

Student Veterans: TA Training Spring 2017

Presented by Nadine Shigezawa, PhD



Defining Veteran

Veteran: An individual who has served in the armed forces of the United States of America.



Veterans



Military service includes serving in 1 of 5 U.S. military branches.

Army

Navy

Marine Corps

Air Force

Coast Guard



Veterans

Men and women who served and have been discharged from one (or more) of the armed forces:

- Active Duty
- Reserves
- National Guard

College Student vs Student Veteran

Average age 22

Single

Many do not work, relying on parents to support them financially

Priority: school and social interactions

Typically flexible

Average age 33

47.3% are married; 47% have children

Work full or part-time; Reserve and Guard have monthly or weekend drills

Priority: financial responsibilities/family

Trained to adhere to structure and routine, be on-time, respect instructor



Many Veterans are Returning to School

Downsizing of armed forces.

Attractive Post 9/11 GI BILL. (Pays full in-state tuition and offers a housing stipend)

Decline in Iraq and Afghanistan Wars.

Veteran Affairs Education Benefits

CH. 33 Post 9/11 GI BILL (36 Months)

CH. 35 (DEPENDENT) (36 Months)

CH. 30 Montgomery GI BILL (36 months)

CH. 31 Vocational Rehabilitation (up to 48 months)

Veterans education benefits have time constraints. When assisting veterans with academic advising, remember to take this factor into consideration.

What are some common obstacles or challenges faced by our student veterans?

A gap in formal education and frustration with taking remedial classes to earn their degree.

Adjustment to less structured civilian life: more women as authority figures, political correctness

Chronic pain and/or decreased physical abilities (ex. hearing loss, back/knee pain)

And for about 15-30% of the vets it MAY BE: PTSD/depression, TBI, substance abuse



Obstacles and Challenges Continued

Loss of confidence: Feel intimidated or out of place with younger students

Anxious and depressed at belief that they are starting all over again, and from the bottom after having faced challenges beyond their classmates' comprehension

Many feel behind in life at their ages

Many have multiple doctor appointments

Sleep problems are a common complaint

Fear of failure and rejection; believe no one can understand them except other vets

Worry that they may lose control in some manner (anger, tears)

Transitioning from active duty to civilian

Active Duty

Trained with their peers for specific military qualifications and training schools. Rare to fail.

Trained to stay awake and alert. Taught to “sleep when you can”

Fellow service members are a support system. Close bonds were fostered through shared identity and assigned groups

Identity formed around their military cohorts and military structure.

Veteran

62% are first-generation students. They may lack foundational reading, writing, and math skills for college.

May be taking medications that make them drowsy, or interfere with concentration (pain meds or possibly marijuana).

Loss of military support system and must initiate their own support system

Identity often remains with military culture, vets do not want to be considered civilians

Veteran Resources on Campus: Office of Veteran Student Services

OVSS Provides:

- Information on VA education benefits and general VA questions
- Advocacy for student veterans and military connected students
- On and off campus outreach
- Connecting student veterans with on campus and community resources

Office of Veteran Student Services Cont'd

Location: Queen Liliuokalani Center for Student Services
room 310

Hours: 10:00am - 3:00pm or by appointment. Phone:
(808) 956-2192 Email: veteran@hawaii.edu

Two VA representatives

Veteran Success on Campus (VSOC):

- claire.kusakabe@va.gov
- Tuesdays: 08:00-4:30pm Friday 08:00-4:30pm

Veterans Integration to Academic Leadership (VITAL):

- nadine.shigezawa@va.gov
- Alternating Tuesdays & Wednesdays, every Friday 8:00-4:00

Veteran Success on Campus (VSOC)—Claire Kusakabe M.A.

Veteran Success On Campus: Vocational Rehabilitation Counseling

VSOC provides:

- Community and on campus outreach
- Communication with student veterans and their dependents addressing VA educational benefits, Health Services, and general VA benefit questions
- Educational & Vocational Assessments and Counseling
- Survivors & Dependent Assistant
- Adjustment counseling to resolve problems

Veterans Integration to Academic Leadership (VITAL): Nadine Shigezawa, Ph.D.

Individual and group psychotherapy

Enroll/register student Veterans into VHA

Provide immediate assistance to schedule student Veteran appointments for Primary care, Well Woman, and to access specialty care

Assist in getting med refills, TB tests, immunizations or other medical needs met

Psychodiagnostic testing

Provide education to staff/faculty on Veteran culture, PTSD, other MH conditions or topics

VA Certifying Official

Kelli Nakama

Room: QLC 010 (Office of the Registrar)

(808)956-8010

uhmva@hawaii.edu

UHM Student Veteran Organization

Who we are: A mix of veterans who have served in all branches of the United States Armed Forces.

What we do: We advocate for the needs of student veterans at UH Manoa and the UH system. We also provide a welcoming social atmosphere.

When/Where we meet: Every second and fourth Thursday of the month at Saunders RM. 222 SVO Lounge.

Contact:

svouhm@hawaii.edu

Facebook Student Veteran Organization- UH Manoa.



Student Veteran Organization



Helpful Strategies

- Make and share recordings of your classroom lectures.
- Allow note taking on laptops.
- Make sure class videos are captioned—be aware that some videos may be unexpectedly distressing to veterans.
- Try to use texts that can be obtained electronically (in case they need to be read aloud).
- Post notes ahead of time
- Do not hesitate to call or refer student veterans to the Office of Veteran Student Services.



Questions?