

Veteran Educators Resource Packet

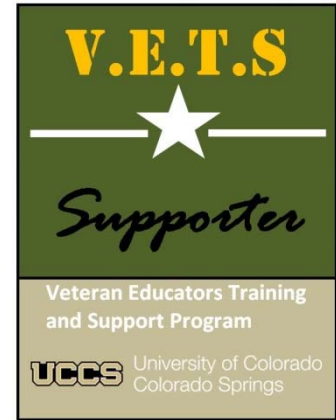


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- II. Veterans Friendly Instructor Sheet
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- V. Military Beliefs and Values on Campus

Veteran Educators Resource Information:

This packet was designed to give resources to faculty and staff, to include specific tools, links, contact information



Student Veterans Resource Guidesheet

Office of Veteran and Military Student Affairs – services provided

- Counseling Referral
- Education Benefits Certification
- Education Benefits Counseling
- General Campus Information
- Transition/ Deployment Assistance
- In-State Tuition Waivers
- Computer Terminals for Completing VA Related Paperwork for Students

Resource Contact Information

- Office of Veteran and Military student Affairs, (<http://www.uccs.edu/~military/>)
255-3253, Forster House (East of Parking Lot 1)
- Mental Health Counseling Center, (<http://www.uccs.edu/~counsel/>)
255-3265, Main Hall 324
- Disability Resources and Testing Services, (<http://www.uccs.edu/~dservice/>)
255-3536, Main Hall 105
- Public Safety, (<http://www.uccs.edu/~pusafety/>)
255-3111, Public Safety Building (DPS1) (First floor Parking Garage)
- Dean of Students, (<http://www.uccs.edu/~dos/>)
255-3091, Main Hall 322

Affiliate Partner Resources – Counseling and Suicide Prevention

- Mobile Vet Center, (Readjustment Counseling), (<http://www.uccs.edu/military/mobile-vet-center.html>) Brian Murphy, 719-471-9992
- Aspen Pointe (Peer Navigator Program for Veterans)
(<http://www.aspenpointe.org/ddnav/AspenPointe+Peer+Navigator-4-16.html>)
719-635-7000 (crisis line)
719-572-6100 (call center)
- Veteran Crisis Line (<http://www.veteranscrisisline.net/>)
800-273-8255
text to 838255 for immediate text response from a counselor

Online Resources for Teaching and Learning:

U.S. Department of Veteran's Affairs (<http://va.gov/>) can be used to search for specific Veteran related issues e.g. PTSD

Veteran Friendly Toolkit, Site containing resources for Faculty and Students Specific to Veterans (<https://vetfriendlytoolkit.acenet.edu/Pages/default.aspx>)

-Opening Lines of Communication: (<https://vetfriendlytoolkit.acenet.edu/academic-services/Pages/Opening-Lines-of-Communication.aspx>)

-Accommodations for Student veterans (<https://vetfriendlytoolkit.acenet.edu/academic-services/Pages/Accommodations.aspx>)



Veteran and Military
Student Affairs

UNIVERSITY OF COLORADO
COLORADO SPRINGS



Are you a veteran friendly instructor?

- Use multiple delivery methods in the classroom and alternative media for reviewing classroom assignments.
- Provide syllabus and PowerPoint presentations in advance.
- Provide opportunities for students to submit assignments for feedback prior to the final grade
- Schedule time to interact with the student veteran population, both in and outside of the classroom
- Get to know your students collect information from all students on note cards, or through an on-line survey
- Give useful, immediate feedback on all assignments
- Develop a course packet to avoid expensive text books
- Include psychological services contact information in your syllabus
- Include in syllabus ADA statement: psychological health injuries (such as PTSD), or cognitive disabilities (TBI)
- Clearly defined all assignments in the syllabus
- Foster an atmosphere that encourages direct communication with all students (office hours, email, ect.)
- Distinguishes political policies from those individuals who have had to actually carry out those policies
- Modify attendance policy in the syllabus to include flexibility for VA appointments or military duties
- Include visible signs of support in your office (such as an American flag)
- Seek to reduce classroom distractions (laser pointers, setting classroom behavior expectations)
- State clear learning objectives for the course
- Include practical and hands-on types of activities
- Incorporate active learning in your course (think-pair-share, role playing, discussion)
- Scaffold longer assignments (provide detail of smaller tasks with specific deadlines)
- Clearly define team projects with unambiguous goals

