Veterans Resource Center

As the Fall Semester comes to a close, we at the VRC hope that you have had a good semester and have survived finals week. We know that school can be stressful and challenging, so congratulations on another semester down!

The VRC will be open during Winter Break. Feel free to stop by and relax or study for your Winter Session classes.

Also, we hope you all have a very Happy Holidays. Be safe and see you all next semester!

-Veterans Resource Center Staff

Veteran Student Organization (VSO) Update

Sweatshirts have been ordered and should be delivered sometime around Monday, December 17th. Please stop by during finals week or during Winter Break to pick yours up. If you didn’t pre-order one but would still like order one, we have extras! Stop by the VRC for more information!

End of the semester party has been planned! December 21st, starting at 8 pm, at the VFW on Forest Ave. Find all the details here.

As always, if you or someone you know is interested in joining the VSO or receiving email updates, let us know so we can add them to the distribution list.

-Veteran Student Organization
Veterans Services

A few reminders from the School Certifying Official (SCO):

The School Certifying Official’s office is in 101 Bailey Hall, Gorham Campus, in the Registrar’s Office. However, on the first Tuesday of the month during the fall and spring terms, the SCO is available at the Veterans Resource Center (VRC) in Woodbury Campus Center, Portland Campus, for those who prefer to set up a time to meet there.

**LAC 180 Update: Need more veterans**

There are still open seats in the veteran-specific section of LAC 180, Academic Self-Management. This is a three-credit, blended course offered this Spring 2013 term, which includes face-to-face meetings on most Wednesdays during the term (4:10-5:25 pm, 1 Payson Smith Hall), plus an online element. If you want to register, please contact Student Success, 207.780.4040, or Carolyn Cutting, 207.780.5232 – you will not be able to register yourself, as the course is not viewable on MaineStreet, so we can be sure to limit enrollment to veterans. The course number is 13714.

Although we had enough interest to create the course in the system, only nine students are enrolled, and if we do not enroll a few more students we may not be able to offer the course, so if you are a freshman or sophomore, who still needs some general electives and you think you could benefit from improving your academic achievement, please consider enrolling. A course description is listed below.

**LAC 180 Course Description:** This learning strategy course explores the six major control components that usually contribute to high academic achievement: motivation, methods of learning, use of time, monitoring of performance factors, and relationships to both physical and social environment. Presentations and readings involving learning research and theory are interconnected to student participation, assessment, and self-monitoring activities. Students will engage in the self-management and self-prescriptive process to determine what specific academic behaviors will best assist individual academic performance. Students must be registered in at least one other college course in order to provide an application-practice field.

**Reminder: Send in your certification requests**

If you have not already done so, please send in your Request for Certification via the following link: Certification Link. For those who have already sent in their request, thank you. Please notify the SCO if you make any changes to your schedule.
### December 2012

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| 17 Winter Session Begins | 18 | 19 | 20 | 21 Last Day of Finals  
VSO End of Semester Party |
| 24 | 25 Merry Christmas! | 26 **“Season of Light” Holiday Show** | 27 **“Season of Light” Holiday Show** | 28 |
| 31 **“Season of Light” Holiday Show** | 1 | 2 | 3 | |

Most Events are Links! Click them for more details!

### January 2013

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<td>7</td>
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<td>9</td>
<td>10</td>
<td>11 Winter Session Ends</td>
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<td>14 Spring Semester Begins!</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18 Open House/Chili Cook-Off @ Portland Vet Center (All Day)</td>
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<td>21 <a href="https://example.com">Martin Luther King, Jr. Day (No Classes)</a></td>
<td>22 <a href="https://example.com">Wrestling) Coast Guard</a></td>
<td>23 VSO Meeting @ 3pm in the VRC.</td>
<td>24</td>
<td>25 <a href="https://example.com">USM Pride Day</a></td>
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For more USM events, check out the [Official Calendar](https://example.com).
As we come into finals, and prepare for another semester, keep in mind the advice of Edward Abbey, noted environmental writer and troublemaker, to save half your energy for yourself. This is an old sailor’s motto: "one hand for the ship" (and if you don’t hang on and take care of yourself, it is harder to survive to be an old sailor). You've got to sustain yourself, so that means keeping your energy so you can go the distance. This means being efficient in your studies too. So here is some advice.

When you are doing something that uses equations, always write out the formulae and the units before just setting up the numbers. This helps you keep track of conversions—like being sure to get an answer in the right format (say meters per second, rather than seconds per meter, if that is what is asked for). A corollary of this approach is to provide an order of magnitude guesstimate of the answer. For example, if you are asked to calculate the speed of a moving automobile, you know the answer has to be somewhere between zero and maybe 120 mph (which you’d convert to kph). Then when you do the calculations, with your formulae written out and with all the units, you have a range for what the answer could be.

