

# How YOU can help?

Generally, there are three different types of support that student veterans need to be successful. These are:

## Peer Support

Encourage participation in:

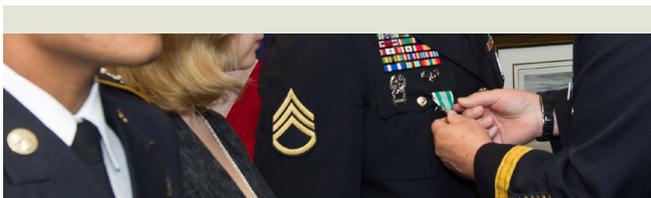
- A club such as the UW-Stevens Point Veterans club or other organization
- Tutoring services
- First-Year Seminar for military students

## Transitional Support

- Refer students to the Office of Admissions and Recruitment for military transcript transfer credit questions
- Refer students to the Veterans Education Benefits Coordinator to set up their benefits
- When students show signs of physical or mental stress, provide information on where to get help

## Provide Academic Support

- Recognize that financial aid and veterans benefits are different
- Help students ease into their schedule; avoid difficult classes in the first semester
- Allow flexibility for military obligations and VA appointments
- Educate yourself about the Military Leave policy published on the UW-Stevens Point veterans Web page



# Supporting Student Veterans

## A Guide for Faculty and Staff

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Financial Aid and Veteran Services  
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# Potential challenges to academic success

Hearing may be impaired. There are high rates of tinnitus (ringing in the ears) among veterans.

Traumatic brain injury (TBI) can result in physical and cognitive issues such as balance, dizziness, headaches, attention and concentration problems.

Post traumatic stress (PTSD) can include re-experiencing symptoms, avoidance symptoms and hyper-arousal symptoms. These symptoms can occur from such things as a car backfiring, classroom setups and crowds.

Sleep can be difficult for many, which may affect attendance and ability to focus.

Chronic pain including headaches may make sitting for long periods difficult and negatively affect mood, behavior and cognitive function.

Mandatory training and VA medical appointments are not flexible and may affect attendance.

Many veteran students have a family, attend school and hold down a job.

Veterans are reluctant to ask for help.

## How can I help?

Military life is very structured and students may struggle with the lack of routine. It can be helpful to assist them with creating a time management schedule.

Student veterans may demonstrate a lack of patience with others in the classroom, particularly with class interruptions, lack of focus in the classroom and disrespect toward the instructor. When you notice this behavior, try not to call attention to it.

The transition from combat to civilian life and school can be challenging. This can be frustrating for healthy student veterans and even more so for those veterans working through physical

and mental issues. Creating an atmosphere of patience and a caring attitude is beneficial.

Student veterans and service members bring many strengths to the classroom: strong work ethic, maturity, confidence, high motivation and discipline. Assignments allowing them to use these skills can be beneficial to everyone.

Refrain from asking about military service in a group setting unless the student veteran self discloses. Discussions about religious and political views may also be volatile. These types of conversations can adversely affect students with mental health issues.

## Do's and don't

### DO NOT:

- Assume the worst
- Label with PTSD
- Make them stand out from their peers
- Make them a spokesperson for "war" or the military
- Ask "did you kill anyone" or "did you see anyone die"

### DO:

- Provide support and structure
- Recognize service and sacrifice
- Expect good performance, but remember it takes time to adjust



## Contact information

### Veteran/Military Educational Benefits

Christopher Smith  
Financial Aid and Veteran Services; 715-346-2687

### Counseling Center

Delzell Hall-Third Floor; 715-346-3553

### Disability and Assistive Technology Center

Albertson Hall Room 609; 715-346-3365

### Tutoring-Learning Center

Albertson Hall Room 018; 715-346-3568