Happy New Year from all of us at Veterans Upward Bound!

Spring is coming fast, and that means more time outside enjoying the beautiful Idaho scenery and adventures.

For Veterans Upward Bound, it means many veterans will be planning to start or return to school, and we will be ready to assist them in any way we can. Spring and summer tend to be our busiest times, as veterans consider how they can best prepare for college or career training programs. Many times that includes brushing up on academic skills they have not used in awhile as well as figuring out the complicated process of enrollment. We can help in all of these areas free of charge!

Whether a veteran needs a month or a year of participation, we can help either way. Our goal is to provide services that will support a veteran’s success once they enroll in a program of study. In addition, there are many programs and people in the Treasure Valley that are ready to provide assistance to veterans. Our goal is to make sure veterans are aware of all the options available to help them be successful from application to admission.

Our area colleges and universities continue to expand their services to veterans. Both BSU and CWI have added staff to their Veteran Service teams. In a future newsletter, we plan to highlight the new staff and services offered at CWI and Boise State University. It’s always a pleasure to highlight programs for potential student veterans, and we are continually looking for more resources. If you know someone or a program we can highlight in a future issue, let me know.

It is wonderful to live in the Treasure Valley where there is a passion for veterans’ education. Thank you for all you do and for your support of veterans and local programs.

Have a fun and safe spring,

Mark Heilman, MSW
Project Director
Veterans Upward Bound
Classes Offered at VUB

- Writing 100
- Computers 100
- Science
- Math 100
- Math 225
- Intro to Blackboard
- Spanish 100
- ALEKS (online)
  - Math at your specific level and time frame

For times, dates, & locations, please contact us at: (208) 426-3632

Vet’s Corner - Places to Go and People to Meet...

Veterans Upward Bound Highlights Mathieu Hauser

Meet Mathieu Hauser, one of our Veterans Upward Bound students. Originally from Chicago, Mathieu and his wife moved to Boise following his retirement from a 20+ year career in the United States Navy. While in the service, Mathieu worked as a Naval hospital corpsman specializing in trauma medicine.

Mathieu first enrolled in math, English, and science classes provided by Veterans Upward Bound to build his academic skills. He went on to attend CWI where he completed dual AA degrees in Liberal Arts and Biology/ Health Science. While attending CWI, he helped to establish the Veterans Association, a club that advocates on behalf of student veterans and their families. He served as president of the club for three years. Additionally, Mathieu served on the Prior Learning Committee and helped to establish criteria for prior learning points for CWI student veterans earning specific degrees, such as nursing and surgical technician.

Currently, Mathieu is a junior at Boise State University, finishing up his four year degree in Multi-Disciplinary Studies. In addition, he is pursuing a minor in Psychology and a Dispute Resolution Certificate. Mathieu is also a member of the BSU chapter of Wyakin Warriors. When asked about his time with Veterans Upward Bound, Mathieu replied, “I am eternally grateful for the opportunity to return to college, the strength of my wife, and the support of the Veterans Upward Bound program at Boise State University.”

Mathieu is a board member on the Governor’s Task Force for Higher Education where he adds a unique perspective as a student and a retired Navy veteran. His future plans include applying to various nursing programs in the Treasure Valley and completing his nursing degree.
New Happenings at Veterans Upward Bound

CMEO Scholarship

The Boise State University Center for Multicultural and Educational Opportunities (CMEO) Scholarship is now accepting applications. The award is up to $2,000.00 for each applicant. You must be a sophomore class standing in the Fall semester of 2018. See all the requirements at the link below. Applications must be submitted by Thursday, February 15, 2018.

https://education.boisestate.edu/cmeo/student-achievement-award/

Frances Knight continues to bring her 20+ years of experience in teaching and academic advising. As Education Coordinator, she helps VUB students with placement in coursework needed to become college ready. She also assists students with applications for federal student aid (FAFSA), college admissions, career planning, and class registration. She also offers a Blackboard Readiness course. She is excited to be part of the VUB team and to “give back a small portion of what our veterans have given to me.” Frances offers college readiness classes, writing classes as well as Math classes throughout the year.

