

The Veterans Ball

The Student Veteran Organizations from each institution in Springfield are hosting a Veterans Ball April 27th at 5:00pm in the Relics Event Center.

If you are interested in assisting with or attending this event contact Zac Hill: hill0817@live.missouristate.edu

Check out your Student Veteran Organization's contact information:

OTC:

Matt Rink, President
417-447-2623

mr0885468@otc.edu

Thursdays 4PM
Norman K Meyer

MISSOURI STATE:

Zac Hill, President
417-839-6199

hill0817@live.missouristate.edu

TBA
Veteran Student Center

DRURY:

Michael Barnes, Advisor
417-873-6369

mbarnes007@drury.edu

Monthly Thursdays 11AM
FSC Inclusion Lounge



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Director's Corner

Being a first generation student myself, neither of my parents had experience going to college. When asking them for help with my FAFSA, we all fumbled through it, just hoping for the best. Fumbling through and not having anyone advice led to one of my biggest mistakes I made in college: The decision to take out student loans. When student loans were offered to me in my first year, I did not understand how financial aid operated. If I didn't take the money, would I ever have another opportunity? Fearing my aid would be affected if I denied what was offered, I accepted the loan money. Accepting that loan money would lead to 15 years of payments I had never considered.

There are many half-truths that circulate about financial aid. One of the most common phrases I hear related to loans is "Oh, I am just going to do that forgiveness thing." Many believe students loans can be forgiven, without understanding how the program works. I myself cannot speak as an expert on how the program works, because of the first group eligible for loan forgiveness this past October, 99% were denied. It seems as though the program is still unclear for most people.

Signing up for loan forgiveness at the beginning of your career would be a wise move, but having a plan B and not resting your entire financial future on that program is a far better idea.

If you still decide to take student loans and do not use or are not eligible for the public service forgiveness program, know that interest accrues on a **DAILY** basis. It is dependent on rates set by the federal government and may change year to year.

Imagine yourself after college, financially. What bills will you have? What things to you hope to do? Would a \$300 payment for the next 15 years be feasible for you? Can you delay your other dreams as you pay down your student loans? Your retirement investment may be affected, causing you to work longer into your life. People sacrifice vacations, home ownership, or starting families because of their student debt.

There are many other ways to pay for college. GI benefits, Vocational Rehabilitation, grants, scholarships, and work study. Attending college takes a certain amount of planning and frugality. But ultimately, the time and money spent on college can be an investment in yourself.

As always, if you have questions or need assistance navigating financial aid options, please reach out to our VUB staff.



Michelle Ciesielski
Veterans Upward Bound Director



ORGANIZATION SPOTLIGHT:

Wellness for Warriors

About the Organization

Led by Kerry Miller, Mollie Estes, and Nancy Propst of Cox Health Systems, Wellness for Warriors is a class for veterans and first responders. This class introduces mind, and body techniques to improve well-being, regardless of physical limitations or psychological distress.

Mollie and Nancy work hard to bring in a variety of presenters from around the community. An attendee at Wellness for Warriors can learn about different topics that can be beneficial to them or someone that they may know. Some of these topics include stress management, sleep disorders, loss of identity, relationships, meditation, art therapy, and yoga. This class is also a great opportunity to learn about the many great resources that exist in the Greater Springfield Area.

Wellness for Warriors meets every Thursday at 9:00 AM at the Meyer Center in Conference Room A. Wellness for Warriors has been a great friend of the Veterans Upward Bound program. Kerry, Mollie, and Nancy are advocates for anything to support Veterans and their passion and work towards solutions to Veterans issues does not go unnoticed. If you have a chance, stop by to check out a session or call the phone number listed in the contact information to request a schedule of presentations. Thank you Wellness for Warriors for all you do in our community!



Contact information:

Contacts: Kerry Miller, Mollie Estes, and Nancy Propst

Phone: 417-269-3282

Address: 3545 S. National Avenue Conference Room A

Hours: Thursdays from 9:00 AM to 10:00 AM

EDUCATION
IS THE MOST
POWERFUL WEAPON
WE CAN USE
TO CHANGE THE WORLD
- NELSON MANDELA



ADULT EDUCATION

Exciting things are happening in the VUB Adult Education department! The Academic Lab is staffed with tutors who can assist veteran participants with subjects like Math, Accounting, Reading, and Writing. We have an online tutoring service for other tutoring needs and a Canvas site for support.

