TO HELP

OGDEN — Utah's former Veterans Affairs director just wants the U.S. Census Bureau to ask the public a simple question — maybe two.

It's a question (or two) that hasn't been asked on the official [Census questionnaire](#) since 2000 and Terry Schow has been on a two-year mission to make sure its asked for the 2020 Census.

"When they send out the questionnaire, why can't they include a question that asks, 'Are you a veteran?' " asked Schow. "That's the main one, but they should also ask 'Are you a disabled veteran?' That's all we're really trying to get done."



The Ogden resident and veteran of the Vietnam conflict says that the current counting method doesn't quite add up.

[According to the U.S. Census Bureau website](#), veteran status is not collected on the decennial census questionnaire, a change that was introduced during the 2010 Census.

Currently, the bureau collects demographic, social, and economic data on veterans from the American Community Survey, the Current Population Survey and the Survey of Income and Program Participation. But those surveys poll only a portion of the U.S. population. The ACS, which is the largest survey other than the decennial census, is sent to approximately 3.5 million people per year — about 10 percent of the current population.

"Those surveys are great, but there should be a hard count," Schow said. "Just modify the questionnaire to ask about veteran status and I think we take a huge step toward greater accuracy."

Schow says in this case, accuracy is paramount. Census data impacts legislation and spending on veteran housing, hospitals and assistance programs. [According to an infographic](#) released by the Census Bureau on Veterans Day in 2015, Utah has a veterans population of 143,771. The U.S. Department of Veterans Affairs, which uses a projection model developed by the Office of the Actuary to count

veterans, [says the state has 151,719 veterans](#). But Schow, who served as executive director of the Utah VA from 2001 to 2013, says both of those numbers are wrong.

Utah has its own independent database that tracks the number of veterans living in the Beehive State. The database, which Schow helped create, utilizes the Utah Department of Information Technology and collects information from the Department of Workforce Services and the Utah Drivers License Division.

The state's database says Utah has approximately 190,000 veterans, Schow said.

Schow has been trying to bring this issue to light since 2014 and after two years of fighting to be heard, he now says he has a pretty influential ear listening to him.

Rep. Jason Chaffetz, R-Utah, has been working with Schow to draft some legislation that would require the Census Bureau to add the veteran status questions to the decennial census questionnaire. Chaffetz chairs the House Committee on Oversight and Government Reform, which oversees Census Bureau activities.

"This is a very viable idea and I am pursuing it," Chaffetz said Wednesday. "Quite frankly, I don't see why they wouldn't ask those questions, especially looking at some of the other questions that are asked."

You can reach reporter Mitch Shaw at mishaw@standard.net or at 801-625-4233. Follow him on Twitter at [@mitchshaw23](#) or like him on [Facebook](#).

COLLEGE SURVIVAL TIP

Paul Szoldra, a former Marine sergeant and founder of advising website [CollegeVeteran.com](#), hears one inquiry time and again from service members: What's it like to go to college after serving in the military?

Be open to a new mindset: "When I first came on campus, I was very stand-offish. I was thinking to myself that anything an 18-year-old said in class was the stupidest statement I've ever heard in my life. I kept to myself, and if there was something said about the military or foreign policy or whatever, I was always the one to chime in and say, 'You're stupid and you're wrong,'" he says.

"Now, I'm definitely more open to hearing different opinions and more sides to the story. I definitely haven't changed as far as what my views are, but I'll at least hear others out."

Szoldra credits his evolving mindset to daily interaction with new people, differing opinions, and backgrounds unlike his own. "Just hearing what others think and what others feel," he says, "is definitely something that has shaped me and pushed me to where I am now."

THE PROS AND CONS OF TAKING SUMMER CLASSES

You've seen in your local newspaper that summer classes are starting up soon. There are even a few that fit into your intended major. So now you're beginning to wonder if you should sign up and get a few extra credits done before you go back to school. Still, you're not quite sure if it's the right decision for you. It's true that there are ups and downs to summer classes, and it's important to consider both before you make your choice.

