TRANSITIONS
A VETERAN’S GUIDE TO CAMPUS SUCCESS
PROVIDED BY NONTRADITIONAL AND MILITARY STUDENT SERVICES
WELCOME TO CAMPUS

THANK YOU!
First, let us thank you for your contributions and sacrifices made as a Veteran member, or active member, of our country’s armed forces. And, thank you for continuing to contribute to this country by furthering your education.

We know that you have encountered both gratifying and challenging events throughout your time in the military. Your college experiences may feel somewhat similar, filled with many opportunities and rewards, with a few demands and tests along the way. However, your previous experiences will give you much to draw upon as you successfully transition to college life and eventually earn that sought after degree.

The information contained in this brochure aims to assist you in your transition from the military to academic life. Whether you are entering college for the first time, or returning after a brief or lengthy hiatus, the material offered will assist you in tackling the questions, new experiences and learning environment you’ll encounter.

YOU ARE NOT ALONE
If you traveled during your military experience, you know that transitions into new cultures can be equally exciting and overwhelming. You will find the same in the world of college life. However, you are not alone!

Reach Out
With a little time and some effort, you are sure to find people on campus who can lend a hand, answer a question and support you throughout your transition. Take the lead in seeking this kind of help.

Join the Community
We want and need you here. You bring new ideas, experiences, perspectives and contributions to our college community. BGSU has a (SVA) Student Veterans of America club on Campus.

Seek Assistance
Help is abundant on campus. You will find numerous resources that can assist you with any question, concern or inquiry you have. Staff, faculty and other students want you to succeed and are here to ensure that you achieve your ultimate goal… graduation!

If you are returning to college as an “adult student” you are in good company! According to a recent U.S. Census Bureau report, 38 percent of all college students are now 25 or older.
Remember boot camp? It’s probably hard to forget! You may recall learning, working hard and pushing yourself. Your transition to college can be the same if you put yourself out there, find advocates, build relationships and seek help when necessary.

**THE NAVIGATION PROCESS**

For some Veterans, college is one more thing to add to the many transitions being experienced. You may be trying to balance family responsibilities with a full-time job and a full course load. It can be challenging to do all of this while adjusting to civilian life again. How can you successfully navigate the transition to college? Consider these tips:

**First Things First:**
- Complete any paperwork for the GI Bill® and FAFSA (Free Application For Student Aid www.fafsa.ed.gov/).
- Request all your transcripts from previous higher education institutions attended and any military training materials that could be considered for transfer credit.
- Complete any necessary registration information or tests that are needed to finalize your enrollment.

**Then Connect:**
- Attend Orientation. BGSU has a mandatory Military Orientation that is geared towards current Military and Veteran students.
- Meet with your academic advisor. Even if you have already registered for classes, be sure to stop in within the first week to connect.

- Meet with your Military Advisor. It’s a good idea to make sure that your military education benefits are good to go each semester.
- Check into student groups for Veterans. Visit Nontraditional and Military Student Services (NTMSS) for information on community and campus Veteran connections.
- As a new student you will be assigned a PAVE Veteran peer mentor. The PAVE program connects a Veteran upperclassman with all incoming military and Veteran students. They are here to help you navigate your first semester at BGSU.

**Finally, Find Your Fit:**
- Go to classes and introduce yourself to your instructors. Within the first few weeks, stop in during their office hours for a “get to know you” meeting.
- Stay on campus when you can. If you are not living on campus, try to schedule some study time or free time on campus. It is the best way to meet others.
- Take advantage of the resources around you. Visit the various student services and academic assistance offices.

**Transitions experienced by service members returning from combat:**
- Service member to Citizen
- Service member to Family Member
- Service member to Employee
After months of preparation, the Post-9/11 GI Bill® officially started on Aug. 1, 2009. The bill provides educational assistance to qualified U.S. Veterans.

**WHAT YOU NEED TO KNOW**

You may be familiar with the GI Bill® already, but here are some highlights of the educational benefits you have earned:

> It provides up to 36 months of financial support for education and housing to Veterans with at least 90 days of active service on or after Sept. 11, 2001, or to individuals discharged with a service-connected disability after 30 days (must have received an honorable discharge to be eligible).

> Approved training under the Bill includes graduate and undergraduate degrees, and vocational/technical training that is offered by an institution of higher learning and approved for GI Bill® benefits.

> Benefits are on a percentage basis, based on the length of active duty.

> These benefits include the cost of tuition and fees, not to exceed the national maximum rate, a monthly housing allowance, an annual books/supplies stipend of up to $1,000 and a one-time payment of $500 to certain students relocating from highly rural areas.

