Director’s Corner

Spring has arrived with all its warmth and beauty. It is so nice to see the green foothills and all the flowers coming up. We are lucky to live in such a wonderful area that offers so much for all of us to do outside. Some of my favorite things to do are riding my motorcycle around the Pacific Northwest and playing music outside with friends. I’m sure you have your favorite things to do, and what a place we have to enjoy them all!

Summer tends to be a very busy time for us with veterans preparing to head back to school for fall semester. Many are interested in building their skills, preparing for classes, and getting answers to the many questions they have about school, careers, and resources. We continue to try our best to make sure they receive the information they need to make the best decisions for themselves and their families.

Our goal remains to help veterans make the transition to school as smooth as possible and to build an academic foundation that will prepare them for success in their chosen school and career path.

The College of Southern Idaho (CSI) in Twin Falls has joined other schools in expanding their staffing and services to student veterans. Brian O’Rotke is the new full time Veterans Advocacy Coordinator for CSI. Brian is a retired Air Force veteran from the Twin Falls area and is very excited to be starting this new program at CSI. We will be partnering with him to serve veterans planning to attend CSI. We plan to feature Brian and the CSI programs in a later newsletter.

It is very exciting to see the investment schools are making in education for veterans and providing services that will support veterans’ success on campus.

Have a great summer, and I hope you can get out and enjoy your favorite Idaho hobbies.

Mark

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, and locations, please contact us at:
(208) 426-3632

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

Veterans Upward Bound Highlights Brian White

Brian White defines the term “non-traditional student veteran” as it has been a long, hard, and rewarding educational journey for him. With over 17 years and nine different colleges and universities to his credit, Brian graduated in May with his Bachelors of Social Work from Boise State University.

Brian’s affiliation with VUB began four years ago when he relocated to Boise. He met with Mark Heilman who directed him to Treasure Valley Community College (TVCC) where he completed his Associate’s Degree. While at TVCC, Brian worked as a math tutor, which led to him being hired by VUB upon his transfer to Boise State. While continuing to pursue his degree, Brian worked as a VUB math instructor, teaching all levels to student veterans.

In his own words: “I have accomplished and done many things in my life, from serving in the Air Force to being a care giver for a family member on hospice.

Teaching at VUB has been the single most rewarding position I have ever had. Helping fellow Vets achieve their academic goals has provided feelings I cannot put into words. In December, one of my former students graduated. She and I took our graduation photos together at the Friendship Bridge. When I walked across the bridge and saw her standing there, I instantly broke out in tears. To see the rewards of VUB is remarkable! My journey has had many ups and downs, from PCS’ing and starting all over again at a new college to battling and overcoming addiction. I am forever grateful for the experience VUB has given me as well as the lasting relationships and bonds that will never be broken.”

Brian has received Advanced Standing acceptance into the MSW program at Boise State University and will begin coursework this summer. We are very proud of this student veteran and look forward to seeing the continued positive impact he will have on others.
New Happenings at Veterans Upward Bound

**CMEO Scholarship**

The Boise State University Center for Multicultural and Educational Opportunities (CMEO) Scholarship has now been awarded. The recipient of the scholarship was awarded to Sherie Nelms. The award is up to $2000.00 for each applicant. Be sure to check back with us next year in January to see when the new scholarship will open up.

**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 administers 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 9th 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.

**Frances Knight** continues to bring her 30+ 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 plans to offer college readiness and writing workshops throughout the year.

**Anita Lasher**, Administraive 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.

**CMEO Scholarship Recipient 2018-2019**

Sherie Nelms
NEW Classes are being formed and scheduled 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 Wendy Turner of The Educational Access Center

Wendy Turner is the Director of the Educational Access Center (EAC) at Boise State University. The EAC works with students with disabilities to ensure they have equitable access to their classes and campus housing. The center is co-located with Veteran Services in the Lincoln Garage office suites.

People are often surprised to learn that the most common reasons students reach out to the EAC are for hidden, non-obvious disabilities such as dyslexia, anxiety, ADHD, or injuries due to concussion. The EAC works with students who have a long history of using accommodations and students who have been recently diagnosed with a disability as well as students taking a full load of classes or just one credit. Additionally, the EAC staff work with campus partners to educate faculty and staff on Universal Design—the practice of proactively creating learning environments that are accessible to all.