Pros:

Getting Gen-Eds Out of the Way

Who honestly enjoys gen eds anyway? There might be a few subjects you're good at, but mostly they tend to be boring, simple and not within your interests. Well, now you have a chance to take them in less time. This means that you will be able to get them out of the way and have more time for classes directly related to your major, or just more fun. With [Study.com's online college courses](#), you can earn credit in less than two weeks. You could knock out all your gen ed requirements in just one summer!

Sticking to the Routine

During the school year, it's pretty easy to fall into a sort of rhythm. You'll hit your stride and be able to keep momentum and work ethic up. Once the school year rolls around, though, you might notice that you've lost your rhythm while goofing off during summer break. If you don't stop working, that work ethic doesn't go away. So by taking summer classes you'll already be fully in the swing of things by the time you get back to school.

Smaller course-loads

Just about every school has some sort of credit minimum for graduation. If nothing else, summer classes helps minimize that. If you can find classes that help you in your major, you can work towards your degree in both credit amount as well as major requirements. This means that during the year you'll be able to take less of a packed course-load and spend more time doing things like hanging out with friends, or just napping.

Shorter Classes

If you pick a class that you really don't want to take but have to, there is at least one thing to look forward to. In a much shorter time than during the school year, you'll

be done. You won't have to put up with a subject or teacher you hate for very long, and once you've finished you'll probably still have a week or two of summer left. Some students actually excel at the shorter programs, so if you're one of those students then summer classes are probably right for you.

Cons:

No Downtime

Summer, to many, is about relieving school anxiety and cutting loose for a while. Instead of freaking out over homework and tests, you can see friends from your hometown, party and just let all that stress go. Doing another class would just maintain that high stress level and no one in college wants to hit that burnout point if they can help it. After all, once you hit the working world, you don't get a summer break anymore. Might as well live it up while you can, right?

Harder to Get a Summer Job

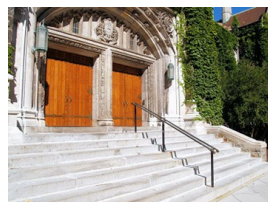
Sometimes people use summer to get job experience and make a little extra cash. It can really set you ahead for future resumes and make school life more financially comfortable next semester. If you're taking summer classes, it makes your schedule a little more hectic. Some places you would rather work at might not even hire you because of your inability to work certain hours.

Less Variety

At college, you might find a huge selection of classes. If you don't want to study European history, you can study ancient Asian civilizations instead! With summer classes you probably won't get that kind of selection. You'll have to take whatever is available with whatever teachers are available. Even though you won't have to be in the class for very long, it can still be a drag if you're studying something you have no interest in.

Shorter Classes

This was already listed as a pro, but it can also be a con. With no time for study groups, reviewing tests and asking teachers for help, you'll be forced to adapt or risk failing. The material also comes at you so fast that if you're not clear on an initial concept, you probably won't understand the later related concepts. If you're the kind of student who can't easily deal with a fast paced class that has no time for review, then summer classes probably aren't the best choice for you.



STUDYING IS INDIVIDUAL - DO WHAT WORKS BEST FOR YOU

WHERE TO SIT IN CLASS:

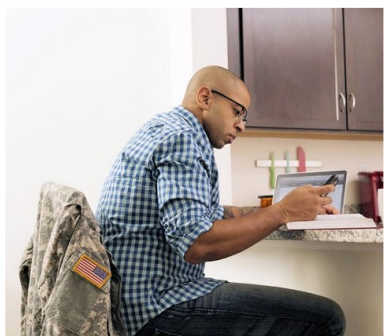
- By doors or windows if you are claustrophobic or need natural lighting.
- In the front to increase participation or attention.
- In the back if you're extremely shy.

DEDICATE CLASS TIME TO:

- Taking notes if you're a visual learner.
- Listening to, and record, the lecture if you're an audio learner.

