



ETSU VETERANS UPWARD BOUND

Veterans Upward Bound

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VUB Fall Semester Information and Instructions

Page three of the newsletter contains the VUB 2019 Fall Semester schedule of classes. It contains all the precollege 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. Please call the VUB office to arrange this individual service.

We also provide tutoring for those who need additional preparation before taking the college assessment and placement exam.

Computer skills class meets twice per week, while all other classes meet only once per week. The semester is ten weeks in length.

We recommend participants register for at least two courses, allowing you to receive the full

benefit of the instruction and be better prepared when you enter a postsecondary program.

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

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.

TASP Scholarship Winner



The VUB staff would like to congratulate Mr. Frank Dunn for being selected as the VUB winner from the Tennessee Association of Special Programs (TASP) in the amount of \$400. He earned a 3.9 GPA and made the ETSU Dean's List for eight semesters.

Frank is a first-generation, disabled veteran who served four years with the 2nd Marine Division, 1st Battalion 6th Marines, Charlie Co. 2nd Platoon. He enlisted in June 1982. He served with distinction and was honorably discharged as a Corporal in June 1986. During his service, he trained at Bridgeport, California, for mountain warfare, Ft. Sherman, Panama for jungle warfare, and two tours to Okinawa, Japan. After his military career, Frank worked in residential construction and then operated computerized numerical control (CNC) machines at Borla® Performance Exhaust Industries. In 2009, he was diagnosed with Non-Hodgkin's Lymphoma. After 22

months of chemotherapy, thankfully, he was given a clean bill of health. Following his illness, he started thinking about his future and how he always wanted to further his education.

Frank was referred by a VA Vocational Rehabilitation and Employment counselor and joined VUB in fall of 2015. He received instruction in Introduction to Probability & Statistics and basic math and was provided academic assessments, veterans education benefits information, and college entrance assistance. Frank enrolled at ETSU in the 2016 spring semester and by the end of the fall semester, had earned 30 credit hours with a 4.0 GPA. He graduated Summa Cum Laude May 2019 with a BSW and enrolled in the advanced standing MSW Program summer 2019. Currently, he is working on his internship at Volunteers of America Mid-states (VOA) Supportive Services for Veterans Families (SSVF), which does case management for homeless veterans in the upper eight counties in Northeast Tennessee. Frank is commended for his extraordinary efforts in completing the requirements for a degree, his persistence, diligence, and example set for others to emulate. The VUB staff wishes the best in all you do.

In Memory of Marie McLaughlin

We are saddened to inform you that VUB achiever Mrs. Marie McLaughlin has lost her battle with cancer. Our hearts go out to Marie's family who lost a wife and a mother to that awful disease. We all know how proud they are of Marie's accomplishments and our thoughts and prayers are with her family. Marie was honorably discharged from the Air Force in 1973 and we met her through her husband, S.W. McLaughlin, in 2015. She expressed a desire to finish her degree at ETSU and we provided her with academic counseling, tutoring, and support as she enrolled in the 2015 summer

semester. She struggled with MS but still progressed to the point where she only had one remaining class and a capstone to finish her degree. She was concerned about keeping up with her studies up until her last days. After her death, Marie's family approached us and asked if we thought the university would award her degree. Carl Cole contacted Marie's advisor, Jo Anne Smith, and she started the necessary paperwork. Jo Anne contacted Carl to let us know the university is awarding Marie her posthumous Bachelor of General Studies. Her family is overjoyed to hear the news.

VUB's Summer/Fall 2019 Postsecondary Enrollment

<u>East Tennessee State University</u>	<u>Northeast State Community College</u>
Ryder Bailey Marine Corps	Dane Clark Army
Billy Bates Air Force	Shannon Harris Navy
Dustin Murphy Marine Corps	Lateasa Hildebrand Army
Bailey Overbay Army	Leslie Kestner Army
Christopher Tritico Marine Corps	Jason Mullins Army
Chloe Webb Army Reserve	Terry Peterson TN ANG
Andrew Wilson Marine Corps	Jason Tennant Navy
<u>Bartlett Electric Coop. Inc. Apprenticeship Lineman II</u>	Karen Toby Army
Codie Coleman Army	Kevin Triplett Air Force
<u>Colorado Technical University</u>	<u>Tennessee College of Applied Technology</u>
Annique Bradden Army	Destiny Brown Navy
<u>Internet Scoping School</u>	<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 and will continue to make.</p>
Diana Pedler Army	
<u>Landmark Learning Wilderness First Responder</u>	
Jacob Moss Marine Corps	
<u>Local 538 Pipefitter Apprenticeship</u>	
Taylor Hodge Army	

VUB's Spring/Summer 2019 Postsecondary Graduates

<u>East Tennessee State University Baccalaureate Degree</u>	<u>Northeast State Community College Associate Degree</u>
Frank Dunn <i>Summa Cum Laude</i>	Leon Jones
Christopher Hubbard	Michael Mellons
Natash Ince	<u>South College Baccalaureate Degree</u>
Marie McLaughlin	Matthew Shell
Steven Musick	<u>Southeast Lineman Training Center Certificate</u>
Timothy Seward	Codie Coleman
Melissa Taylor <i>Master's Degree</i>	

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.

