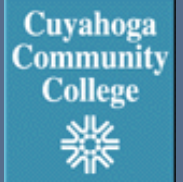


Veterans Upward Bound

presents

Fall 2008

Veterans Personal Enrichment Workshops



**Open to All Veterans Enrolled at TRI-C & VUB Registered Students
All Workshops on Thursdays 1:30-2:45pm, MLA Rm. 108**

rev 9/10/08

College Study Strategies- September 25th

Jackie Fiocca and Julie Vasu, VUB Instructors

This workshop will discuss the importance of good study habits and how to develop them. Participants will learn how to improve their note taking and test preparation. This workshop will also help you disarm the stress associated with tests and replace it with useful ways to improve one's chances for success.

Reinventing your Career after the Military- October 2nd

Dr. Louis Busacca, Director Veterans Upward Bound

Many veterans spent their college-age years serving their country, or they left college to serve. Now you deserve the opportunity to pursue your educational and career goals. In this workshop, you will evaluate your interests and preferred work environment to help you make an informed decision about your career. Included is a free interest inventory and plenty of valuable handouts.

Scholarship & Financial Aid Opportunities for Veterans- October 9th

Ms. Stacy Watts, Advisor Cleveland Scholarship Program

This workshop teaches participants where to locate, apply for, and best practices for securing scholarships. Participants will learn the differences between student loans and grants, review the process for applying for Federal Student Aid via the Free Application for Federal Student Aid (FAFSA), and discuss eligibility for receiving and maintaining educational grants.

The Latest in VA Services- October 23rd

Ms. Toni Johnson, LSW, Department of Veterans Affairs & Advisor TRI-C Educational Opportunity Center.

Participants will learn about the latest updates in services available from the Veterans Administration and will be provided assistance with making contact with proper VA offices.

Taking Charge of Stress, Part I- October 30th

Dr. Louis Busacca, Director Veterans Upward Bound

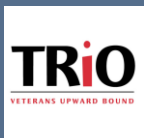
Informative video "The New Warrior" by the Department of Veterans Affairs will discuss how returning soldiers take charge of stress, PTSD, along with homecoming and wellness issues.

Taking Charge of Stress, Part II- November 6th

Dr. Louis Busacca, Director Veterans Upward Bound

This workshop will help you understand how stress affects your body, mind, spirit and relationships. We will discuss normal reactions to stress and treatment issues relevant to veterans. Helpful handouts and where to go for support will be included.

For more information, call 216-987-4938



Veterans Upward Bound

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MLA Building Room 301

Cleveland, Ohio 44115

Phone (216) 987-4938

www.tri-c.edu/pathways/Pages/veterans.aspx

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