



THE TOPPER



MANAGING STRESS

These are stressful times, with the economy struggling, service members deploying and returning, political changes and more. How to manage stress without feeling overwhelmed? VUB offers some suggestions.

♦ **Get organized! Prioritize your activities.**

Set a schedule. Use a date book, personal phone book, computer files, etc., to keep on track and moving forward to your goals (use a calendar). Make a list of activities and try to accomplish the most important things on your list daily. Remember to also schedule time to do things you enjoy and that make you happy.

♦ **Shed the "superman/superwoman" urge.**

Be realistic. No one is perfect, so don't expect perfection from yourself and others. If you feel overwhelmed by some activities, learn to say NO!

♦ **Take one thing at a time.**

Tackle each task separately. This helps you focus on small tasks individually, rather than a mountain of duties and responsibilities.

♦ **Maintain important relationships and share your feelings.**

Let your family, friends, clergy, or counselor know how you are feeling. If you are feeling overwhelmed, don't

try to cope alone. Spend quality time with those you care about and who care about you.

♦ **Go easy with self-criticism.**

You may be expecting too much of yourself. It's great to set goals, but don't set yourself up for failure.

♦ **Join or develop a support group.**

Groups are usually available through churches, professional associations, and community agencies. Being around others in the same situation can be very helpful.

♦ **Get out and be with positive people.**

Help others, volunteer and network. It'll help you feel better about yourself.

♦ **Exercise regularly and eat a balanced diet.**

Live a healthy lifestyle with good nutrition, adequate rest, regular exercise, limited caffeine and alcohol, and balanced work and play. Keep doing the things that make you feel physically and mentally positive about yourself.

♦ **Review your accomplishments each day.**

You'll see the progress you're making toward your goals.

♦ **Meditate daily for ten to twenty minutes or use relaxation techniques.**

Take time to relax and rejuvenate.

Visualize how you can manage a stressful situation more successfully. Learning to relax and release stress will help in maximizing your quality of life.

Remember...most all of us experience stress in our lives. These suggestions are intended to help you minimize and manage stress so your life will be healthier, more focused, and hopefully more successful.

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Did you know...

♦ that free classes from VUB can help you avoid "non-credit" remedial college courses that do not count towards graduation and are not free

♦ that there are tests available like CLEP and DANTES/DSST that may be taken and if passed can

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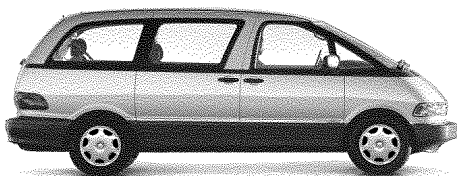
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Did you know... continued from page 1

save both time and money by providing credit hours that apply to a college degree

- ◆ that a college undergraduate student may take some master level courses and pay undergraduate course prices and the courses will apply towards the master's degree
- ◆ that some courses and/or training taken while in the service may be applied towards a college degree
- ◆ that after leaving the service there is only a 10-year period in which educational benefits from the GI Bill may be used
- ◆ that college financial aid offices can ascertain the educational funds available for each veteran
- ◆ that there are many ways to help finance educational goals including an installment payment plan.



NEED A RIDE?

All veterans needing transportation to the VA Campus in Nashville, TN can catch a ride by contacting the local American Legion Post.

Call (270) 781-4046, leave your name and spell it out, and leave the last 4 of your Social Security number. Don't forget to provide the date you need the ride.

The van leaves from the American Legion Post at 208 Dishman Lane at 7:30 sharp, so don't be late!

AWARDS BANQUET

A reminder to all our students that Friday, May 2 will see our 22nd annual awards banquet at the Carroll Knicely Conference Center located on WKU's south campus.

The event is held each year for current participants and alumni who have completed postsecondary school in the past year. During the program, VUB awards its yearly scholarships and other honors to our deserving students.