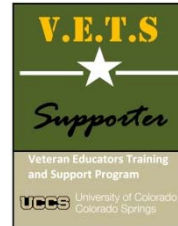
UCCS FALL 2013 Enrollment: 10500

Veteran/Military Students: 1000



Veteran and Military Student Affairs

UNIVERSITY OF COLORADO
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University Counseling Center
1420 Austin Bluffs Parkway
Colorado Springs, CO 80918
Phone: (719) 255-3265
Fax: (719) 255-3302

Some Ideas To Help Accommodate Working With Students With PTSD

Memory:

- Provide written instructions
- Post written instructions for use of equipment/regular, consistent tasks involving this office
- Use a wall calendar
- Use a daily or weekly task list
- Provide verbal prompts and reminders
- Help use electronic organizers or hand held devices
- Allow/recommend the students to tape record meetings
- Provide written minutes of each meeting
- Allow additional training/practice time for new tasks

Lack of Concentration:

- Reduce distractions in the environment
- Provide space enclosures or a private space for tasks they have to perform
- Allow for the use of white noise or environmental sound machines
- Allow the student to play soothing music through a headset while waiting
- Increase natural lighting or increase full spectrum lighting
- Divide large assignments into smaller goal oriented tasks or steps
- Plan for uninterrupted work time

Time Management/Performing or Completing Tasks:

- Make TO-DO lists and check items off as they are completed
- Divide large assignments into smaller tasks and steps
- Schedule weekly meetings to determine if goals are being met
- Remind the student of important deadlines via memos or e-mail

Disorganization:

- Use calendars to mark meetings and deadlines
- Use electronic organizers
- Assign a mentor to assist student whenever possible

Coping with Stress:

- Allow longer or more frequent work breaks
- Provide additional time to learn new responsibilities/tasks
- Restructure task to include only essential functions
- Recommend/refer to counseling
- Assign one consistent person to answer student's questions

Working Effectively:

- Giving instructions or training in writing or via e-mail
- Provide detailed frequent guidance and feedback
- Provide positive reinforcement
- Provide clear expectations and the consequences of not meeting expectations
- Develop strategies to deal with problems

Dealing with Emotions:

- Refer to counseling
- Use stress management techniques to deal with frustration
- Allow the use of a support animal
- Allow frequent breaks

Sleep Disturbance:

- Keep one consistent schedule as much as possible
- Allow for a flexible start time

Muscle Tension or Fatigue:

- Build in "stretch breaks" during a long appointment
- Know physical therapy and yoga resources

Panic Attacks:

- Allow the student to take a break and go to a place where s/he feels comfortable to use relaxation techniques or contact a support person
- Identify and remove environmental triggers such as particular

- smells or noises
- Allow the presence of a support animal

Diarrhea/Vomiting/Nausea:

- Allow flexible bathroom breaks
- Make sure the student can access the bathroom discreetly

Headaches:

- Provide alternative lighting
- Take breaks from computer work or from reading print material
- Practice stress-relieving techniques

Transportation Issues:

- Eliminate non-essential travel
- Allow extra time for travel
- Allow/recommend the student bring a support person



Campus Compact of the Mountain West

VTSC

MILITARY BELIEFS AND VALUES TO CAMPUS

As a result of military training and experiences, what beliefs and values does a Veteran bring to a college or university campus?

- I will never fail.....I must get perfect grades.
- I will respect authority.
- I live my life in selfless service to others.
- I will not hesitate or falter in my mission.
- Success is a matter of life and death.
- Quick decision-making saves lives.
- You don't understand the world I come from.
- I can never show weakness – "Pain is weakness leaving the body."
- I can't ask for help because others perceive me as weak and less able.
- The world is about fight or flight or absolutes.
- I must contain my emotions.
- Every detail is important.
- I must be in control of my surroundings.
- Being lethally armed means that I can protect myself and others.
- For junior enlisted, I expect someone to tell me what I need to do.

Others?