



WEBER STATE UNIVERSITY



VIBES

VETERANS UPWARD BOUND

<http://weber.edu/vetsupwardbound>

Volume 1 Issue 3

Summer 2012

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

VUB FULL-TIME STAFF

Randy Wilson — Director
(801) 626-70478
randalwilson@weber.edu

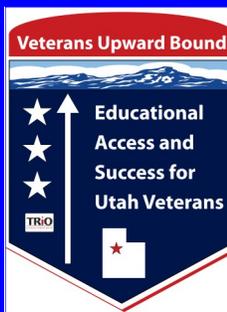
Dan Czech — Enrollment Advisor
(801) 626-7327
danielczech@weber.edu

Jim Shepherd — Math Instructor
(801) 626-6758
jshepherd1@weber.edu

Yulia Goff — English and Computer Instructor
(801) 626-7173
yuliagoff@weber.edu

Jan Pollard — Office Assistant
(801) 626-8946
janpollard@weber.edu

Office Number
(801) 626-7173



Randy Wilson, Director

Spring is the time most students consider to be the end of a school year and May is the month most colleges/universities hold their commencement exercises to recognize graduates. But, veterans who attend college are as prone to graduate at the end of the fall or the end of the summer as they are to graduate in May. Let me take this time to offer congratulations to all graduates over the past year and to encourage VUB participants to “hang in there.” You CAN reach graduation but it requires hard work and patience.

One day you too can celebrate becoming a college graduate. Just do not allow yourself to quit before you reach that goal.

This summer Veterans Upward Bound will submit a new grant proposal as we attempt to secure more funding for the program so we can continue helping veterans with their education for

another 5 years. Washington, DC, is being tough on programs like VUB and Federal TRIO Programs so funding is limited. We will be writing for the same amount of money we were awarded in 2007 AND we will be required to serve approximately 25 more veterans on that amount, plus meet some new requirements. Hopefully we will know the results of our submitted proposal before September but deadlines are unclear at this time.

We have an urgent request of each participant of the 2011-2012 school year. If you completed the program but did not take a post-assessment, a second accuplacer test, please schedule with us to do so. We are required by our funding agency to tell them how many people improved their academic skills while in our program and we must have a document to prove it. That is one way we are judged to decide if we deserve to retain funding or not. Many participants leave without taking this post-assessment and it hurts the program’s chances of remaining funded when there is no documented proof to show their academic progress. Please help us now that we have helped you.

Summer is a slow part of the calendar year in our program. If you are not attending our program this summer I wish you a happy summer. Be safe and we will be looking forward to your return in the fall.



VUB 2012 AWARDS

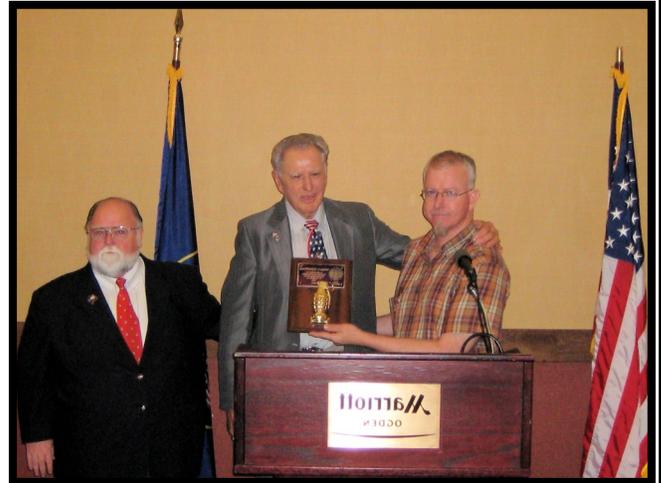
BANQUET

IS A SUCCESS

Every year a banquet is held to say thank you to the veterans who participate in our program. The Veterans Upward Bound Awards Banquet was held at the Marriott Hotel in Ogden on March 3, 2012. 37 people attended this year's banquet and many commented on what a nice event it was. We were very happy to have, among other guests, Carl Porter - Executive Director of Academic Support Centers and Programs as well as Vice President of Student Affairs, Jan Winniford.



Almost every year the Golden Grenade Award is presented to a veteran who is not a part of Veterans Upward Bound. The Golden Grenade Award is presented annually by Utah's only Veterans Upward Bound program, housed at Weber State University, to an individual who is exemplary in volunteering service to help veterans make their lives more successful. The award winner this year was Bill Christophersen, member of the American Legion since 1945 and a veteran advocate for 60 years.



L-R in the picture is Dan Czech – VUB; Bill Christophersen – Golden Grenade Awardee; and Terry Schow – UTAH VA.



Joe Schlichter received the ASPIRE TO ACHIEVE award to recognize him for having overcome so much to progress through his college education as he nears graduation this coming year. Shown in the photo is Joe Schlichter receiving the award from Jim Shepherd – VUB.

