



Veterans Upward Bound

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VUB Summer Semester Information and Instructions

Page three of the newsletter contains the VUB 2020 Summer Semester schedule of classes. As part of the national response to the coronavirus outbreak, most ETSU employees are now working from home, but we're still ready to serve you. All of our pre-college classes are now taught online using Comfit©, Khan Academy©, or our YouTube© channel but they still contain all the pre-college 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.

We also provide tutoring using Comfit© online tutoring system for those who need additional preparation before taking the college assessment and placement exam.

Computer Skills class and other pre-college classes meet online once a week for the ten-week semester.

We recommend participants register for at least two courses to receive the full benefit of 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.

SAEOPP Scholarship Winner



(L-R) John P. Townsend, Greg Stout

Congratulations to John P. Townsend, Veterans Upward Bound (VUB) participant, and ETSU freshman, for winning the 2019 Southeastern Association of Education Opportunity Program Personnel (SAEOPP) Scholarship in the amount of \$500.

John entered the Navy in 1991, where he honorably served, progressed in rank, and received several military awards including the National Defense Service Medal, the Southwest Asia Service Medal with the Bronze Star, and the Sea Service Deployment Ribbon. He was honorably discharged on May 3, 1995.

John heard about VUB from the Disabled American Veterans Program and joined in April 2017, for assistance in preparing for and applying to college.

He was administered academic assessments, tutoring, financial aid information, and college entrance assistance. He was very receptive to the information and followed through with all the requirements and suggestions provided.

John quickly became college-ready and entered ETSU in spring 2018. He is working on a BS in Geosciences with an emphasis in Paleontology and hopes to start a Master of Science in Geosciences in the future if he can find the financial support. He is supporting his father financially, physically, and emotionally and at times, it made it difficult for him to continue his education.

John began college with determination, a positive attitude, and success. The VUB staff agree that he is one of the most capable, intelligent, determined, and cooperative participants within VUB. We have been impressed by his professional demeanor, positive attitude, motivation to be successful, and maintaining a high GPA. Additionally, he has been active in school and community services, such as volunteering for ETSU's Geology Department Outreach Programs and assisting geology professors who are helping graduate students with their projects. John is an energetic, enthusiastic, and goal-oriented individual who is an inspiration. John is commended for his contributions to VUB and for winning the SAEOPP Scholarship.

2018-2019 Polly Archer Award Winner



Congratulations to Sharon Smith for being selected as the 2018 – 2019 Academic Year Winner of the ETSU VUB Polly Archer Award. This award is presented to an outstanding college veteran who has demonstrated a high proficiency in his or her

academic year studies and has continually contributed time and energy in the support of VUB. She recruited her son, Chris Brown, who is currently a senior at ETSU.

After retiring from the Navy with 20 years of service, Sharon joined VUB and after going through intensive tutoring, she enrolled at ETSU spring 2015. This past academic year, she attended two semesters, completing 29 hours with a GPA of 3.866 and made the Dean's List both semesters. She graduated May 9, 2020, with a bachelor's degree in Public Health Administration.

Sharon's name will be placed on the Polly Archer Award plaque displayed in the VUB Office, and she will receive \$250. Again, we congratulate Sharon on a job well done.

VUB's Summer 2020 Postsecondary Enrollment

East Tennessee State University

Brian Higgs
Dylan Johnson
Alisa Overdorf

Herzing University

Warren Hunter

Northeast State Community College

Samuel Cooke

Walters State Community College

Nicholas Burger

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 made and will continue to make.

VUB's Spring/Summer 2020 Postsecondary Graduates

East Tennessee State University Baccalaureate Degree

Jerrod Daniels
Cory Moore *cum laude*
Sarah Royse
Sharon Smith

East Tennessee State University Graduate Degree

Gary Careaga Master of Arts in Teaching
Frank Dunn Master of Social Work

Northeast State Community College Certificate and Associate Degree

Shannon Harris A.S. in General Education
Charles Jarnagin Certificate in Construction
Electricity / A.A.S. in Electromechanical
Nathaniel Leonard Certificate in Combination
Welding / A.A.S. in Welding & Metal Fabrication

Tennessee College of Applied Technology

Christopher Veilleux Practical Nursing

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.