> Students may also receive up to $2,000 for the reimbursement of one licensing or certification test.

If you’re not sure what benefit is right for you go to the VA’s GI Bill® Benefits Comparison Tool. https://www.vets.gov/gi-bill-comparison-tool

**BUY-UP**

Some Veterans can participate in the GI Bill® buy-up program. The program allows eligible active duty members to contribute an additional $600 or less to the GI Bill® before leaving active duty. The personal contribution will provide you with up to an extra $150 a month as a full-time student. To learn more about this program go to www.gibill.va.gov/GI_Bill_Info/rates/600_buyup.html
Higher education is an investment. Going back to college will surely impact your financial decisions and planning. And, although you have earned many educational benefits, you may want to consider other means to increase your income while in college.

**Dollars and Sense**
Not sure it is worth it to look elsewhere for additional college funding? Think again. Here are just four reasons to consider supplemental finances:

1. **Beyond the Bill**—Additional funds can help you cover the initial costs of going to college—textbooks, school supplies, fees—until your GI Bill® benefits start.

2. **Federal Funds**—Complete the FAFSA. This is just one form for all federally sponsored education aid programs. This includes grants that you may qualify for, but won’t know unless you send in the application. And, if you qualify for federal loans, you have the right to turn them down if you don’t need or want them.

3. **Free Money**—Don’t discount the value of applying for scholarships available for those serving active duty, Veterans and their family members. Visit the Student Financial Aid Office at www.sfa.bgsu.edu to learn about national and local scholarship programs.

4. **Work Study**—On-campus jobs are available to qualified students. Most pay minimum wage or above and allow you to work where you will be studying. You will find that many campus supervisors understand your academic priorities and are flexible with your schedule, plus it is a great resume and reference builder.

Visit the BGSU Student Employment Services office they will help you access WorkNet an online Job search site for on and off campus jobs

**Did You Know?**
It can take up to 45 days for your military educational benefits to start.

**To learn more about the federal aid opportunities available go to www.fafsa.ed.gov/worksheet.htm**

**Questions to Ask Yourself When Determining Your College Costs**

- What are my tuition costs?
- What are my student fees?
- What are my supply costs (i.e. books, computer, etc.)?
- What are my living costs (i.e. room and board, insurance, medical costs, transportation, etc.)?
The Classroom

You have endured hours of training, learning, testing and evaluating in the service. However, you may find the academic classroom to be a bit different than the military classroom. One thing remains true, though—you are at the wheel of your own learning experience.

Prepping for a Test
Taking the test is the easy part…if you are prepared. Here are few simple tips to help you along the way:

> Put all scheduled tests in your personal planner/calendar
> Confirm what type of test it is—quiz, exam, essay, etc.
> Inquire about study groups or tutors
> Re-read text and notes
> Review material out loud in front of a mirror or to someone
> Write out your own practice test and complete it

Faculty Expectations
You won’t have to call them “sir” or “ma’am,” but your classroom instructors do have basic expectations of you as a student: show up, come to class prepared, use their office hours, engage in class discussion, seek assistance for learning challenges, ask questions, meet assignment deadlines and share your unique learning needs. Don’t be the nameless face in the back of the classroom. Faculty are more willing to accommodate students if they know who you are.

 COMMON CLASSROOM MYTHS

> Attendance Doesn’t Matter—Be assured that it does. Even if your instructor doesn’t take attendance, he knows if you are there!
> Faculty Don’t Like to Give Accommodations—Instructors want you to succeed. If you need accommodations for learning, testing, traveling, etc., simply talk with each instructor to mutually agree upon a plan of action.
> Traditional Age Students Find Adult Learners Annoying—Actually most traditional-age students appreciate and value the experience adult students bring to the classroom and one-on-one discussions.

If you are a current Guardmember or Reservist we at BGSU understand that your one weekend a month obligation does not just mean Saturday and Sunday. We know that these weekends can carry over into Friday and Monday. It is up to you to notify your instructors if you have to miss class due to military training. You will then need to work with the instructor to make up any work or exams missed. In the event that you have an uncooperative instructor you will need to notify the Nontraditional and Military Student Office (NTMSS).
Choosing your classes is just one part of your personal academic plan. You have an advisor relationship to maintain. You have a transcript to manage. And, you have experience and knowledge to gain along the way. Where do you begin? What do you do?

