



Veterans Upward Bound Voice

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- Greg Stout, Associate Director
- Carl Cole, Education Advisor
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- Beverly Barberi, Advisor
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VUB Spring Semester Information and Instructions

Page three of the newsletter contains the VUB 2019 Spring Semester schedule of classes. It contains all the precollege class opportunities for most veterans to prepare for entrance into and success in a postsecondary program.

We will continue to offer math and English tutoring for those who need to brush up on their basic skills. Please call the VUB office to arrange this

individual service. We also provide tutoring for those who need additional preparation before taking the college assessment and placement exam.

Computer skills class meets twice per week, while all other classes meet only once per week. The semester is ten weeks in length.

We recommend participants register for at least two courses, allowing you

to receive the full benefit of the instruction and be better prepared when you enter a postsecondary program.

Check out the schedule on page three and contact any VUB staff member if you have questions or to register for classes.

If you are already enrolled in college, keep us informed of your progress. Call if you need help, and let us know if you change your address or phone number.

2017-18 Polly Archer Award Winner



(L-R) Carl Cole, Seth Proffitt, Frank Dunn, Greg Stout

The VUB staff would like to congratulate Mr. Frank Dunn for being selected as the winner of the 2017-2018 Polly Archer Award in the amount of \$250. This award was established in 1996 to recognize the VUB student with the best academic year performance. He earned a 3.9 GPA and made the ETSU Dean's List for the last two semesters.

Frank is a first-generation, disabled veteran who served four years with the 2nd Marine Division, 1st Battalion 6th Marines, Charlie Co. 2nd Platoon. He enlisted in June 1982. He served with distinction and was honorably discharged as a Corporal in June 1986. During his service, he trained at Bridgeport, California, for mountain warfare, Ft. Sherman, Panama for jungle warfare, and two tours to Okinawa, Japan. After his military career, Frank worked in residential con-

struction and then operated computerized numerical control (CNC) machines at Borla® Performance Exhaust Industries. In 2009, he was diagnosed with Non-Hodgkin's Lymphoma. After 22 months of chemotherapy, thankfully, he was given a clean bill of health. After his illness, he started thinking about his future and how he always wanted to further his education.

Frank was referred by a VA Vocational Rehabilitation and Employment counselor and joined VUB in fall of 2015. He received instruction in Introduction to Probability & Statistics and basic math and was provided academic assessments, veterans education benefits information, and college entrance assistance. Frank enrolled at ETSU in the spring of 2016 and by the end of the fall semester, had earned 30 credit hours with a 4.0 GPA. He is on track to graduate Summa Cum Laude spring 2019 with a BSW and will enroll in the advanced standing MSW Program summer 2019. Currently, he is working on his internship at Volunteers of America Mid-states (VOA) Supportive Services for Veterans Families (SSVF), which does case management for homeless veterans in the upper eight counties in Northeast Tennessee. Frank is commended for his extraordinary efforts in completing the requirements for a degree, his persistence, diligence, and example set for others to emulate. The VUB staff wishes the best in all you do.

Tennessee Association of Special Programs (TASP) Scholarship Winner



Veterans Upward Bound (VUB) is pleased to congratulate Mrs. Sarah Royse, East Tennessee State University junior, for winning the VUB 2017-2018 TASP Adult Learner Scholarship in the amount of \$400. Notification of the award was provided by Ms. Belinda Brownlee, President of TASP.

Sarah is a first-generation, low-income, U.S. Air Force veteran who is also a wife, stay-at-home mother, full-time student and VA Work-study. She joined the Air Force in July 2008. She was deployed to Iraq for 18 months and earned the Army Achievement Medal, National Defense Service Medal, Iraq Campaign Medal with service star, Global War on Terrorism Service Medal, and other Air Force awards. She was honorably discharged in January 2011.

After separating from the military, she quickly learned how difficult it is to find a job without a post-secondary education and going to school full-time while being a parent would be challenging. Her husband is a firefighter who works 24-hour shifts. She was unsure of the direction moving forward until she learned about the VUB program. The VUB staff provided her with support and preparation for college, provided assistance with the college application process, the financial aid application, and a better understanding of veteran's education benefits. She also received pre-college tutoring, academic advising, and emotional support in the form of reassuring conversations that boosted her self-esteem.

Sarah graduated from Northeast State Community College Cum Laude May 2018, with seven associate degrees. She is pursuing a BBA in Management and Marketing at ETSU. Her goal is to have a career at the local VA Medical Center or another place of employment that would be a service to veterans.

VUB's Spring 2019 Postsecondary Enrollment

<u>East Tennessee State University</u>		<u>Tennessee College of Applied Technology</u>	
Cory Lewis	Army	Christopher Veilleux	Army
<u>Northeast State Community College</u>		<u>Walters State Community College</u>	
Michael Dublin	Army/Army NG, NC	Jay Wolfe	Navy
James Hurd	Army	Congratulations to these fine veterans who have prepared well and have taken the wise step forward and upward by entering a postsecondary program. We thank you for your service and the sacrifices you have and will continue to make.	
Brandon Irick	Air Force		
Dalton Myott	Air Force		

VUB's Fall 2018 Postsecondary Graduates

<u>ETSU Baccalaureate Degrees</u>		<u>Northeast State Community College</u>	
David Nunn		<u>Associate Degree</u>	
Delinda White		Sarah Royse	
Stephen Scheideler, 2LT, ROTC		<u>Tennessee College of Applied Technology</u>	
<u>Los Angeles Film School Associate Degree</u>		<u>Certificates</u>	
Maurice Butler		Amy Perry	
		Arthur Byron Styles	

The staff of Veterans Upward Bound would like to congratulate all our veterans on the completion of their degrees. It has been a long haul, but we are sure you will agree that it is all worth it in the end. As you face a new chapter in your life, we want you to know that our thoughts and best wishes go with you.