TAKING NOTES:

- Use a note-taking system. One good system (Cornell format) divides the page approximately one-third of the way down the left-hand side. Take your notes in the larger, right-handed side.
- Use the left side to make brief notes, comments, guides, star important items, etc.
- Write notes in outline form.
- Write notes in "paragraph" form (when organization of lecture is difficult to follow). Don't use complete sentences, except for VERY important things. Go back as soon as possible and re-organize your notes.
- Listen for key words, or other ways your professor has to let you know what material is important.
- Use abbreviations. Don't over-abbreviate. Make sure you understand what you meant.
- Label, number and date all your notes.
- Review your notes as soon as you can after class. Recopy or type your notes. Expand on ideas you may have left out.
- Copy your notes onto note cards. Break the information into digestible chunks.
- Outline your notes.
- Review notes again before returning to class.



STUDYING OUTSIDE OF CLASS

When to study:

- Plan two hours study time for every hour you spend in class.
- Study difficult (or boring) subjects first.
- Avoid scheduling marathon study sessions.
- Be aware of your best time of day, and study then.
- Use waiting time.

Where to study:

- Use a regular study area.
- Don't get too comfortable.
- Use a library.



How to handle the rest of the world:

- Pay attention to your attention.
- Agree with living mates about study time.
- Avoid noise distractions.
- Notice how others misuse their time.
- Get off the phone.
- Learn to say "no."
- Hang a "do not disturb" sign on your door.

Things you can ask yourself when you get stuck:

- What is one task I can accomplish toward my goal?
- Am I beating myself up?
- Is this a piano (does it have to be done perfectly)?
- How did I just waste time?
- Would I pay myself for what I'm doing right now?
- Can I do just one more thing?



VUB FREQUENTLY ASKED QUESTIONS

What is Veterans Upward Bound (VUB)?

Veterans Upward Bound (VUB) is a federally funded TRIO program designed to help qualified military veterans prepare to enroll in a postsecondary school.

What is TRIO?

TRIO programs serve people of varying ages and educational levels. VUB is just one such program funded by the U.S. Department of Education. Other TRIO programs at WSU include:

- Student Support Services (SSS)
- Upward Bound (UB)
- Educational Talent Search (ETS)

Other TRIO programs not housed at WSU, but available elsewhere include:

- Educational Opportunity Center
- UB Math/Science Initiatives
- McNair Post-baccalaureate Graduate Program
- TRIO Training Project

For more information about the TRIO programs, see the national TRIO website at <http://www.coenet.us/ecm/AM/Template.cfm?Section=Home>.

Who is eligible for the Veterans Upward Bound (VUB) program?

VUB serves veterans who have served at least 181 days active duty and who meet one or more of the following criteria:

- * low income status
 - * potential first-generation college graduate; neither parent has a *baccalaureate* (four year) degree
- OR

Was a member of a reserve component of the Armed Forces called to active duty for a period of more than 30 days (at least 31 days) on or after September 11, 2001

or

Was called to active duty for less than 30 days to serve in support of a contingency operation on or after September 11, 2001

When I provide information to Veterans Upward Bound, is it shared with other people?

We share that information with the people who are necessary to get you enrolled in school. Our records are kept under lock-and-key when we are not using them. We never sell any information to companies for their contact lists.

What do I have to do to enroll?

Contact our office at (801) 626-7173 and we will set up an appointment with an advisor.

You may download a copy of our application by clicking [here](#).

What paperwork do I need to bring with me?

We need a copy of your DD-214 as proof of your veteran status. If you don't have your DD-214, we can send for it. You should also bring a copy of your last year's tax return or some other proof of income.

How will Veterans Upward Bound help me?

We will test you to determine your current academic level and your specific career interests, we will advise you as to educational opportunities and options, and then we will create a custom tutoring program that meets your educational needs. We offer tutoring in mathematics, English, and computer basics. We also offer online computer-based instruction.

Does the program have a flexible schedule?

Classes are taught at the following times: MONDAY Thru FRIDAY 8:00 – 4:30 p.m.

Can Veterans Upward Bound help me apply for school?

Yes. Other services provided by VUB include information and assistance with admissions, financial aid, and career selection for your prospective institution.

What about admissions fees?

Veterans Upward Bound has agreements with WSU and some other schools to use application fee waivers for needy participants. Note: We will not provide this fee if you choose to attend school before your work in VUB shows that you are academically ready.