**WHAT AN ADVISOR WANTS AND NEEDS**

Your academic advisor is one of the most valuable resources you have. Stay in touch, even when you don’t need any advice. Maintaining the relationship is a two-way street. Understand what she or he needs and wants from you as an advisee.

**Wants:** To be available to answer your questions and guide you in your academic planning.

**Needs:** You to take the lead on directing your own academic endeavors.

**Wants:** You to schedule meetings, stop in during office hours and stay in touch.

**Needs:** You to reach out when you need assistance.

**Wants:** You to seek assistance beyond his or her guidance; using available academic resources and student services on campus.

**Needs:** You to honestly share your expectations of your academic journey (i.e. What is your graduation goal? How many classes do you want to take each term?).

You also have a Military advisor at BGSU. They can be very helpful when your academic advisor is not available and should be the first point of contact with any military education benefits questions you may have.

**NAVIGATING COURSE CHAOS**

Course selection and registration can be overwhelming. There are so many options and so much to consider. Begin the process by asking yourself:

- What courses do I need to complete within my major/minor?
- When am I available to take classes?
- Are there classes available online or in the evening?
- If I can’t get my “first choice” classes, what are my back-up classes?

**DID YOU KNOW?**

Nontraditional and Military Student Services can connect you with resources throughout campus.

No matter how good teaching may be, each student must take the responsibility for his or her own education.

**TRANSFER CREDIT**

BGSU offers you transfer credits for previous military training. Be sure to share any transcripts from prior military training for evaluation. See Nontraditional and Military Student Services for more information.
Congratulations! A college degree, coupled with your past experience, prepares you for a variety of jobs and careers. You are a hot commodity and if you take some time to plan your career path it will lead you in the right direction.

Your Career Path
What do you want to do with your life? That is a BIG question, especially being asked of someone who has already experienced a lot in life.

Let's begin with the fact that what you select as your major does not equate to what you will have to do professionally. Different degrees can be used in different careers. So, don’t feel stuck by a discipline.

Secondly, how you want to spend your time and talents can help you determine a career path.

> What are you passionate about?
> What do you enjoy doing?
> What are you good at?
> When is work fun?

The BGSU Career Center has a number of resources and can help students explore career and major options, identify and secure cooperative education and internship experiences, and search for job and graduate school opportunities.

It’s best to start going to job fairs before your senior year. Recruiters that go to job fairs often come back to subsequent job fairs. Forming a relationship with a desirable employer is important and job fairs are the best way to do that.

Finally, there are logistical factors that need to be considered in determining a career.

> What are your geographical preferences?
> What kind of work schedule would you like to have?
> What opportunities for advancement are you interested in?
> Do you want to be part of a team or predominantly work solo?
> How important is it to work in a field that aligns with your personal values?

**DID YOU KNOW?**
Your military experience is valuable information to include in your career plan and documents. Include your branch of service, highest rank, discharge information, deployments, collateral duties, decorations, special assignments and dates of service.

**RESUME BASICS**
You don’t have to be searching for a job to create a resume. Start now and simply update it along the way. Provide the following information on your resume: contact information, job goal or objective, qualifications, work history, education, special skills and talents, and references (if required).
In today’s tight job market, be assured that the skills and experience you have gained as a member of the military are in HIGH DEMAND! However, you can’t just let people guess what you have to offer…you need to share it.

**MARKETING YOURSELF**
Your name is a brand, telling people what they’re going to get when they hire you. Are you trustworthy? Responsible? A hard worker? Smart? Innovative? Someone with a good attitude?

Branding is about emphasizing what makes you stand out. What would you say about yourself? What would others say? Ask a few trusted friends and mentors. Then think about how your special features benefit others. Now communicate those benefits.

As you “brand” yourself for the job search, think about a few things:

- How do I add value to the things I’m involved with?
- What are some characteristics that I’m proud of?
- What are my interests and passions?
- How do I make myself visible to others?
- What makes me stand out?

Let potential employers know who you are, what you stand for and what would make you an asset to their organization!

**TRANSLATION AND TRANSFERABILITY**
Part of branding yourself effectively is focusing on transferable skills rather than just what you know or have learned.

What is a transferable skill? It is a core skill that most employers value and can be taken with you and applied to a new professional role.

And guess what? Your military experience has provided you with many! You have more than likely demonstrated the following:

- **Leadership**—Squad leader, platoon leader, officer
- **Trainability**—able to take direction and open to learning
- **Reliability**—punctual, meets deadlines, time management
- **Management**—administration, supervision, training
- **Trustworthiness**—security clearance, confidential information
- **Teamwork**—collaboration, common vision, mutual goals
- **Diversity**—travels, immersion into diverse cultures, a second language

**DID YOU KNOW?**
Being able to speak a second language can be a big selling point for many organizations.
Just like every community member on campus, you can contribute to campus life. Your experience, ideas and leadership are welcome!