EAST TENNESSEE STATE UNIVERSITY VETERANS UPWARD BOUND
VUB 2019 FALL SEMESTER : SEPTEMBER 9 - NOVEMBER 15
TENTATIVE SCHEDULE OF CLASSES/TUTORING (ETSU Main Campus / VA Campus)

<u>CLASSES</u>	<u>TUTORING</u>
<p><u>COMPUTER SKILLS</u> <i>Consists of Windows 2010, MS Word, Internet & E-mail</i> Monday/Wednesday ~ 9:00-10:30/2:30-4:00</p> <p><u>INTRO TO THE ACTIVE PRACTICE OF STATISTICS</u> Tuesday ~ 1:30-3:30</p> <p><u>LITERATURE/STUDY SKILLS</u></p> <p><u>FOREIGN LANGUAGE</u> Thursday ~ 9:00-12:00</p> <p><u>SCIENCE</u> <i>Includes physics, chemistry, earth science</i> Wednesday ~ 1:30-3:30</p>	<p><u>MATHEMATICS THRU PRECALCULUS</u></p> <p><u>ENGLISH</u></p> <p><u>COMPUTER SKILLS</u> <i>Consists of Windows 2010, MS Word, Internet & E-mail</i> Monday thru Friday ~ Flexible Time <i>Call the VUB office at (423) 439-2281 to arrange date & time.</i></p> <div style="border: 2px solid blue; padding: 10px; text-align: center; margin: 10px 0;"> <p><i>Check Us Out on the Web!</i></p> <p>www.etsu.edu/vub</p> </div>

OFF ETSU JOHNSON CITY / VA CAMPUS CLASSES *(Dates/times may be adjusted to meet student needs)*

<u>ETSU KINGSPORT-ALLANDALE</u>	<u>ETSU NAVE CENTER ELIZABETHTON</u>
<p>COMPUTER SKILLS I Tuesday ~ 9:00 - 10:30</p> <p>COMPUTER SKILLS II Tuesday ~ 10:30 - 12:00</p> <p>ENGLISH/MATH TUTORING Tuesday ~ TBD</p> <p align="center"><u>BRISTOL PUBLIC LIBRARY</u></p> <p>COMPUTER SKILLS/ENGLISH/MATH Tuesday ~ TBD</p>	<p>COMPUTER SKILLS</p> <p>ENGLISH</p> <p>MATH Monday/Wednesday ~ 5:30 - 9:30</p> <p align="center"><u>JOHNSON COUNTY EXTENDED SERVICE CENTER</u></p> <p>COMPUTER SKILLS ENGLISH/MATH Wednesday ~ 4:30 - 7:30</p>

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 2019 Semester ~ September 9 - November 15

Veterans Day Holiday ~ November 11

VUB Spring 2020 Semester ~ January 27 – April 10

Financial Literacy Information

The lack of financial literacy among veterans in America is one of many reasons for homelessness in the veterans 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 Fourth of Five Principles - [Spend](#)

The fundamental concept of Spend is: make a budget or a plan for using your money wisely. It's helpful to set short- and long-term financial goals and manage your money to meet them.

Actions You Can Take

- Live within your means.
- Be a smart shopper, and compare prices and quality.
- Track your spending habits and develop a budget or spending plan.
- Plan for short-term and long-term financial goals.

Hints and Tips

- A good way to take control of your spending is to set the maximum amounts you plan to spend each week or each month. Once you've set the maximum, stick with your plan.
 - It's helpful to track your spending over a few weeks or months to get a handle on how you are using your dollars and cents. Look into using on-line systems or phone apps for keeping track of your spending - you will be amazed at what you'll learn about your habits!
 - Be careful not to let a sale or discount coupon persuade you to purchase something you don't really need and that isn't in your spending plan.
 - When planning a big purchase, take time to comparison shop and check prices at a few different stores, by phone, or online.

Veterans Upward Bound is a unique program designed to assist eligible veterans to prepare for entering and succeeding in a program of post-secondary education. VUB has operated successfully at ETSU since 1980 helping hundreds of veterans achieve their educational goals. Through academic counseling, advising, encouraging, motivating, and providing basic skill and short-term remedial and refresher courses, VUB has been an important program in the lives of many veterans.

Take advantage of the many benefits VUB has to offer.

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