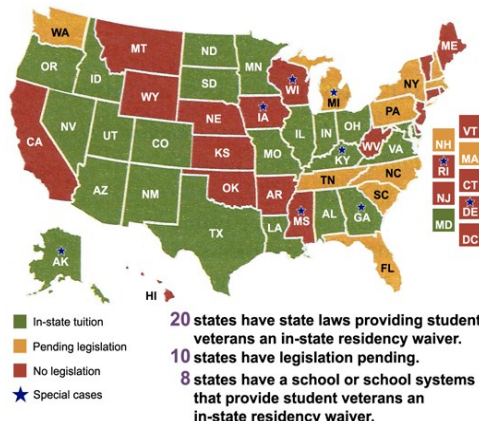
More information will be provided later in the spring. Our scholarship application is available online at www.wku.edu/vub. Click on the Scholarship Application link at the top of the web page to download the document. This year's deadline for applications is April 18.

In-State Tuition

Veterans who want more information about where to use their Post-9/11 GI Bill benefits have a great resource. A new online, interactive map—developed and launched in October by VFW, the Student Veterans of America, and the American Legion—allows student vets to view which states offer them in-state tuition.

Vets can access the map at SVA's website, www.studentveterans.org, by clicking the tabs "What We Do" and "In-State Tuition".

The map is color coded, with states shaded in green (denoting those offering veterans in-state tuition), gold (indicating where veterans in-state tuition legislation is pending) or red (meaning in-state tuition is not available and no legislation is pending). Users can also learn what state's



residency requirements are for vets to qualify for in-state tuition along with other related information.

Nine states also are marked with a star pointing out special circumstances. Iowa, for example, does not have a law granting in-state tuition for veterans. But the University of Iowa system provides a waiver to veterans, spouses and dependents.

The online map, which will be managed and updated by SVA, only lists public schools because, as the site notes, "private schools normally do not have different in-state and out-of-state tuition and/or fee rates".

The map is a centerpiece of a new campaign—called *In State 4 Vets*—launched by the three veterans organizations with the goal of securing in-state tuition at any U.S. college or university for all eligible veterans.

The Student Veterans of America, VFW, and the American Legion are working together to ensure that public colleges and universities in every state offer a quality, reasonably priced education to our newest generation of veterans.

On February 3, the House passed legislation that would require public universities to charge veterans in-state tuition rates or face a financial penalty.

Article adapted from VFW Magazine



NATIONAL DESERT STORM WAR MEMORIAL

A national war memorial honoring veterans of Desert Shield and Desert Storm is well into the planning and fundraising stage.

To many Americans, Desert Storm went a long way toward healing national scars from the Vietnam War, and elevated awareness of the U.S. military among the public. Of roughly 600,000 U.S. troops deployed, 293 died in theater, 149 of whom were killed in action.

Veterans have been part of the planning process from the start. The memorial association surveyed thousands of veterans and other citizen contributors, asking what they believe the war accomplished, how it should be remembered, and what a physical memorial should include or bring to mind.

A consensus is apparent from the first public renderings of the memorial, intend-

ed to be situated in Washington, D.C., near other national war memorials. Names of the fallen would be etched in the wall; the war's timeline shown in a 150-foot-long series of sculptured pictograms to include the 34-nation coalition; and it's hoped the memorial itself will be made of Kuwaiti limestone.

The memorial's walls and floor will evoke thoughts of the desert, with bronze statues depicting U.S. troops in gas masks and anti-chemical protective gear—the experiences of Gulf War veterans come to life.

The memorial association's top priority right now is fundraising; as a tax-exempt nonprofit organization, it seeks no taxpayer money. Any funds raised above the cost of construction will go to the National Park Service as a maintenance account in perpetuity. Two bills—H.R. 503 and S. 995—are

moving through Congress to authorize donations of federal land for the memorial, and need for co-sponsors. Other priorities include legal consulting, donor cultivation and online content development.

Learn more about the memorial:

www.nationaldesertstormwarmemorial.org

Article adapted from The American Legion Magazine

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TIME CHANGE!

Don't forget to set you clocks forward on Sunday, March 9 at 2:00am. That's when Daylight Saving Time officially begins.