**STUDENT LIFE**
Research shows that the more involved a student is in campus life, the more satisfied they are and the greater chance they have of graduating. Not to mention, student activities are a great initial way to get to know all the campus has to offer and to meet people. Consider all the interesting things there are to do on campus:

- Student organizations
- Recreation clubs
- Academic groups
- Evening and weekend programs

**Leadership**
Want to continue what you started in the military? You will find:

- Leadership training and programs
- Service trips
- Community volunteer programs
- Mentoring programs
- Leadership positions within student organizations
- Campus committees and initiatives

Keep an eye out and let others know that you are open to getting involved in leadership experiences.

**Health and Wellness**
Maintaining your physical and mental health is a priority, both as a service member and a student. Check out:

- Intramural events
- The fitness center
- Peer education programs
- The campus counseling center
- College athletics

**FIRST STEPS**
Visit NTMSS or the Office of Campus Activities to inquire about groups of interest dedicated to student Veterans on campus. That would be a great starting point for connecting with other vets and engaging in campus life.

**DON’T HAVE IT? START IT.**
Most organizations on campus were started by a student. If you are looking for a student group that doesn’t appear to be available, visit the Student Activities Office and find out how to introduce a new club on campus!

**DID YOU KNOW?**
Campus involvement doesn’t have to be organized. Activities such as working out, hanging out in the student center or grabbing dinner can all offer the connection and satisfaction that joining a group does.
For many students, balancing family and college responsibilities can be challenging. But those responsibilities can feel heightened if you are just returning to your family after a long deployment and jumping into college life at the same time. What can help a little is inviting your family to be part of your college experience. How do you do that?

**FAMILY LIFE TRANSITIONS**

You are home! And, although it is a joyous time for you and your loved ones, it can also bring about new challenges that you may want to consider.

**CHALLENGE:** Transition to being an “active player” in the family unit again.

**REWARD:** New maturity.

**CHALLENGE:** Adjustment after returning from war zone.

**REWARD:** Greater appreciation for loved ones.

**CHALLENGE:** Stress on marriage and parental role.

**REWARD:** Increased interest in spending quality time with family.

**CHALLENGE:** Loss of structure and order.

**REWARD:** Greater sense of pride and confidence in family.

---

**ALL IN THE FAMILY**

Looking for ways to include your family in the college community? There are opportunities for your loved ones to take part in campus life.

- Family members can use the campus fitness facilities for a minimal charge.
- Family members can attend many campus activities. Be on the lookout for family friendly campus events.

---

**AM I NEEDED?**

Some Veterans report that they feel like they’re “not needed anymore” upon returning from a deployment. Family life goes on while service members are called away. It may take time and patience for a family to adjust to your return. If you are feeling this way, talk it through with a trusted loved one or seek out a campus counselor for additional assistance.

---

Adapted from: Department of Veterans Affairs, www ptsd va gov public reintegration guide pdf FamilyGuide pdf
Safety has been a major theme in your life as a service member. You have received numerous hours of training to ensure that you, and your fellow service members, are safe during any and all operations. However, none of us are invincible. Risks, crime and personal injury can still take place with the best of action plans in place. Although safety issues in civilian and campus life are very different from those faced in a war zone, we have the greatest potential of creating the safest environments when we are our own safety advocates.

RETURNING FROM DEPLOYMENT?
Veterans returning from deployment, especially those who were stationed in a war zone, need time to readjust to the “safer” environment of civilian and campus life. This can take some time. Some common behaviors displayed by Veterans returning from combat are:

- Trouble concentrating
- Being jumpy and easily startled
- Being on guard, always alert, concerned too much about safety and security
- Too much drinking, smoking or drug use
- Lack of exercise, poor diet or health care
- Problems doing regular tasks at work or school
- Aggressive driving habits

The BGSU Counseling Center offers a number of different services and can be helpful with transition issues.

CAMPUS SAFETY TIPS

**Be Safe**—Avoid: walking alone; leaving your personal items unattended; abuse of alcohol and other drugs; aggressive driving; leaving your room or locker open; threatening confrontations

**Be Smart**—Ensure that: others know your schedule and how to reach you; your personal items are identified with your name; you manage personal information shared online; you abide by campus safety policies and procedures

DON’T BE A SPEED RACER

According to the Dept. of Veterans Affairs, aggressive driving is very common among service members returning from conflicts in the Middle East. Service members are trained in “non-defensive driving” in an effort to avoid explosive devices. This full speed ahead, unpredictable driving may feel normal, but poses incredible dangers to yourself and others on the road.