What’s the process if students feel they need accommodations? It’s as easy as this:

• Fill out a “Request for Services” form on the EAC’s website: eac.boisestate.edu
• EAC staff review the request
• Student meets with an Access Coordinator to identify barriers and set up accommodations

An Army brat who moved her fair share when growing up, Wendy and her family have called Boise home for the last 20 years. Before joining Boise State in 1998, Wendy taught Psychology at the college level in Minnesota and Virginia. In their spare time, Wendy and her husband (who is also an Army brat) enjoy being in the mountains and spending time with their growing family. An avid equestrian, Wendy and her draft cross mare, Izzy, are currently enjoying learning the basics of dressage.

“Like” our Facebook page at Veterans Upward Bound, Boise State University.
Veterans Upward Bound

This And That As We Move Through The Year!

VUB ON THE BLUE!

Boise State Shared Leadership 2018

Graduation Day on May 2018 for some of our previous Veterans Upward Bound students! Congratulations to our graduates. We are so proud of you.

Celebrating with Shared Leadership 2018

Bowling on Employee Appreciation Week
**IMPORTANT DATES!**

**Boise State University**
- 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**
- 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**
- June 15, 2018 - Commencement
- June 25, 2018 - Summer Classes Begin
- September 24, 2018 - Fall Classes Begin

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**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!
PROCRASTINATION: The Enemy of Time Management

The way to stop procrastinating is…to choose to stop procrastinating. Sound simple? It really is! We make it complicated!

According to research, there are at least five different types of procrastinators, and we all fall into at least one category (if not more)! They are:

- **Dreamers**—big goals that seldom develop into specific plans
- **Worriers**—focus on worst-case scenarios; likely to talk more about problems than solutions
- **Defiers**—resist new tasks or promise to do them with little follow-through
- **Overdoers**—create extra work by refusing to delegate; neglect to set priorities
- **Perfectionists**—put off starting for fear of making mistakes

Wherever you find yourself (I’m a Defier and a Dreamer), there is hope! I have learned to trick myself into getting started and create goals that draw me forward. These are just a couple of strategies I practice to kick procrastination to the curb. Here are a few more strategies you can use to reduce or eliminate the many and varied sources of procrastination—one for every day of the week!

The 7-day Anti-Procrastination Plan

**Monday** - Make it Meaningful: What is important about the task you’ve been putting off? List all the benefits of completing the task. Be specific about the rewards for getting it done, including how great you will feel when it is completed!

**Tuesday** - Take it Apart: Break big jobs into a series of small ones that you can do in 15 minutes or fewer. Even the biggest of projects can be broken down into a series of small tasks. Cross them off your list as you complete them, so you can see your progress!

**Wednesday** - Write an Intention Statement: “I intend to complete…” rather than “I hope to complete…” Do you see the difference? Write your intention on a notecard or in Notepad on your phone and refer to it often.

**Thursday** - Tell Everyone: Announce your intention to get a task done! Tell your spouse, roommate, parents, children…make the world your support group! Include anyone who will keep you accountable.

**Friday** - Find a Reward: Construct rewards to yourself carefully…and be willing to withhold them if you do not complete the task. Don’t pick a reward for yourself that you had already planned to do. And, when you legitimately reap your reward, notice how good it feels!

**Saturday** - Settle it Now: Do it now! The minute you notice yourself procrastinating, plunge into the task. Like diving into a cold mountain lake, gradual immersion would be slow torture. Once the task is done, savor the feeling of having it behind you!

**Sunday** - Say No: Reexamine the importance or priority of the task. If you realize that you really don’t intend to do it, quit telling yourself that you will. That’s procrastinating! Just say no and quit carrying around the baggage of an undone task.

Closing Thought: Procrastination rests on these vague notions: “I’ll do it someday…Life will really start when…” Using this logic, you could wait your whole life to start living. Avoid this fate and put yourself in control!

www.cengage.com/success/bams13e
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.

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.

For 2016-2017, VUB Served
- 16 Females
- 110 Males

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
Student Math Teacher / BSU

Seth Rosquist
Math Teacher / TVCC