EAST TENNESSEE STATE UNIVERSITY VETERANS UPWARD BOUND
VUB 2019 SPRING SEMESTER : JANUARY 28 – APRIL 12
TENTATIVE SCHEDULE OF CLASSES/TUTORING (ETSU Main Campus / VA Campus)

<u>CLASSES</u>	<u>TUTORING</u>
<p><u>COMPUTER SKILLS</u> <i>Consists of Windows 2010, MS Word, Internet & E-mail</i> Tuesday/Thursday ~ 3:45-5:15</p> <p><u>INTRO TO THE ACTIVE PRACTICE OF STATISTICS</u> Monday ~ 1:30-3:30</p> <p><u>LITERATURE/STUDY SKILLS</u></p> <p><u>FOREIGN LANGUAGE</u> Thursday ~ 1:30-3:30</p> <p><u>SCIENCE</u> <i>Includes physics, chemistry, earth science</i> Wednesday ~ 1:30-3:30</p>	<p><u>MATHEMATICS THRU PRECALCULUS</u></p> <p><u>ENGLISH</u></p> <p><u>COMPUTER SKILLS</u> <i>Consists of Windows 2010, MS Word, Internet & E-mail</i> Monday thru Thursday ~ Flexible Time</p> <p><i>Call the VUB office at (423) 439-2281 to arrange date & time.</i></p> <div style="text-align: center; border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p>Check Us Out on the Web!</p> <p>www.etsu.edu/vub</p> </div>

OFF ETSU JOHNSON CITY / VA CAMPUS CLASSES *(Dates/times may be adjusted to meet student needs)*

<u>ETSU KINGSPORT-ALLANDALE</u>	<u>ETSU NAVE CENTER ELIZABETHTON</u>
<p>COMPUTER SKILLS I Tuesday ~ 9:00 - 10:30</p> <p>COMPUTER SKILLS II Tuesday ~ 10:30 - 12:00</p> <p>ENGLISH/MATH TUTORING Tuesday ~ TBD</p> <p style="text-align: center;"><u>BRISTOL PUBLIC LIBRARY</u></p> <p>COMPUTER SKILLS/ENGLISH/MATH Tuesday ~ TBD</p>	<p>COMPUTER SKILLS</p> <p>ENGLISH</p> <p>MATH Monday/Wednesday ~ 5:30 - 9:30</p> <p style="text-align: center;"><u>JOHNSON COUNTY EXTENDED SERVICE CENTER</u></p> <p>COMPUTER SKILLS ENGLISH/MATH Wednesday ~ 4:30 - 7:30</p>

Consult a VUB staff member at (423) 439-2281 to register for classes/tutoring or if you have any questions.

<u>DATES TO REMEMBER</u>
<u>VUB Spring 2019 Semester ~ January 28 - April 12</u>
<u>VUB Spring Break (no VUB classes) ~ March 4 - 8</u>
<u>Good Friday Holiday ~ April 19</u>
<u>VUB Summer 2019 Semester ~ April 29 - June 28</u>

Financial Literacy Information

The lack of financial literacy among veterans in America is one of many reasons for homelessness in the veterans population. In the next few newsletters, we will be publishing articles focusing on the My Money Five concept from the government site MyMoney.gov.



My Money Five

Making the most of your money starts with five building blocks for managing and growing your money -- The MyMoney Five. Keep these five principles in mind as you make day-to-day decisions and plan your financial goals.

The Second of Five Principles - [Save and Invest](#)

Saving is a key principle. People who make a habit of saving regularly, even saving small amounts, are well on their way to success. It's important to open a bank or credit union account so it will be simple and easy for you to save regularly. Then, use your savings to plan for life events and to be ready for unplanned or emergency needs.

Actions You Can Take

- Start saving, form a savings habit, and pay yourself first!
- Open and keep an account at a bank or credit union that meets your needs.
- Track your savings and investments, and monitor what you own
- Plan for short-term and long-term goals
- Build up emergency savings for unexpected events
- Consult with a qualified professional on investments and other key financial matters
- Save for retirement, children's education and other major items

Hints and Tips

- An easy way to save is to pay yourself first. That means each pay period, before you are tempted to spend money, commit to putting some in a savings account. See if you can arrange with your bank to automatically transfer a certain amount from your paycheck or your checking account to savings every month.
- People who keep track of their savings often end up saving more, because they have it on their minds. New phone apps are available to help people pass up purchases they don't really need – you might want to try one! If you are making investments, it's good to consult with a qualified professional about your plans. Before you purchase investments, be sure to build an emergency savings fund to cover your needs for at least three months. Keep the savings in an insured bank or credit union account that you can access if you need it.
- Many professionals call themselves “financial planners.” Before you hire one, ask for a description of the services offered. A good place to check the credentials of an investment advisor is your State's consumer protection office, the State's Attorney General's office, or the issuing agency for any professional licenses or certifications.

Veterans Upward Bound is a unique program designed to assist eligible veterans to prepare for entering and succeeding in a program of post-secondary education. VUB has operated successfully at ETSU since 1980 helping hundreds of veterans achieve their educational goals. Through academic counseling, advising, encouraging, motivating, and providing basic skill and short-term remedial and refresher courses, VUB has been an important program in the lives of many veterans.

Take advantage of the many benefits VUB has to offer.



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