Please seek professional help if these habits progress or continue for long periods of time.
You have joined a community that not only offers “help services,” but that truly wants you to use them! You will find professional staff trained to work with college students of all ages and backgrounds, and who really want to support you in the many life roles you have along with the stress that can accompany them.

**A JUGGLING ACT**

Problems with Classes?
The minute you start struggling in a class, talk to your instructor. Share with him or her where you are finding the greatest challenges. Get involved in a study group. Find a tutor. Stay after class. Seek assistance for a learning disability. All of these things are available, but you need to reach out.

Emotions Out of Control?
There are times in everyone’s life that they feel out of control. When this occurs it has the potential to interfere with your home life, school life and work life. Family and friends are great support systems. However, if you would like to connect with a campus counselor, or a faculty or staff member you have grown to trust, don’t be afraid to ask for help.

Relationships Struggling?
Relationships are hard work. Upon returning home it can be stressful to start where you left off. Be patient with yourself and those you are re-connecting with. Talk—and listen—to your loved ones. Campus counselors are not just there for issues you are facing as a student, they are available to help you through anything you are tackling as a person!

**DID YOU KNOW?**

Veterans returning from deployment to the Middle East suffer from “significant to severe stress, anxiety and or trauma, yet close to 60 percent do not seek help.” Don’t let fear stop you from getting the help you need to lead your best life possible!

Adapted from “Welcome to Veterans and Families Coming Home,” www.Veteransandfamilies.org/VeteranTransition.html

---

**STRESS BUSTERS**

> Talk to family and friends
> Write it down
> Exercise
> Take a walk
> Listen to music
> Take a step back
> Take one day at a time
> Ask for help
Be assured people will not simply assume that you are suffering from mental health issues. However, it is understood that mental health can be challenged while serving in the armed forces, especially in combat.

**STRESS DISORDERS**

Veterans who saw or experienced dangerous events while serving can develop a stress or anxiety disorder due to the ordeals they encountered in combat.

**Acute Stress Disorder (ASD)** can involve a variety of symptoms such as sleep problems, detachment and being easily startled. These symptoms typically go away within a few weeks.

**Post-Traumatic Stress Disorder (PTSD)** is a chronic disorder with symptoms that last longer than a few weeks. Signs and Symptoms of PTSD include:

- Flashbacks
- Bad dreams and frightening thoughts
- Avoiding places, events or objects that are reminders of experience
- Feelings of numbness, guilt, depression or worry
- Losing interest in activities that were enjoyed in the past
- Being easily startled
- Feeling “on edge”
- Sleep problems
- Angry outbursts

Help is available for all of these and more—right here on campus.


**HELP: A SIGN OF STRENGTH**

Finding solutions to problems is a sign of strength, not weakness! You can’t always do it on your own. Your military training has taught you that knowing when and how to get assistance is a valuable tool in being the best service member you can be. Why should it be any different for you as a civilian and student?

Find help in the…

- **Campus Counseling Center & Falcon Health Center**—Sharing your story confidentially can help you throughout your ups and downs.

- **Faculty & Staff**—It may be hard to trust initially, but you will find staff and faculty are truly here for you. If they can’t help you, they know who to refer you to.

**DID YOU KNOW?**

According to research following the early years of the current conflicts in the Middle East, 11-20 percent of Veterans developed PTSD.
PHYSICAL HEALTH

A workout can do a body good! But sometimes simple exercise isn’t going to conquer what ails you. Be aware of your body and how it is responding.

> The Falcon Health Center can assist you in assessing concerns you have and determining what medical attention may be needed.

COMMON PHYSICAL REACTIONS UPON RETURN FROM DEPLOYMENT

> Trouble sleeping, overly tired
> Upset stomach, trouble eating
> Headaches and sweating when thinking of the war
> Rapid heartbeat or breathing
> Existing health problems worsen


AMERICANS WITH DISABILITIES ACT (ADA)

Some students enter college with physical, psychological and/or learning disabilities. If you have a disability, it is your right to ask for accommodations and your responsibility to submit documentation of your disability from a qualified medical or testing professional. Disabilities protected under the ADA are:

1. Physical, sensory and health-related disabilities
2. Psychological or attention disorders
3. Learning disabilities

The key is to visit the office of Disability Services, www.bgsu.edu/disability-services to report your disability and determine the next steps you need to take to ensure that your academic career gets off to the right start.