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Notes and News

VETERANS UPWARD BOUND HAS SUCCESSFUL 2013 FISCAL YEAR

During VUB's past fiscal year—from October 1, 2012 through September 30, 2013—VUB had one of our most successful years in the history of the program. We served a record number of students: 165. We sent a record number of those to postsecondary schooling: 94. We helped 7 students earn 8 separate scholarships totaling \$4600. We added two new valuable team members, Krystol Stinson and Tyler Pruden. Last fiscal year (2011-2012) we had a consultant review and had another review this fiscal year. We made vast improvements that are crucial to our funding. We upgraded almost every piece of office technology, including both office and classroom computers. Finally, we began the transition to the Blumen database which will make all our record keeping more efficient.

The staff of VUB is very grateful to Rick Wright, our counselor/coordinator, whose extraordinary efforts at recruiting and serving our veterans has been the determining factor in helping us achieve such a successful fiscal year.



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WKU

The Director's Desk



Getting Back on Track

It's been a crazy winter in southcentral Kentucky. The seemingly endless snow and ice has put a damper on classroom attendance, which is understandable.

However, don't forget that if you're enrolled in VUB classes, you can log into your SkillsTutor account from **any** internet-connected computer. So don't let the weather stop you from improving your academic skills at home. Once you enroll in school, you'll be glad you took the time.

The Facebook Challenge (Part Two)

Last issue, I challenged you to help us reach 500 Facebook "likes" before this newsletter was published. How'd we do?

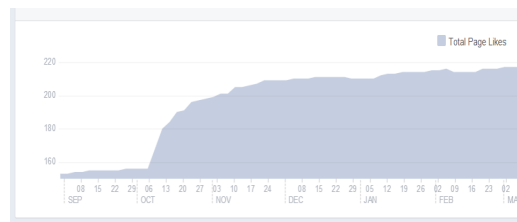
When we began the challenge, our page had 156 likes. Today, we're at 217. While we didn't reach the goal, we saw an impressive 39% increase in likes, nothing to sneeze at (see the graph at the right).

Thanks to everyone who participated. Still, I know we can reach 500 likes, so I'm reissuing the challenge.

- **Like our Facebook page** at (www.facebook.com/vubwku).
- **Share our page** on your wall, and **invite your friends** to like us, too.

VUB at WKU wants to assist even more southcentral Kentucky veterans refresh their skills and get into a university, college, or technical school. Help us reach as many vets as possible, and I'll keep you posted on our progress.

Davy Stone
Director, Veterans Upward Bound



Important Numbers and Dates

Schella Smith, WKU VA Certifying Official
(270) 745-3732

Stephanie Gabbard, VA Voc-Rehab, B.G. Office
(270) 846-2092

Military Student Services, WKU
(270) 745-5837

Carrie Orning, SKYCTC VA Certifying Official
(270) 901-1003

Department of Employment Services, Bowling Green
Don "Mac" McGlothlin (270) 746-7265

VA Regional Office, Louisville
(502) 566-4482

VA Regional Office, Nashville, TN
(615) 695-6384

VA Medical Center, Louisville
(502) 287-4000

VA Medical Center, Nashville, TN
(800) 228-4973

Military Records Branch, Frankfort
(502) 607-6040

American Legion, Bowling Green
(270) 781-3574 Veterans Service Officer
Veterans of Foreign Wars, Bowling Green
(270) 781-1872

MAR 7 ACT Registration Deadline

APR 12 ACT Test Date

MAY 2 VUB Awards Banquet at the Carroll Knicely Conference Center

MAY 9 ACT Registration Deadline

MAY 16-17 WKU Commencement

MAY 26 Memorial Day, VUB closed

JUN 14 ACT Test Date

JUL 4 Independence Day, VUB closed

AUG 25 WKU Fall Semester begins

SEP 1 Labor Day, VUB closed

*Please call early for information on test dates. VUB may pay testing fees, but to do so we must have your application at least six weeks prior to the registration postmark deadline.