Tyler Baranowsky was also recognized for being nominated for a \$1,000 scholarship from the National Association of Veterans Upward Bound. Results of his nomination should be known in June or July 2012.



Don Parks recognized with the award for DEDICATION for working so hard to a college education. Don is shown here with Yulia Goff – VUB.

Terry Schow of the VA was on hand to award two \$500 scholarship checks from the Utah Division of Veterans Affairs. Tim Jones was one scholarship winner but was unavailable to attend the banquet due to a trip to Europe. Greg Noriega also received a scholarship check and is shown here with Terry Schow.



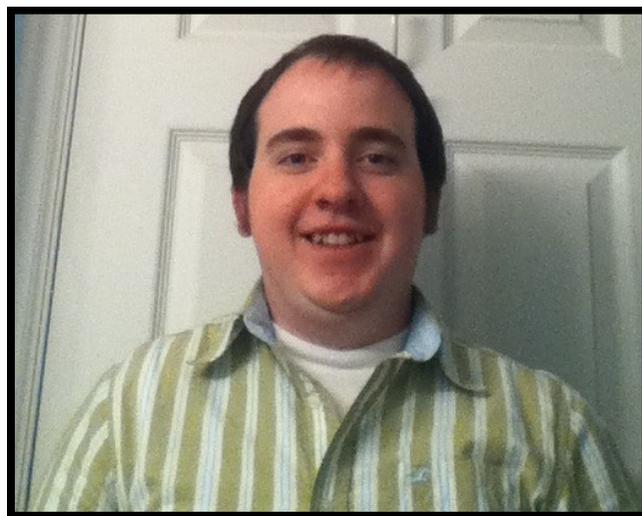
DANIEL KISER

RETURNS TO SLCC TO TUTOR MATH

Daniel Kiser will again join the VUB staff. Daniel will replace Janette Pack who resigned to spend more time with her family. Many of you know Daniel because he replaced Janette when she had her baby last year. Daniel's schedule will be :

Monday through Thursday 1:00 p.m. – 5:00 p.m.
Friday 12:00 p.m. – 4:00 p.m.

We're happy to have Daniel return to serve our veterans.



"Don't expect to build up the weak by pulling down the strong."

Calvin Coolidge

YOUR STUDY SPACE

Study Space is important so you should give thought to creating a space that will optimize your ability to study. Below are ideas for you to consider. Not all ideas are feasible for every person so you should personalize the space as your situation will allow.

- The space should be well lit but without glaring light. Try to eliminate shadows on the work space. Avoid flickering lights like overhead florescent bulbs.
- Have a dedicated space that is only used for study. A desk or table is essential. The dedicated space should be stocked with pens, pencils, paper, stapler, tape, ruler, etc.
- A good chair, comfortable but not one that tempts you to take a nap, is suggested. It would be best if it is adjustable in height to accommodate long hours of typing.
- A computer is a great tool because most schools require computer work. It does not have to be state-of-the-art but must be dependable and must have a printer attached. A laptop is ideal so you can take it to class with you.
- The study area should be quiet without distractions of TV, music, kids/animals noise, ringing phones, etc.
- If you have devices to overcome disabilities, they should be in prime operating order and should fit well into the study area.
- Room temperature should be optimally regulated to keep you alert but without physical distraction.
- Do not sit facing a window because distractions are too readily available on the other side of the glass.
- Keep the study surface organized. You should only have one subject on the study area surface at a time.
- Try to avoid comforts such as snacks or drinks in the study area.
- The study area should have such resources such as a dictionary, thesaurus and other reference materials related to your study subjects.



- Try not to use the space for writing checks for bills or for other activities that might tempt you away from studying.
- Consider having a file cabinet for homework and tests that have been returned and for filing portions of research papers while they are in the process.
- Keep a copy of each current syllabus in your study area for reference for important dates and requirements you must meet.
- A book shelf could be useful to store books and novels and other resource notebooks you might need.



Higher education linked to longer life, CDC report shows

Below is a portion of an article that was on the USA TODAY website on May 16, 2012. The entire story can be found at

<http://www.usatoday.com/news/health/story/2012-05-16/health-of-USA-nation/54984404/1?loc=interstitialskip>

Education may not only improve a person's finances, it is also linked to better health habits and a longer life.

For instance, people who have a bachelor's degree or higher live about nine years longer than those who don't graduate from high school, according to an annual report, out today, from the Centers for Disease Control and Prevention's National Center for Health Statistics. Some of the health data reached back a decade or more.

CeGina Lundberg, a preventive cardiologist in Atlanta, says a shorter life expectancy among less-educated people has been consistent for the last few decades.

The study found that in 2010, 31% of adults ages 25 to 64 with a high school diploma or less were currently smoking, compared with 24% of those who had some college and 9% with a bachelor's degree.

"Highly educated people tend to have healthier behaviors, avoid unhealthy ones and have more access to medical care when they need it," says the report's lead author, Amy Bernstein, a health services researcher for the National Center for Health Statistics. "All of these factors are associated with better health."