USE AND ABUSE: ALCOHOL AND OTHER DRUGS

Some signs of abuse include:

> Binge drinking—five or more drinks in one sitting
> Overuse of prescription drugs such as painkillers, sleeping pills, etc.
> Use of alcohol or drugs to relax and relieve stress or pain
> A need to have “a few drinks” before feeling comfortable interacting with others

DID YOU KNOW?

Some may equate excessive drinking with college, but the reality is that the majority of college students don’t partake in extreme drinking.

SENSE OF SAFETY

It is very common for service members returning from combat to feel anxious in closed quarters, like a classroom. If there are ways to ease your anxieties (i.e. sitting next to the door or having your desk positioned a certain way), talk to your instructor to make accommodations.
One of the more challenging transition issues that Veterans tend to face is the questions they are asked. As a member of a college community that encourages discussion, debate and dialogue, you may find that people want to engage in discussions about your military experiences. How, and if, you respond is up to you. However, below are a few things to keep in mind as you determine if you are going to share your story and answer curious questions.

Avoid the assumption that…

> All college students and faculty are anti-war and anti-military
> You will be viewed as racist, sexist or classist
> You will not be seen as anything but a service member
> People asking questions are only looking to debate politics and war
> People will feel threatened by your military background

Certainly you may experience some of these reactions on—and off—campus. However, any stereotypes people may have are quickly shattered once they get to know you and other Veterans. As hard as it can sometimes be, it is most helpful to enter discussions with the belief that the majority of people are inquiring out of interest and care.

TACKLE THE TOUGH QUESTIONS

You have probably already received questions about your military experience. Some may be easy to answer, like “Is the food really that bad?” However, some may be more difficult, and frankly, not necessarily something you want to remember or share.

BACK POCKET RESPONSES

It may be helpful to have some “back pocket responses” prepared for some of the more challenging questions you may get, like:

> “Did you see anyone die?”
> “Did you ever shoot or kill anyone?”
> “Do you really think the war is worth it?”
> “Wasn’t it hard on your family to have you away?”
> “Are we winning the war?”

You are not a spokesperson for the armed forces, for the war or for other Veterans. The bottom line is that you should be more than comfortable providing as little or as much information as you want, with no apologies.
College communities are diverse. Although most college students share a common goal—to graduate with a degree in hand—the path they each take to get there varies and individual goals and motivations are distinct.

This may differ from your experience in the military where you shared a common goal with your platoon, and participated in a common experience with your peers and leaders. You knew who had your back, and they knew that you always had theirs.

You can build the same trusting relationships in college too. You just need to find your place and connect with others.

**NETWORK**
- **N**urture relationships—once you make a connection, keep it going
- **E**stablish connections—introduce yourself, find a mentor and get involved
- **T**alk with other students—they will be one of your best resources!
- **W**elcome opportunities—stay on campus when you can
- **O**ffer assistance—you have a lot to give and contribute
- **R**eally be real—be genuine, show your interest and be you!
- **K**eep at it—perseverance will get you far; don’t give up or give in

**THE NAME GAME**
Remembering a person’s name is a great way to start a connection. Not great at remembering names? No worries, here are a few tips to help you along the way:

- Repeat the name in conversation
- Attach a visual image to the name of a person
- Admit you don’t know and try again
- Use associations (e.g. Betsy-Black Hair)

**FINDING YOUR PLACE**
This is your place—the campus community that you will be a part of for the next few years. Here are a few easy ways that you can find a fit in this new environment:

- Reach out to others
- Say the first “hello”
- Find folks with whom you have something in common
- Start with basic connections and build from there
- Be yourself

**ME IN 3**
Okay, you’re waiting in line, on an elevator or being introduced at a meeting. What three things would you like to share about yourself?
When you are swimming in assignments and tests, struggling to spend time with your family and trying to fit work responsibilities in too, you might find yourself questioning if going to college is really worth it?

It is certainly understandable why you might feel that way at times. However, when those waves of uncertainty are felt, be assured that the value of a college degree is huge.

> You will further explore and discover your values
> You will identify new interests and talents
> You will begin the process of becoming a life-long learner
> You will gain cross-functional skills

**TIME FLIES**
Finding time for college can be tough. So how do you fit everything in? Consider these time and task management tools:

> Where is your time going?
Create a time log—Record (in 15-minute increments) how you spend your time every day for a week—include everything.
Identify the HOLES—Where is your time wasted?
Prioritize your time—Review your log and determine where new priorities can fit or replace activities that are ranked lower on your priority list.