Student instructor, Megan Sheets, is teaching math classes for VUB at the Boise location and is also a junior at BSU, pursuing a Mechanical Engineering degree. Megan is from the Lake Tahoe area, and we are thrilled that she is with us. She is currently teaching three sections of math readiness courses: Basic, Pre-Algebra, and Algebra.

Seth Rosquist (Rosey) continues to teach math classes and is in his 3rd year as the primary teacher at the TVCC Caldwell Center site. His background includes 10 years of tutoring math at the college level and has completed an AA degree with a mathematics emphasis. He also administrates and operates the Virtual Math Lab for TVCC. Rosey is currently teaching three sections of math readiness courses.

Margaret Norris continues to teach math classes at the Boise location and is in her 8th year here at Veterans Upward Bound. Her background in Math and Engineering is a constant resource for students and new staff. She believes the most exciting part of her job is, “Empowering students to see that they can really do math.” Margaret teaches all four levels of math readiness coursework.

Anita Lasher, Administrative Assistant, is in her 6th year at Veterans Upward Bound. She is a resource for students, staff, and anyone who walks through the door. Her history of VUB’s processes keeps the program running smoothly. She currently teaches a Computer Skills class and also tutors Spanish, when requested. Anita finished her studies at Boise State and earned her Bachelor’s degree in Multidisciplinary Studies with a minor in Spanish.

Mark Heilman, MSW, Project Director for Veterans Upward Bound, is in his 9th year as Director for Veterans Upward Bound. Mark is a veteran of the United States Army, a Boise State graduate, and a Social Worker who brings a vast knowledge of the VA system and all of its resources to our program.

View from the Friendship Bridge at Boise State University
NEW Classes are being formed and formed throughout the year. Contact Anita Lasher if you are interested in taking a class or simply need more information.

3 Simple Steps to Becoming a VUB Student:
- Meet with Mark Heilman (VUB Director)
- Take VUB placement assessments
- Meet with Frances Knight (Education Coordinator) to discuss academic goals, assessments, and to create a plan for post-secondary study

PAVE - Peer Advisors for Veteran Education (PAVE) Connect with your fellow veteran students. PAVE brings new student veterans together with current student veterans to help them navigate college life and provide ongoing support for academic and personal ventures. Visit or Call Veterans Services for more information regarding PAVE. 208-426-3744.

Featuring Brian Chojnacky of Veteran Services

Meet Brian Chojnacky, Academic Advisor for student veterans at Boise State University. Over the past decade, Brian has served students in higher education in a variety of ways including academic and career advising, mentoring of both traditional and non-traditional students, and as an instructor for new student orientation classes. His current role with Boise State University involves serving student veterans as they navigate within the university environment alongside their civilian counterparts. Some of what Brian does is:

- Academic & Career Advising for current, new, returning, or prospective student veterans including:
  degree planning, major exploration, career exploration, internship and/or apprenticeship searching, research and leadership opportunities, and assistance with appeals and university policy interpretation

Before Brian joined the Boise State University family, he put his Master’s in School Counseling to work as a specialist with at-risk youth in wilderness therapy and day treatment programs. He also worked with TRIO as a Student Support Specialist.

Brian, his wife, and two children love the outdoors! Mountain biking, hiking, camping, skiing, and white-water boarding are some of their favorite activities. Brian is also an avid bicycle rider, pedaling to work nearly every day!

We at Veterans Upward Bound are very appreciative of the work Brian does in welcoming and guiding our new student veterans who choose to enroll at Boise State University. If you are interested in discussing what Boise State has to offer you as a potential student veteran, give Brian a call @ 208-426-3744.

“Like” our new Facebook page at Veterans Upward Bound, Boise State University.
Happy Holidays From VUB!

Parting is such sweet sorrow! Boise State Homecoming trophy leaves VUB for new home.

This And That As We Start The New Year!

Love was in the air for two of our special veterans at VUB!

Math with Margaret!

VUB Christmas Gathering 2017
IMPORTANT DATES!

