



Veterans Upward Bound

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VUB Fall Semester Information and Instructions

Page three of the newsletter contains the Veterans Upward Bound (VUB) 2023 fall semester schedule of classes. Some of our pre-college classes are taught online using Comfit[®] 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[®] online tutoring system for those who need additional preparation before taking the college assessment and placement exam.

Our Zoom[®] tutoring sessions in math, English, and computer skills are taught by Dr. Marian Young. They are offered on Tuesday and Thursday evenings 4 to 6 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.

TN TRIO/SAEOPP SCHOLARSHIP WINNER



Veterans Upward Bound has just received word that Erika Barker has been selected as the recipient of the Southeastern Association of Educational Opportunity Program Personnel (SAEOPP) Survivor Scholarship for Fall Semester 2023 in the amount of \$250. Erika, a Veterans Upward Bound achiever, attending East Tennessee State University, was also recently selected for a 2023 Tennessee Association of TRiO Programs (TN TRiO)

Scholarship in the amount of \$500. In addition to those awards, she has also been nominated this month for the 2023 National Association of Veterans Upward Bound (NAVUB) Scholarship. Winning all three TRiO Scholarships in the same year is an outstanding accomplishment only achieved by very few VUB participants. Maintaining a very high GPA, being involved in numerous extra-curricular activities, assisting other students, and working full-time in her chosen field all contributed to her success.

Upon completion of her bachelor's degree in social work she plans to pursue a master's degree and seek employment with the Veteran's Administration as a case manager or patient advocate.

The staff of Veterans Upward Bound congratulates Erika for her superior performance of duty and her display of professionalism.

SAEOPP Scholarship Winner



Congratulations to Alvina Kitchen, a Veterans Upward Bound achiever for winning the 2022-2023 Southeastern Association of Educational Opportunity Program Personnel (SAEOPP) Adult Learner Scholarship in the amount of \$500.

Alvina joined the Navy as a Hospital Corpsman in 1983 and left the Navy in 1987. She was honored to receive the Navy safety award for excellence in leadership. After leaving the Navy, she had the opportunity to join the prestigious surgical team at Stanford University Medical Center where she spent many years. After retiring to Ten-

nessee, she decided to fulfill a lifelong dream of a college degree.

Alvina was undecided about what she wanted to do until she learned at the Veterans Administration Office about a program that helps veterans prepare for and be successful in college. She quickly visited the Veterans Upward Bound Office, was pleased with what she learned, and signed up for the program. After completing her associate degree in Health Information Management at Walters State Community College in May 2023, where she was on Walters State Community College Spring President's List, she enrolled at Purdue Global University. She is going to finish her bachelor's degree in health information administration. Alvina used a positive attitude, great determination, and cooperation throughout the process of preparing for, entering, and achieving in college. The VUB staff wishes her success in her chosen field.

VUB's Summer/Fall 2023 Postsecondary Enrollment

<u>East Tennessee State University</u>		<u>Mississippi State University</u>	
Jacob Baird	Army	Jessie Carter	Air Force
Daniel Beddingfield	Navy	<u>Northeast State Community College</u>	
April Bonoski	Air Force	Nathan Furrer	Navy
Emily Bradford	Army	Melvin Noaks	Navy
John Driskell*	Air Force	Chey O'Brien	Navy
Brandon Garrison	Air Force	<u>Pellissippi State Community College</u>	
Joshua Giralde	Marine Corps	Samuel Cooke	Navy
Allen Grooms	Army	<u>Purdue Global University</u>	
Krista Johnson	Army	Alvina Kitchen	Navy
Mark Morton	Marine Corps	*Graduated and transferred from Walters State Community College	
Palwasha Newell	Navy	<u>Tennessee College of Applied Technology</u>	
Matthew Runion	Marine Corps, ARNG	<u>Elizabethton</u>	
Elijah Sauls	Marine Corps	John Bell	Air Force
Alex Scott	Army/ARNG TN	<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>	
John Townsend	Navy		
Michael Twigg	Air Force		
Christopher Veilleux	Army		
James Vega	Navy		
Connor Vincent	ARNG	*Graduated and transferred from Northeast State Community College	

EAST TENNESSEE STATE UNIVERSITY VETERANS UPWARD BOUND
VUB 2023 FALL SEMESTER: SEPTEMBER 18 - NOVEMBER 21
TENTATIVE SCHEDULE OF CLASSES/TUTORING (ETSU Main Campus)

***Our online ComFit[®] tutorial software is available any time, 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

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

Zoom[®] Login ID: 885 4196 1708; Passcode: 567210. Tutoring subjects include math, statistics, English and computer skills.

Topic: VUB Zoom[®] tutoring – each Tuesday/Thursday 4-6 p.m. Fall 2023

Time: August 29, 2023, 4-6 p.m. (ET) until December 28, 2023

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

CLASSES

COMPUTER SKILLS

Consists of Windows 11 and Office 365

Monday/Wednesday ~ 9-10:30 a.m. / 2:30-4 p.m.

INTRO TO THE ACTIVE PRACTICE OF STATISTICS

Tuesday ~ 1:30-3:30 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

COMPUTER SKILLS I & II

Tuesday ~ 9-10:30 a.m. / 10:30 a.m.-12 p.m.

ENGLISH/MATH TUTORING

Tuesday ~ TBD

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 Fall 2023 Semester ~ September 18 - November 21

Veterans Day (observed) ~ November 10 (Offices Closed)

Thanksgiving Break ~ November 22-24 (Offices Closed)

VUB Spring 2024 Semester ~ January 16 - March 22

Financial Literacy Information

The lack of financial literacy among veterans in America is one of many reasons for homelessness in the veteran population. In the next few newsletters, we will be publishing articles focusing on the My Money Five concept from the government site MyMoney.gov.



My Money Five

Making the most of your money starts with five building blocks for managing and growing your money -- the MyMoney Five. Keep these five principles in mind as you make day-to-day decisions and plan your financial goals.

The Protect principle means taking precautions about your financial situation. It stresses the importance of accumulating savings in case of an emergency, and buying insurance. Be vigilant about identity theft, and keep aware of your credit record and the credit score.

ACTIONS YOU CAN TAKE

- Keep your financial records in order.
- Watch out for fraud and scams, and protect your identity.
- Choose insurance to meet your needs, including health care insurance.

HINTS AND TIPS

- A good system for keeping personal money records will include copies of important documents like your will, property ownership documents, information about savings and insurance, and other document. It should include overview of what happens to property after a major life event occurs.
- Assume that any offer that “sounds too good to be true” – especially one from a stranger or an unfamiliar company --- is probably a fraud.
- Look at your bank statements and bills as soon as they arrive and report any discrepancy or anything suspicious, such as an unauthorized withdrawal or charge.
- Be wary of request to “update” or “confirm” personal information, especially your Social Security number, bank account numbers, credit card numbers, personal identification numbers, your date of birth or your mother’s maiden name in response to an unsolicited call, letter or email.

SPOTLIGHT RESOURCES

- [Financial Preparedness Tips](#)
- [Deter, Detect and Defend Against Identity Theft](#)
- [Get Help Finding and Using Health Insurance](#)

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: www.etsu.edu/vub

Facebook: ETSU Veterans Upward Bound

Instagram: @vubetsu

TRIO

VETERANS UPWARD BOUND