Get and use a planner—Prepare a schedule that best reflects your priorities.

> Say NO!
It is okay to say “no” now and then. When is it okay?
• If you have already committed to doing something else in the timeframe required
• If it doesn’t fit into the priorities you have identified
• If you can’t give it the time and attention it deserves or needs to be done well

> Stay Loose!
Be flexible, adaptable, and spontaneous at times. Expect the unexpected! Keep your schedule loose so you can have a little breathing room should something unexpected come up.

> Stop Procrastinating!
Don’t avoid tasks that you have committed to accomplishing or are a priority. They aren’t going away!

**DID YOU KNOW?**
You have a Prime Time—that time each day you tend to have the most energy and are focused. Schedule tasks that require great productivity then.
Successful studying is a key to achieving in college. Do you have good study habits? Do you know how you best study? Not everyone enters college knowing how to study, it is a learned process.

**STUDY DOS AND DON'TS**

**DO**—Re-read material

**DON'T**—Assume you will only be tested on the book

**DO**—Compare notes with classmates

**DON'T**—Save note taking just for the classroom

**DO**—Schedule study time in each day

**DON'T**—Wait to study just before a test

**DO**—Inform your instructor if you would like accommodations for tests

**DON'T**—Miss out on all the academic support services on campus out of fear or embarrassment

**DO**—Read notes right after class and make corrections

**DON'T**—Be afraid to ask questions

**DO**—Make academics a priority

**DON'T**—Over study…be sure to balance work and fun.

**NOTE TAKING TIPS**

Note taking is an important study skill and a great way to review and retain information.

Some tips include:

> Ask for clarification on information you don’t understand

> Re write notes on flash cards

> Highlight your class notes

> Read your notes out loud

> Leave empty spaces in notes for additions later

> Use a tape recorder and write notes following class

**SOLO STUDYING: NOT APPEALING?**

Not sure if you understand everything covered in class, or if you have it right? There are alternatives to studying on your own:

> Study Groups—Start or join a small group of classmates

> Academic Success Centers—Visit the Study Skills, Math and Stats, and Writing Centers for assistance

> Office Hours—Your instructors have scheduled office hours, use them!

The BGSU Learning Commons is located on the first floor of the Library and they house the Writing Lab, Math & Stats Lab, Subject Tutoring, as well as the Study Skills Center.

**DID YOU KNOW?**

College instructors expect students to study two hours outside of class for every one hour spent in class.

**LOCATION, LOCATION, LOCATION**

Study spots to consider: library – coffee shop – commuter lounge – campus center – under a tree outside – empty classroom.
The campus environment can feel foreign to any new student, whether 18 or 88. Life in the military is ordered. Service members and sailors are told what to wear, where to be and when, and what they will be doing.

In comparison, college life can feel chaotic. There are decisions to make, deadlines to meet, and a variety of policies and procedures that may or may not apply to you.

A FEW THINGS TO HELP YOU GET THE LAY OF THE LAND

What do I call my professor?
Each instructor will inform you how they would like to be addressed. You will hear everything from professor to Dr. to Mr./Ms./Mrs. and even first names. Just take your instructor’s lead.

How do I know if I am taking the classes I need?
Ongoing communication with your advisor will help ensure that you take the classes you need. However, you have lots of freedom to choose when you take them and from whom.

I know the offices on campus, but who do I contact there?
Finding a contact person in each office is a great way to feel like you are truly getting the help you need. Each time you visit an office, make a connection with a person that you can turn to next time you visit.

What if I need to drop a class?
The college has a policy on dropping and adding classes. Typically the Registration and Records Office can assist you with this, but you can also ask your advisor for guidance on the process.

CAMPUS SLANG
A few terms that are common on campus may be unfamiliar to you, like:

- **Text**—Short term for textbook
- **Campus Activities**—Programs open to the campus community
- **Canvas**—An online classroom tool that some instructors may use
- **Meal Plan**—Various dining plans that students can choose and use
- **Syllabus**—An outline that each instructor will provide with course specifics

Our campus also has some of its own slang. Be patient and listen. You will quickly pick it up and be talking our language.
We know that you never really stop being a service member. If you are no longer enlisted, you will always remember your experience that has shaped who you are today. If you are still on active duty, we are fully aware that your chance of being deployed or re-deployed is very real. We know that you may need to step away, without much notice. We want to support you during the emotional transitions you and your family will endure. We also want to make your transition out, or re-entry back into college, as easy and successful as possible.

