



Veterans Upward Bound

Ronnie D. Gross, Executive Director

Greg Stout, Associate Director
stoutga@etsu.edu

Sarah Royse, Education Coordinator
royses@etsu.edu

Jessica Kelso, Education Coordinator
kelsoj@etsu.edu

Joan Hathaway, Executive Aide

Carl Cole, Project Specialist

Marian Young, Project Specialist

etsu.edu/vub

Summer Semester Information

Page three of the newsletter contains the Veterans Upward Bound (VUB) 2025 summer semester schedule of classes/tutoring. Some of our pre-college classes/tutoring are offered online using Zoom[®] taught by Dr. Marian Young. They still contain all the pre-college class opportunities for most veterans to pre-

pare for entrance into and success in a post-secondary program.

We will continue to offer math, English and computer skills tutoring for those who need to brush up on their basic skills.

We also provide tutoring for those who need additional preparation before taking ACCUPLACER[®], the college assessment and placement exam.

Computer skills class and other pre-college classes meet once a week for the nine-week semester.

Check out the schedule on page three and contact a VUB staff member if you have questions.

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.

Kevin Crow Wins Scholarship



from the Army, he worked as a paramedic and firefighter until the injuries he received during his service made that nearly impossible. It was at this time that he decided to return to school and that returning to school also meant that it would be difficult for him to earn money in the jobs that his disabilities would allow him to do.

Kevin learned about the Veterans Upward Bound through ETSU's Military and Veteran Services office. In 2024, he joined VUB 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. He quickly became college-ready and entered ETSU in the fall of 2024.

Veterans Upward Bound (VUB) has just received word that Kevin Crow has been selected as the recipient of the Tennessee Association of TRiO (TN TRiO) Scholarship for fall semester 2025, in the amount of \$500. Kevin is currently a junior at East Tennessee State University (ETSU).

He is a U.S. Army veteran and spent nine years as a health care specialist. During that time, he was deployed to Afghanistan where his service was awarded medals too many to include in this article, but some include an Army Commendation Medal, an Afghanistan Campaign Star and a Global War on Terrorism medal. After he separated

Kevin has maintained a very high GPA, while still being involved in numerous volunteer activities, assisting other students and working part-time as a Veterans Administration work-study at VUB. He plans to complete a bachelor's degree in biomedical sciences and hopes to realize his goal of becoming a physician.

LTC LEN MORRISON MEMORIAL SCHOLARSHIP



(L-R) Greg Stout, Julian Jaynes

The Veterans Upward Bound (VUB) staff would like to congratulate Julian Jaynes on being selected as the winner of the \$600 Len Morrison Award for

year. He is working toward a bachelor's degree in mechatronics engineering.

Julian is a Navy veteran and joined on February 23, 2017, in Knoxville, Tennessee. He served with distinction and was awarded the Navy's National Defense Service Medal. He was honorably discharged on the 22nd of August 2022.

He started thinking about a career and wanted it to be one he could be passionate about and not just a job. To start this new career, he knew he would need to return to school and reached out to VUB where he was guided through the process of applying for Federal Financial Aid, Veterans Benefits, and enrolling in East Tennessee State University (ETSU). He also participated in academic tutoring to be prepared to begin classes in the fall of 2024. The VUB staff wishes Julian all the best in his ETSU college endeavors.

2024-2025. This award was established in 2023 in honor of our former associate director, Len Morrison, to recognize a VUB participant who best represents Veterans Upward Bound. Julian has earned a high GPA and made excellent grades during this academic

VUB's Summer 2025 Postsecondary Enrollment

<u>East Tennessee State University</u>		<u>Tennessee College of Applied Technology</u>	
Jace Beckner	Marine Corp	<u>Elizabethton</u>	
James Cummings	Army	Daniel Hicks	Army
John De Jesus-Torres	Army	<p>Congratulations to these fine veterans who have completed the VUB Pre-college Program 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.</p>	
Henry Fields	Army		
Jennifer Masellas	Army		
Morgan Smith	Navy		
<u>Northeast State Community College</u>			
Buddy Oas	Army		

VUB's Fall 2024/Spring 2025 Postsecondary Graduates

<u>East Tennessee State University</u> <u>Baccalaureate Degree</u>		<u>Northeast State Community College</u> <u>Associate Degree</u>	
**John Driskell	Health Sciences	Chey O'Brien	Associate of Science
*Anthony Friday	Computing	<p>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. You face a new chapter in your life now and we want you to know that our thoughts and best wishes go with you.</p>	
**Jason Haddix	Business Admin-Management		
**Cody Phillips	Criminal Justice & Criminology		
Peyton Sexton	Interdisciplinary Studies		
* cum laude			
** magna cum laude			

EAST TENNESSEE STATE UNIVERSITY VETERANS UPWARD BOUND
VUB 2025 SUMMER SEMESTER: MARCH 31 - MAY 30
TENTATIVE SCHEDULE OF CLASSES/TUTORING (ETSU Main Campus)

PRE-COLLEGE TUTORING

Mathematics thru precalculus, statistics, English and computer skills.

Monday, Wednesday and Friday ~ 11:30 a.m. - 4:30 p.m.