EAST TENNESSEE STATE UNIVERSITY VETERANS UPWARD BOUND
VUB 2020 SUMMER SEMESTER : APRIL 27 - JUNE 26
TENTATIVE SCHEDULE OF CLASSES/TUTORING (ETSU Main Campus / VA Campus)

***Our Online ComFit Tutorial Software is available anytime, anywhere!**

ComFit provides online tutorials for students to refresh math, reading, and writing. The program focus is primarily on three core subjects that contribute to academic success: language fluency/writing, reading comprehension, and math.

Contact Seth Proffitt for access. proffittb@etsu.edu | 423-439-5004

<p style="text-align: center;"><u>CLASSES</u></p> <p><u>COMPUTER SKILLS</u> <i>Consists of Windows 2010, MS Word, Internet & E-mail</i> Monday/Wednesday ~ 9:00-10:30 / 2:30-4:00</p> <p><u>INTRO TO THE ACTIVE PRACTICE OF STATISTICS</u> Tuesday ~ 1:30-3:30</p> <p><u>LITERATURE/STUDY SKILLS</u></p> <p><u>FOREIGN LANGUAGE</u> Thursday ~ 9:00-12:00</p>	<p><u>SCIENCE</u> <i>Includes physics, chemistry, earth science</i> Wednesday ~ 1:30-3:30</p> <p style="text-align: center;"><u>TUTORING</u></p> <p><u>MATHEMATICS THRU PRECALCULUS</u></p> <p><u>ENGLISH</u></p> <p><u>COMPUTER SKILLS</u> Monday through Friday ~ Flexible Time <i>Call the VUB office to arrange date & time.</i></p>
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OFF ETSU JOHNSON CITY / VA CAMPUS CLASSES *(Dates/times may be adjusted to meet student needs)*

<p style="text-align: center;"><u>ETSU KINGSPORT-ALLANDALE</u></p> <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 style="text-align: center;"><u>ETSU NAVE CENTER ELIZABETHTON</u></p> <p>COMPUTER SKILLS ENGLISH 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>
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Consult a VUB staff member at (423) 439-2281 to register for classes/tutoring or if you have any questions.

DATES TO REMEMBER

VUB Summer 2020 Semester ~ April 27 - June 26

Memorial Day - May 25 (Administrative Closing Day)

VUB Fall 2020 Semester ~ September 8 – November 13

Veterans Day ~ November 11 (Administrative Closing Day)

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 from the FDIC.

5 Ways to Cut Spending...and Still Get to Do and Buy Cool Things

Do you want to find ways to stretch your money, so it goes farther and is there when you really need it? Here are some suggestions for knowing how much money you have, how much you need for expenditures, and how to reach your goals by cutting back on what you spend.

1. Practice self-control. To avoid making a quick decision to buy something just because you saw it featured on display or on sale:

Make a shopping list before you leave home and stick to it.

Before you go shopping, set a spending limit (say, \$5 or \$10) for "impulse buys"—items you didn't plan to buy but that got your attention anyway. If you are tempted to spend more than your limit, wait a few hours or a few days and think it over.

Limit the amount of cash you take with you. The less cash you carry, the less you can spend and the less you lose if you misplace your wallet.

2. Research before you buy. To be sure you are getting a good value, especially with a big purchase, look into the quality and the reputation of the product or service you're considering. Read "reviews" in magazines or respected Web sites. Talk to knowledgeable people you trust. Check other stores or go online and compare prices. Look at similar items. This is known as "comparison shopping," and it can lead to tremendous savings and better quality purchases. And if you're sure you know what you want, take advantage of store coupons and mail-in "rebates."

3. Keep track of your spending. This helps you set and stick to limits, what many people refer to as budgeting. "Maintaining a budget may sound scary or complicated, but it can be as simple as having a notebook and writing down what you buy each month," said Janet Kincaid, FDIC Senior Consumer Affairs Officer. "Any system that helps you know how much you are spending each month is a good thing."

Also pay attention to small amounts of money you spend. "A snack here and a magazine there can quickly add up," said Paul Horwitz, an FDIC Community Affairs Specialist. He suggested that, for a few weeks, you write down every purchase in a small notebook. "You'll probably be amazed at how much you spend without even thinking."

4. Think "used" instead of "new." Borrow things (from the library or friends) that you don't have to own. Pick up used games, DVDs and music at "second-hand" stores around town.

5. Take good care of what you buy. It's expensive to replace things. Think about it: Do you really want to buy the same thing twice?

Check Us Out on the Web!

www.etsu.edu/vub

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.