**CYCLE OF DEPLOYMENT**

An extended deployment can have significant implications on a service member and his or her family. In addition to the many logistical considerations, there are many emotional transitions involved for both parties.

**Stage I: Pre-deployment**
- Time spent getting affairs in order
- Anticipation of leaving
- Emotional and physical distance from loved ones
- Training for upcoming mission

**Stage II: Deployment**
- Roller coaster of emotions
- Worries about security at home and on mission
- Sleep problems may ensue
- Relief that it is finally here

**Stage III: Sustainment**
- Finding independence, confidence
- Establishing a new routine
- Identifying new sources of support

**Stage IV: Re-deployment**
- Intense anticipation for service member’s return home
- Excitement and apprehension
- Getting things in order for return

**Stage V: Post-deployment**
- Honeymoon period
- Renegotiation of routine
- Rediscovering family roles
- Potential loss of independence


**CAMPUS DEPLOYMENT POLICY**

If you are called to duty, make the college aware as soon as possible. Contact Nontraditional and Military Student Services (NTMSS) to determine if:

- There are opportunities to complete current coursework online
- You can defer admission, tuition and/or fees
- If you can withdraw from classes without penalty and take them over in a future term
- BGSU has specific Military Call Up Procedures that should be followed to protect yourself and your GPA. See the NTMSS office for more information.
As a service member you were part of a unit that you contributed to and protected. Although your educational journey is very personal and individualized, you are still part of a team—the campus community! There are a variety of places on campus that you can go to for assistance with any concerns or questions you may have. The list below is an introduction to some campus staff and faculty who are here to help you whenever you need it.

Need to Discuss…
> Feelings of depression
> Sense of anxiety
> How to manage stress
> Lack of focus

Visit the Campus Counseling Center

Need to Discuss…
> Lack of sleep
> Loss of appetite
> Physical pain
> Current medical treatments

Visit the Falcon Health Center

Need to Discuss…
> Advice on managing your workload
> Various majors and minors available
> Info on “stopping out” options
> Resources available for test taking, tutoring or study skills

Visit Your Academic Advisor

Need to Discuss…
> Career options
> The transferrable skills you bring from your military experience
> Opportunities for internships, professional mentoring, job shadowing

Visit the Career Center

Need to Discuss…
> Opportunities to get involved in campus life and organizations
> Volunteer opportunities
> Ways for your family to participate in activities and events
> On-campus housing options available to you and/or your family

Visit the Division of Student Affairs

Need to Discuss…
> How to transfer credits
> What courses to take
> Concerns related to coursework
> Tutor recommendations

Visit Professors or Your Academic Advisor

Need to Discuss…
> Your educational benefits
> Scholarships available
> Challenges paying your tuition
> VA Work Study Program

Visit the Student Financial Aid Office
We want you to succeed...as a student, as a Veteran, as an employee, and as a family member and friend. There are so many support systems at your fingertips on campus, but sometimes you might want to look beyond.

**IN THE COMMUNITY**

**Local Vet Centers**
www.vetcenter.va.gov
Vet Centers provide readjustment counseling and outreach services to all Veterans who served in any combat zone. Services are also available for their family members for military related issues. Check out this site to find a center in your area.

**Student Veterans of America**
www.studentVeterans.org
Student Veterans of America (SVA) is a coalition of student Veterans groups from college campuses across the United States. Check out this site to find a chapter in your area.

**The American Legion**
www.legion.org
The American Legion is a wartime Veteran’s organization, devoted to mutual helpfulness. It is a not-for-profit community-service organization which now numbers nearly 3 million members, in nearly 15,000 American Legion posts worldwide. Find a post near you.

**ONLINE**

**United States Department of Veterans Affairs**
www.va.gov
The VA site is filled with information for Veterans returning home from war zones; resources for families of deployed or returning vets; material related to mental and physical health and so much more.

**Military.com**
www.military.com/
Military.com provides news and resources for members of all branches of the U.S. Armed Forces and their families.

**Veterans Network**
www.Veteransnetwork.net/directory.php
The network offers a directory of Veterans groups organized across the country.

**YOU ARE A RESOURCE**

As a member of the campus community, you can be a valuable resource too!

> Support other Veterans who are experiencing similar transitions.

> Share your leadership and service experience with campus programs and organizations.

> Be a good role model and mentor for younger, less experienced students.

> Challenge your peers, staff and faculty—help individuals and our college community grow.