Student Spotlight Greg Noriega

Greg Noriega is pursuing a bachelor's degree in Business at Weber State University. He eventually plans to obtain a master's degree as well. In his free time, Greg loves watching and playing sports because he is competitive and "loves to win." He likes the outdoors and enjoys camping, hiking, and fishing. He also loves to travel.

He got to travel as part of his service in the Air Force, but it was not to the places he wanted. "Deployment," he jokes, "is not a good scene." Greg describes his military experience as "stepping out of the bubble." He met many new people while in the service, some of whom became his true friends.

Greg wants to continue to travel in the future, particularly to Europe and Egypt. Greg sees education as a way to secure the kind of employment that will allow him to pursue this passion. This goal keeps Greg motivated as he works toward his degree while balancing family, friends, school, and work.

But Greg's son is his most powerful motivation to succeed. Greg strives to teach him—by example—that working hard leads to accomplishment no matter the circumstances.

Because he is not studious, Greg appreciates the support he gets from Veterans Upward Bound. "They push me, and I love it," he says. He credits a part of his academic success to the staff's willingness to accommodate his schedule and to motivate by example (several of the VUB's staff members are working hard toward various degrees). Outgoing and always ready to help, Greg has become friends with the VUB staff and with the fellow students. He enjoys and contributes to the program's spirit of camaraderie and collaboration.

We would like to congratulate Greg on getting the VA Scholarship. We wish Greg luck as he is getting settled in his new job at the Weber State University Community Involvement Center and working hard to succeed in his classes.



Focus Grows on Veteran Employment

By Dan Czech

In the last year, there has been a significant shift across America when it comes to Veteran employment issues. Many new laws, programs, and resources have been established to assist Veterans in their search for training and employment. It seems the trend is moving in a positive way for Veterans when it comes to employment. Many companies have pledged to focus on hiring veterans as well.

One of the new programs is called the Veteran Retraining Assistance Program (VRAP). It is specifically focused on veterans between 35 and 60 years old. It allows Veterans to apply for benefits to cover education costs for up to one year. It is a joint program run by the VA and the Department of Labor (DOL), authorized under the Hire Heroes Act of 2011. The program allows veterans to receive up to 12 months of assistance, equal to the benefit received from the Montgomery GI Bill (\$1,473 per month).

The application period kicked off May 15th, and will be on a first-come, first-served basis. There will be yearly limits on how many veterans can apply, so don't waste any time. To qualify, Veterans must:

- Be 35-60 years old, unemployed at the time of application, and not be dishonorably discharged
- Start education or training after July 1, 2012, in a VA-approved program of education offered by a community college or technical school leading to an associate degree, non-college degree or certificate for a high-demand occupation as defined by the DOL

- Not be eligible for any other VA education benefit program (e.g. GI Bill programs)
- Not have been enrolled in a federal or state job training program within the last 180 days
- Not receive VA compensation at the 100% rate due to individual unemployability (IU)

Many other employment and assistance resources have also been established to help. If you don't qualify under VRAP, then there are other options. Some examples are:

www.mynextmove.org/vets/

www.hireheroesusa.org

www.gotyour6.org

www.whitehouse.gov/joiningforces/resources



When you feel tired of your job remember this quote:

Some days I want to run screaming from the building and never return, but then I remember my obsession with living indoors and having food to eat.

Annette Griffith, former Upward Bound student of Randy Wilson's.



MATH TUTOR

WSU—Annex 12

Mon, Wed: 1:00 pm - 2:30 pm Math B

Tues, Thurs: 1:00 pm - 2:30 pm Math A

Fri: By appointment

SLCC-Redwood—CT 194

Mon, Wed: 1 pm - 5 pm

Tues, Thurs: 1 pm - 5 pm

Fri: 12 pm - 4 pm

ENGLISH & COMPUTER LITERACY TUTOR

WSU—Annex 12

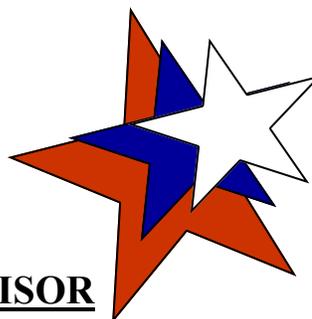
Mon, Wed, Fri: 8 am - 3:30 pm

WSU-Davis—Room 255

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

SLCC-Redwood—AD 249

Tues, Thurs: 1pm - 5 pm



ENROLLMENT ADVISOR

WSU-Annex 12

Mon — 8 am - 4:30 pm

Wed — 8 am - 10:30 am

Fri — By appointment

SLCC-Redwood (SC 059)

Tues, Thurs — 8:30 am - 10:30 am

WSU Davis (Room 255)

Wed — 1 pm - 3 pm

SLCC--South Campus

By appointment only (call 801-920-4735)