When you are reading text for a test or a chapter/article for comprehension, use the Rule of Three. This is a classic approach used by many professors and other professionals. First, scan it once through; just focusing on what captures your attention. This might be just tables, illustrations and their captions, and bold subheadings. Second, read it again. Go over every single word, whether you comprehend it or not. Just be a reading machine and process through it. Third, read it one more time, go back and focus on what you did not comprehend during your second read.

A similar approach is applied to writing anything from an essay response on an exam to a term paper or journal article. Cherry-pick/high-grade the easy stuff that comes into your mind right away. Write these down as notes, then go make an outline of your arguments/answer/paper. Then flesh-out. Then go back and target what needs additional work—do research as necessary to address those trouble spots. Writing is a skill and many people use an approach similar to this. Remember that in writing, reading, and studying, smaller, more frequent sessions have been empirically shown to be more useful for learning than a single longer session even if it puts in more time than all the separate little sessions.
Community Resources

- Portland Veterans Network
  - The Portland Regional Chamber has assembled a network of partners offering all free opportunities for those Veterans who are unemployed or students to guide them to jobs, education, and wellness.
  - [Click here for more information!](#)

- Pineland Farms Veteran Activities
  - Pineland Farms offers various activities, including a Veterans Cycling Program, Veterans Archery Program, and Veterans Running Club, that run weekly at various times.
  - [Click here for more information!](#)

- Operation Tribute
  - Operation Tribute (O.T.) believes that the sacrifice and bravery of the children of military families should be recognized and a debt of gratitude be acknowledged. One manner that O.T. demonstrates this country’s appreciation is by providing a holiday package to every child of military service members that requests one.
  - [www.OperationTribute.com](http://www.OperationTribute.com) or call (207) 221-0296

- Applying for an Occupational License?
  - A new Maine law (Public Law, Chapter 603) is intended to ensure that veterans are given credit for relevant military training and experience when applying for an occupational license as an electrician, plumber, boiler operator and other professions.
  - More information can be obtained by contacting Bob LeClair at (207) 624-8678 or [robert.v.leclair@maine.gov](mailto:robert.v.leclair@maine.gov). Contact should be made before submitting an application
  - Will need a copy of you DD214 & DD2586.
Did you know that USM has a variety of options for busy people?

We can help you find the time to finish your degree, take a class, or learn a new professional skill. As an adult, it's tough to fit school into a life full of work and family responsibilities. With USM Professional and Continuing Education (PCE), you get the flexibility you need. We have options that work for you - online, in the evening, on weekends - fall, winter, spring, and summer.

Here's what you can accomplish:

- **Finish your degree.**
  For many people, an undergraduate degree is unfinished business - life happened on the way to graduation. At USM we offer online bachelor completion programs designed for adult students with busy lives.

- **Advance your career.**
  Workshops and professional development certificate programs offer short, intensive boosts to your career. The focus is on current information and practical skills that you can learn today and apply tomorrow.

- **Earn or maintain a credential.**
  We offer training and test prep in Human Resources, Project Management, or Lean Six Sigma to help you earn and renew your certification.

- **Take a course as a non-degree student.**
  You don't have to apply to take a course at USM. As a non-degree student you have access to hundreds of courses. Call our office at 780-5900 and we'll help you register.

Interested in learning more? **Call, click, or come by.** We’re here to help you!
Hey Commuters…don’t miss the bus…on getting involved!

Did you know that students who get involved in at least one extracurricular activity will probably have better grades and are more likely to graduate? Not to mention, getting involved will help you get a job, because you’ll be able to set yourself apart from the other recent graduates with your extracurricular experiences. With stats like that…why wouldn’t you get involved? Yea. I know. You’ve got a family, a job, obligations outside of USM….or maybe you just don’t know where to start. Meetings typically last an hour each week, and will give you a chance to meet people with similar interests to you. Clubs and organizations plan exciting activities too. You’ll feel more connected to your peers, and USM. That’s what it’s all about. Meeting people and making connections.

It may be a little late this semester to find something that peaks your interest, but I implore you to take some time over Winter Break to research the opportunities that USM has for you. We’ve got a great resource called Pathways. Test it out. And then, when you get back in January, try out one of the 50+ student organizations. I bet you find something that makes you enjoy your time at USM even more than you already do.

Do you have questions, comments or just want to talk about your involvement options? Contact Me (Julia Pond), at Jpond@usm.maine.edu, or come by my office in Portland Student Life. I’m here to help commuters build connections!

Want to contribute an article? Have suggestions about what information should be included / excluded in the next newsletter? Let us know what you think!

Email us at veterans@usm.maine.edu.