



# Veterans Upward Bound

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## VUB Fall Semester Information and Instructions

Page three of the newsletter contains the Veterans Upward Bound (VUB) 2021 Fall Semester schedule of classes. Some of our pre-college classes are taught online using Comfit<sup>®</sup> and Zoom 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<sup>®</sup> online tutoring system for those who need additional preparation before taking the college assessment and placement exam.

Our Zoom<sup>®</sup> tutoring sessions in Math, English, and Computer Skills are taught by Dr. Marian Young. They are offered on Tuesday and Thursday nights

6:00 p.m. to 10:00 p.m.

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

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

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.

## VUB Polly Archer Award Winner



Helena is a disabled Navy veteran. She joined the Navy March 20, 1980, at Lakewood, California, and entered boot camp in Orlando, Florida. Her first duty station was Fighter Squadron 43 out of Oceana, Virginia where she worked on the flight line as an A-4F plane captain. Over the next few years, she was stationed with the Air Test and Evaluation Squadron out of Point Mugu, California where she worked testing aircraft's abilities. Her last duty station was the VP-40 out of Moffett Airfield, California. She left active service on October 30, 1993.

The Veterans Upward Bound (VUB) staff would like to congratulate Ms. Helena Ritz for being selected as the winner of the 2019-2020 Polly Archer Award in the amount of \$250. This award was established in 1996 to recognize a VUB student with an outstanding academic year performance. Helena earned a 3.93 GPA and made the ETSU Dean's List twice during the academic year. She is working toward a bachelor's degree in social work and hopes to help veterans as a Social Worker.

A few years ago, Helena began thinking about starting another career and she wanted it to be one which she could be passionate about and not just a job. To start this new career, she knew she would need to return to school and reached out to VUB where she was guided through the process of applying for Federal Financial Aid, Veterans Benefits, and enrolling in ETSU. She also participated in academic tutoring to be prepared to begin classes in spring 2020. The VUB staff wishes Helena all the best in her ETSU college career.

## VUB's Summer/Fall 2021 Postsecondary Enrollment

|   |  |
|---|--|
| <p style="text-align: center;"><u>East Tennessee State University</u></p> <p>Erika Barker                      Army</p> <p>Joshua Foley                      Marine Corps</p> <p>Ryan Galyon                      Air Force</p> <p>Thomas Kutka                      Marine Corps</p> <p>James Pascoe                      Army</p> <p>Jayne Wright                      Navy</p><br><p style="text-align: center;"><u>Northeast State Community College</u></p> <p>Jeremy Gosnell                      Marine Corps</p> <p>Garrett Ledford                      Air Force</p> <p>Jeffrey Proffitt                      Army</p> <p>Donald Scott                      Air Force</p> | <p style="text-align: center;"><u>Mountain Empire Community College</u></p> <p>Hassell Vanover                      Air Force</p><br><p style="text-align: center;"><u>Tennessee College of Applied Technology<br/>Elizabethton</u></p> <p>Jon Lee                      Navy</p><br><p style="text-align: center;"><u>Tennessee College of Applied Technology<br/>Morristown</u></p> <p>Jerry Clark                      Army</p> <p>Ryan Edwards                      Army</p><br><p>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.</p> |
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## VUB's Spring/Summer 2021 Postsecondary Graduates

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|---|---|
| <p style="text-align: center;"><u>East Tennessee State University Baccalaureate Degree</u></p> <p style="text-align: center;">Mayer Coelho</p> <p style="text-align: center;">Reginal Stephen Mayronne Jr.</p><br><p style="text-align: center;"><u>East Tennessee State University Graduate Degree</u></p> <p>Seth Proffitt    Master of Education in Educational Leadership</p><br><p style="text-align: center;"><u>Carson-Newman University Baccalaureate Degree</u></p> <p style="text-align: center;">Patrick Gouge</p> | <p style="text-align: center;"><u>Troy University Graduate Degree</u></p> <p>Timfreit Drane    Master of Business Administration in Project Management</p><br><p style="text-align: center;"><u>Northeast State Community College<br/>Certificate and Associate Degree</u></p> <p>Michael Dublin    A.A.S. in Industrial Technology</p> <p>James Hurd    A.A.S. in Industrial Technology</p><br><p style="text-align: center;"><u>Walters State Community College<br/>Certificate and Associate Degree</u></p> <p>Shatria Carr    A.S. in Social Work</p> |
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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.