Tutor: Ms. Marian Young, Ph.D.; project specialist

ZOOM[®] TUTORING is available to all eligible veterans.

Tutoring subjects include math, statistics, English and computer skills.

Topic: VUB Zoom[®] tutoring – Monday, Wednesday and Friday by appointment.

Time: 11:30 a.m. - 4:30 p.m.

Tutor: Ms. Marian Young, Ph.D.; project specialist

CLASSES

COMPUTER SKILLS

Consists of Windows 11 and Office 365

Monday/Wednesday/Friday ~ 11:30 a.m.-3:30 p.m.

INTRO TO THE ACTIVE PRACTICE OF STATISTICS

Monday/Wednesday/Friday ~ 11:30 a.m.-3:30 p.m.

LITERATURE/STUDY SKILLS ~ TBD

FOREIGN LANGUAGE

Thursday ~ 9 a.m.-12 p.m.

SCIENCE *Includes physics, chemistry, earth science*
 Wednesday ~ 1:30-3:30 p.m.

TUTORING

MATHEMATICS THRU PRECALCULUS

ENGLISH

COMPUTER SKILLS

Monday through Friday ~ Flexible Time

Call the VUB office to arrange date & time.

ALTERNATIVE LOCATIONS *(Dates/times may be adjusted to meet student needs.)*

ETSU KINGSPORT-ALLANDALE ROOM 234

COMPUTER SKILLS I & II

Tuesday ~ 9-11 a.m.

ENGLISH/MATH TUTORING

Tuesday ~ 11 a.m.-12:30 p.m.

BRISTOL PUBLIC LIBRARY

COMPUTER SKILLS/ENGLISH/MATH

Tuesday ~ TBD

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 2025 Semester ~ March 31 ~ May 30

Memorial Day ~ May 26 (Offices Closed)

Independence Day ~ July 4 (Offices Closed)

VUB Fall 2025 Semester ~ September 15 ~ November 21

Financial Literacy Information

Financial Literacy

Over the next few Veterans Upward Bound newsletters we will be starting a series highlighting basic financial literacy for our participants and students. We will utilize a financial literacy article and interactive modules from the website Khan Academy. The article is very well laid out and contains a lot of very useful information with interactive exercises and videos which can be found in the link below. The next unit in the series is budgeting.

What is a budget?

A budget is a plan that helps you manage your money. It shows you how much money you have, how much money you need to spend on different things, and how much money you can save or use for other goals. A budget can help you make smart decisions with your money and avoid problems like overspending, debt or running out of money.

Why do I need a budget?

Money is a limited resource, and you probably aren't able to buy everything you want or need with the money you have. It's important to prioritize your expenses and choose what is most important for you and your family. A budget can help!

Track your income and expenses

Your income is the money you earn or receive from different sources, like your allowance, gifts or jobs. Your expenses are the money you spend on different things, like food, clothes, bills or entertainment. A budget can help you see how much money you have and where it goes every month.

Set and achieve your goals

Your goals are the things you want to do or have with your money, like saving for a bike, a college fund or a vacation. A budget can help you plan how much money you need and how long it will take to reach your goals. It can also help you adjust your spending habits to save more money for your goals.

Avoid or reduce debt

Debt is the money you owe to someone else, like a bank, a store or a friend. Debt can be a problem because it can cost you more money in interest and fees, damage your credit score, or cause stress and conflict with friends and family. A budget can help you avoid or reduce debt by helping you spend less than you earn, pay off your bills on time, and avoid borrowing money you don't have a clear plan for repaying.

Your budget needs to be something that you can look at and refer to frequently. There are multiple ways of building a budget, and you should pick the one you are most comfortable using:

- **Pencil and paper:** You can write down your income and expenses on a piece of paper and subtract your expenses from your income to see how much money you have left. You can also divide your expenses into categories, such as needs, wants, and savings, and decide how much to spend on each one.
- **Printable sheets on the internet:** You can find many websites that offer free or cheap budget sheets that you can print and fill out. You can even download one from the internet. These sheets may have different formats and features, such as charts, graphs or tips to help you organize your money and track your progress.
- **Spreadsheet:** You can use a computer program, such as Excel, Google Sheets, or Numbers, to create a budget spreadsheet. You can enter your income and expenses in different cells and use formulas and functions to calculate and compare your numbers. You can also customize your spreadsheet with colors, fonts and styles, and make changes easily.

Khan Academy. (n.d.). Khan Academy. <https://www.khanacademy.org/college-careers-more/financial-literacy>

Veterans Upward Bound is a unique program designed to assist eligible veterans to prepare for entering and succeeding in a program of postsecondary education. VUB has operated successfully at ETSU since 1980, helping thousands of veterans achieve their educational goals. Through academic counseling, advising, encouraging, motivating, providing basic skill and short-term remedial and refresher courses, assisting veterans in securing support services from other locally available resources such as the Veterans Administration, state veterans agencies, veteran associations, and other state and local agencies that serve veterans, VUB has been an important program in the lives of many veterans.

Take advantage of the many benefits VUB has to offer.

On the web: etsu.edu/vub

Facebook: ETSU Veterans Upward Bound

Instagram: [@vubetsu](https://www.instagram.com/vubetsu)