**Boise State University**

Feb. 19, 2018 - President’s Day (No classes)
Feb. 20, 2018 - Registraton Begins for Summer 2018
March 26 - 30, 2018 - Spring Break (No classes)
April 30, - May 4, 2018 - Finals
May 5, 2018 - Spring Commencement
May 6, 2018 - Summer Classes begin
May 28, 2018 - No classes
August 20, 2018 - Fall Classes Begin

**College of Western Idaho**

Feb. 19, 2018 - President’s Day (No classes)
March 26 - 31, 2018 - Spring Break (No classes)
May 7 - 12, 2018 - Finals
May 12, 2018 - Spring Commencement
June 4, 2018 - Summer Classes begin
August 20, 2018 - Fall Classes Begin

**Treasure Valley Community College**

Feb. 19, 2018 - President's Day (No classes)
March 26 - 30, 2018 - Spring Break (No classes)
April 2, 2018 - Spring Term Begins
June 15, 2018 - Commencement

**A Day In Our Shoes**

**VUB CONTACT INFORMATION**

**PHONE:** (208) 426-3632

**E-MAIL:** vub@boisestate.edu

**FAX:** (208) 426-1849

**WEBSITE:** education.boisestate.edu/vub

Apply now; it’s easy!
William Glasser, an expert in the field of education, stated: “Students learn 10% of what they read, 20% of what they hear, 30% of what they see, 50% of what they see and hear, 70% of what is discussed with others, 80% of what they experience personally, and 95% of what they teach to someone else.” As a general rule, the more senses you involve and the wider variety of methods you use while studying, the more you remember. Students who “study smart” find that they spend less time studying, and yet they get better grades! Here are some tried and true tips:

Find a good place to study: Sounds simple? Not always. Be sure it’s well lit, has a good surface for writing, is free of distractions (TV), and is comfortable (but not your bed). The correct temperature (not too hot or too cold) is also very important. Using the same space for study can also contribute to learning as well as good use of your time.

Get Started: Sometimes this is the hardest part because we all tend to procrastinate. Don’t wait until you’re “in the mood” because that will NEVER happen and in the process, you have wasted valuable time and energy. If you have trouble getting started, begin with a subject you like or something you can quickly finish and check off as DONE!

Organize your Study Time: Make a plan. Decide exactly what you intend to get done and in which order you’ll complete it. Be sure your plan is both realistic and specific. Example: Instead of saying, “I will study history,” tell yourself “I will read pages 125-150 and do the review questions at the end of the chapter.”

Here are a few more strategies:
- Always allow more time than you think you’ll need
- Do difficult assignments first, while you’re still fresh and alert
- Alternate types of assignments (read English, do math, read history)
- Know when you study best: some are morning persons—some study best at night
- Take regular short breaks (eat, get a drink, take a short walk)
- If the assignment is large and overwhelming, break it up into smaller parts

For more suggestions, call or email me. This is just the tip of the iceberg when it comes to strategies for becoming a successful, master student!
VUB Quick Facts

For the 2016-2017 grant year, we served 126 veterans. Of those:

- 95 veterans have completed their VUB Education Plan and of those:
  - 75 veterans have enrolled in post-secondary education
  - 43 enrolled at BSU
  - 21 enrolled at CWI
  - 11 enrolled at other colleges
- 24 veterans are continuing in our program and are projected to enroll in post-secondary education next year.

For 2016-2017, VUB Served

- 17 Females
- 109 Males

Classes offered at VUB:
- Basic Math
- Beginning Algebra
- Reading
- Writing
- Beginning Computers
- Beginning Spanish
- Blackboard
- Special Topic Workshops

Online classes offered:
- Math

Total Hours of Class per Week
- Math = 20 hours
- Writing = 3 hours (as needed)
- Reading = 3 hours (as needed)
- Computers = 3-6 hours (as needed)
- Spanish = 3-6 hours (as needed)
- Science = (as needed)
- Open Tutor Time = By Appointment
- TVCC = 3-6 hours
- CWI = 4-6 hours

*Special workshops offered throughout the year.

Veterans Upward Bound Staff

Mark Heilman
Program Director

Anita Lasher
Admin Asst.
Computer/Spanish Teacher /BSU

Frances Knight
Education Coordinator
English/ Math Teacher
BSU, CWI & TVCC

Margaret Norris
Math Teacher / BSU

Megan Sheets
Math Teacher / BSU

Seth Rosquist
Math Teacher / TVCC

Not Pictured:

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