**Help us serve you! We are working harder to stay connected to our veterans. Make sure to follow us on Facebook, Instagram, and Twitter for important updates.**

**Facebook: ETSU Veterans Upward Bound**

**Instagram: @vubetsu**

**Twitter: Veterans Upward Bound @ETSU@UpwardVeterans**



**EAST TENNESSEE STATE UNIVERSITY VETERANS UPWARD BOUND  
 VUB 2021 FALL SEMESTER: SEPTEMBER 7 - NOVEMBER 12  
 TENTATIVE SCHEDULE OF CLASSES/TUTORING (ETSU Main 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 the VUB office for access. 423-439-2281 | 423-439-8653

**CLASSES**

**COMPUTER SKILLS**

*Consists of Windows 2010, MS Word, Internet & E-mail*  
 Monday/Wednesday ~ 9:00-10:30 / 2:30-4:00

**INTRO TO THE ACTIVE PRACTICE OF STATISTICS**

Tuesday ~ 1:30-3:30

**LITERATURE/STUDY SKILLS ~ TBD**

**FOREIGN LANGUAGE**

Thursday ~ 9:00-12:00

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

**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**

**COMPUTER SKILLS I**

Tuesday ~ 9:00 - 10:30

**COMPUTER SKILLS II**

Tuesday ~ 10:30 - 12:00

**ENGLISH/MATH TUTORING**

Tuesday ~ TBD

**BRISTOL PUBLIC LIBRARY**

**COMPUTER SKILLS/ENGLISH/MATH**

Tuesday ~ TBD

**ETSU NAVE CENTER ELIZABETHTON**

**COMPUTER SKILLS**

**ENGLISH**

**MATH**

Monday/Wednesday ~ 5:30 - 9:30

**JOHNSON COUNTY EXTENDED  
SERVICE CENTER**

**COMPUTER SKILLS**

**ENGLISH/MATH**

Wednesday ~ 4:30 - 7:30

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

**DATES TO REMEMBER**

**VUB Fall 2021 Semester ~ September 7 – November 12**

**Veterans Day ~ November 11 (Offices Closed)**

**VUB Spring 2022 Semester ~ January 24 – April 1**

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## Financial Literacy Information

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**The lack of financial literacy among veterans in America is one of many reasons for homelessness in the veterans population. The following article can be found at <https://benefits.va.gov/BENEFITS/factsheets/financial-literacy/ID-theft-fraud.pdf#>. U.S. Department of Veterans Affairs**

**Protecting Yourself Against Identity Theft and Fraud** In today's digital world, you are more likely to have your identity stolen than your car stolen, or your home burglarized. As a Veteran, you have more to protect than the average citizen. Along with your personal accounts, you also must protect your Veteran ID, VA.gov account login and any benefits you may receive, such as disability compensation and education benefits.

VA has several protections in place to keep your personally identifiable information (PII) safe, including using highly trained VA employees to handle sensitive material and employing a team of network security experts to monitor and safeguard systems and databases. VA is also working to reduce the collection of Social Security Numbers (SSNs) as the department's primary identifier. While it is hard to prevent identity theft, it's important to remember several guidelines to protect yourself and your VA benefits from identity theft and fraud.

### **Learn to identify and avoid scams PHISHING EMAILS:**

These scam emails have gotten very sophisticated, even using bank and other company logos and official sounding language to trick the targeted recipient into providing them with personal information. If you receive this type of email, don't click on it – call your bank, credit card company or other organization directly and verify that they sent the message. In all cases, if you don't recognize the sender, it's best to delete the email without even opening it.

### **EMAIL SPECIAL OFFERS:**

Email "special offers" and "amazing deals" can sometimes be what's known as "click bait," meaning the message is intended to get you to click on it. This can introduce a virus on your computer or give outside users access to your computer files without your knowledge.

### **TELEPHONE SPECIAL OFFERS:**

Be aware of telephone scams. There is an increase in calls where identity thieves will say anything to cheat people out of money and/or information. Signs of a scam include when the person on the other line says: *"You've been specially selected for a prize"* or *"You'll get a free bonus if you buy our product"* or *"You've won one of five valuable prizes."*

### **PHONE CALLS ASKING FOR PERSONAL INFORMATION:**

If you are asked for personal information on a website or over the phone, be cautious with what you provide. Remember, agencies such as the IRS, banks and credit accounts will not call you and ask for your personal information such as your social security number, date of birth or passwords.

### **SILENT CALLS:**

Beware of initial "silent calls" – that is, when you pick up and hear silence on the other end of the line. They are trying to see if you are a human answering and will call back later.

### **TELEPHONE VOICE RECORDING:**

If an unknown person calls and asks you to respond to a series of questions that get you to say "yes" or your full name, be aware. They may be recording your voice to authorize fake charges on one of your accounts. This may include the "Can you hear me?" question that uses your response of "yes" or asks you to state your full name.

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**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 hundreds 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.**

**Check us out on the web! [www.etsu.edu/vub](http://www.etsu.edu/vub)**

**TRIO**  
VETERANS UPWARD BOUND