VUB Academic Lab Tutor Schedule at OTC – ICW 217

	Monday	Tuesday	Wednesday	Thursday	Friday
Math*	10a-2p	10a-2p	10a-2p	10a-2p	**Varies**
Reading/Writing*	8-5 p	10-7p	8-5 p	10-7p	8-4:30p

*Tutoring by appointment as well. Contact simpsoma@otc.edu or by calling 417-447-7840

Refresher courses are starting on March 18th and running for four weeks. These Math and English courses are designed to help students prepare for College Algebra and Composition 1. Email VUB@otc.edu find out more or sign up.

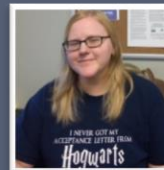
Veteran Highlight: Breann Landis

Q: How Did VUB Help You?

A: The staff is always available to help find answers to any questions I have and to point me towards other resources at OTC that I had no idea existed. I use the VUB lab almost every day to keep up with homework and to study because it is such a comfortable environment. I have also met new friends there that I can relate to that have helped to give me a sense of belonging. This is important because returning to school after so long felt awkward and overwhelming. VUB has overall helped me to feel comfortable and confident in my ability to continue my college education.

Q: Why Did You Join?

A: I originally joined VUB not long after I enrolled at OTC hoping to give myself a resource for finding information I needed about the OTC campus.



StrengthsQuest

StrengthsQuest is a student development and engagement program designed to help students achieve success in academics, career, and life.

Backed by Gallup's powerful science, StrengthsQuest tells teachers and students how they can use strengths to encourage student success and growth. *Talk to the VUB staff to take the test before the Strengths Workshop!*

Items Available for Check out!

Did you know we have several items available to check out for our participants? Here is just a few items you can check out:

- Calculator
- Books
- Flash Cards
- GRE Study Guide
- Educational Coloring Books

Stop by today to see what we have available. Let us know if there is something you need that we don't have and we can try to get it for you!





VUB Social Media!

Have you added us on Facebook yet? If not, you should stay up to date on all the latest happenings and articles affecting veterans.

<https://www.facebook.com/VUBOTC/>



Upcoming Events

Resume Building Workshop and Potluck | February 26TH 11:30AM-1:30PM | VUB Lab
Now is the time to build your resumes and cover letter. We will have professionals from Career Employment Services to help get you ready for your next job. Come hungry because there will be plenty of food!

Scholarship Workshop | March 4TH 1:00PM & 4:00PM | VUB Lab
Why pass up the chance for FREE money when it is offered to you!? Come learn how to apply for scholarships and how to write the best scholarship essay to increase your chances of getting a scholarship.

StrengthsQuest Breakfast Potluck | March 29TH 9:30AM-11:30AM | VUB Lab
Do you know your strengths? Come learn about what makes you great and how to best interact with others. Take the test any time before or during the event.

Local School Dates:

- President's Day** | February 18th | All Colleges Closed
- OTC College Development Day** | February 19th | No Classes
- Spring Break** | March 10th-17th | No Classes | All Colleges
- Spring Holiday** | April 18th-19th | No Classes | All Colleges



OZARKS TECHNICAL
COMMUNITY COLLEGE



Missouri
State
UNIVERSITY

THE VETERANS UPWARD BOUND STAFF



Michelle Ciesielski
Director



Tony Ary
Outreach Coordinator



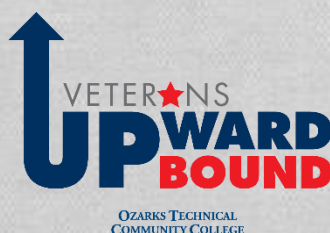
Alex Simpson
Adult Education Coordinator



Ethan Sykes
Advising Coordinator



Meleah Witt
Tutor



Michelena Halley
Outreach Assistant