Do I have to have a declared major when I begin?

Not really but we strongly suggest it so you do not take unnecessary classes that might extend your time in college and cost you extra dollars. You may need to have a declared major early in your schedule at WSU if you receive VA benefits. Regular financial aid does not require it so long as you make satisfactory progress toward graduation.

Does VUB provide financial aid?

No. Although all services, including our academic refresher classes, are free to qualified students, we do not provide financial aid for college, university or technical school. We can, however, help you with the financial aid application process, as well as putting you in contact with the appropriate financial aid officials at your prospective school.

I cannot remember if I had the ACT or my ACT was low? Is there anything I can do through Veterans Upward Bound?

VUB helps participants prepare for the ACT and pays for one ACT test per participant.

Can VUB help me choose a career or school?

Yes. Using the COPS career interest inventory, our enrollment advisor can work with you to help determine what career field might be appropriate for you.

Can VUB help me find a job?

No. While we do not offer career placement services, we do offer career counseling and resume development.

Does Veterans Upward Bound provide anything else for students?

VUB sometimes has field trips, makes tickets to certain events available to participants, holds open houses for participant and their significant others, and has a awards banquet in the late spring each year.

How much does it cost?

These services are provided at no cost to you. That's right, it's **FREE!**

How long can I be in the program?

Veterans Upward Bound services are available to eligible veterans as they progress toward a post-secondary degree.

How long should I plan on being in VUB classes before I am ready to go on to a postsecondary school?

The answer to this question depends on several factors, including your high school preparedness, your VUB assessment test scores and your internal drive to succeed. Do not shortchange yourself by planning to be in VUB for just a few weeks. While some students may only require minimal work, others will want to attend classes for a longer period of time. Participants work at their own pace and it takes people different amounts of time to complete the program depending on how much academic work must be accomplished. The staff can advise you as to how long you might want to spend in our classes. The staff will also advise you when they feel you are ready to move on. Generally participants stay from 6-12 months.

Is there any out-processing I must do when I leave VUB?

We need every participant to take a post-test before they leave so we can measure progress to prove to the government we are doing our job so they will keep funding us. This should take about an hour. See the Office Manager for an appointment.

Do I have to buy a parking permit to park on campus when I am in Veterans Upward Bound?

No. At this time VUB provides complimentary permits, one day at a time, for our participants to use when they are visiting our office or classroom.

Do I have to attend Weber State University after I complete Veterans Upward Bound?

Now. We hope you will but you may choose any college, vocational, or technical school you wish. We will still help you with the enrollment process.

Can Veterans Upward Bound help me with other VA concerns?

We are not VA counselors but now and then we might have an answer for you. If not, we will do our dead level best to refer you to someone who can help you.

Can I invite other veterans like my friends or family to join VUB?

ABSOLUTELY! Please do. We are always looking for more veterans to serve.

If I have to leave the area, can I go to another VUB program.

If this is needed, contact us and we will help you see if there is a Veterans Upward Bound Program where you plan to move. If there is an available program, we will refer you to them in hopes of helping you be accepted there. Go to this link to see where other programs currently exist. Look at the Program Locator at the top left of the page. <http://navub.org/>

Can I work for VUB while I am in school?

If you qualify for VA benefits you might be eligible to work for us part-time. You must talk to the VA certifying officer on campus and then go through an interview with us. We are only allowed by the VA to have two student works at any time. Your pay comes from the VA, not from VUB.

Where is Veterans Upward Bound Located?

The VUB program is in its own building located in Annex 12 on the WSU Map.



VUB SUMMER 2016

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: 8:00 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	
Wed: 8:00 am - 4:30 pm	
Fri: 8:00 am - 12:00 NOON	
WSU - Davis - Rm 259	
Mon: 8:00 am - 4:30 pm	
Wed: 1:00 pm - 4:30 pm	
SLCC - Redwood—Rm SC 059	
Tues. & Thurs: NOON - 3:00 pm	
SLCC - South Campus	
Tues. & Thurs: By Appointment Only	
(call 801-891-5816)	