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or search for

CSUSB Veterans Success Center

Location: Bookstore Basement, Room B006

Contact: (909) 537 - 5195 & (909) 537 - 5196

Marine Corps Birthday Celebration

On Nov. 1, 2013, the Veterans Success Center and campus Marine Corps Veterans hosted the Cal State San Bernardino Celebration of the 238th Marine Corps Birthday. The U.S. Marine Corps was founded during the American Revolution. During that time, many important political discussions took place in the inns and taverns of Philadelphia. The discussion that founded the Marine Corps is no exception. A committee of the Continental Congress met at Tun Tavern to draft a resolution calling for two battalions of Marines able to fight for independence at sea and on shore. The resolution was approved on Nov. 10, 1775, officially forming the Continental Marines.

As the first order of business, Samuel Nicholas became commandant of the newly formed Marines. Tun Tavern's owner and popular patriot, Robert Mullan, became his first captain and recruiter. They began gathering support and were ready for action by early 1776. Each year, the Marine Corps marks its birthday with a celebration of the brave spirit which compelled these men and thousands of men and women since to defend our country as United States Marines.

The CSUSB campus celebration incorporated all of the elements of the traditional Marine Corps Birthday with a few additions that acknowledge the four other branches of the Armed Forces. These elements include the Escort Detail where our campus Marines wielded their swords in precision, the cake cutting ceremony honoring the oldest and youngest Marine, the reading of Gen. Lejune's message. Rueben Perales, USMC veteran and committee chair for this year's celebration stated, "It's important to teach and pass on our traditions to future Marines and the community so that we can maintain our proud heritage well into the future." Many thanks to our event sponsors: The Student Veterans Organization, Tossetti Family, Fontana High School JROTC, [desi]gn cakes & cupcakes, Coussoulis Arena and Sodexo.



The Veterans Success Center Honors Our Fallen Comrade Barry Fletcher (Paul B. Fletcher III), U.S. Army Veteran



On Tuesday, Oct. 8, 2013, at 10:15 a.m., CSUSB faculty, staff and students gathered together at Riverside National Cemetery for the formal military honors of our fallen comrade, CSUSB student and U.S. Army veteran, Barry Fletcher

After the service, mourners joined the family at their residence in Hemet reminiscing and remembering this wonderful man.

“Our family has been overwhelmed with the love, support, and kindnesses

extended to us from so many people. It has been amazing to see how many lives Barry touched with his magical smile, goofy humor, and many passions in life. Please accept our deepest thanks for your efforts to console and carry us through this demanding and tragic time in our lives.” remarked a family member.

Barry left behind a wife and two sons, both of whom are serving in the military (U.S. Navy and U.S. Coast Guard).

VSC to Partner with SAIL Program

The VSC and SAIL program staff will join forces to serve student veterans that are first time freshman. SAIL, which stands for “The Student Assistance in Learning Program,” provides services aimed at increasing the college retention and graduation rates of targeted undergraduate students. “We are so fortunate to have entered into this partnership as SAIL has built a sound reputation for helping students achieve academic success. For example at the end of the 2012-2013 academic year, 95 percent of SAIL’s participants were in good academic standing,” remarked VSC Coordinator Marci Daniels.

Student veterans must meet the following eligibility requirements to participate: current or incoming CSUSB undergraduate student; U.S. citizen or permanent resident; low-income or a first-generation college student or disabled. For more information contact Marci Daniels at (909)537-5196 or email daniels@csusb.edu.

Brown Bag Lunch Series



National Expert David Coleman Spoke at the Veterans Success Center!



Army Veterans Lawrence McCrary and Fred Cervantes Flank David Coleman

Honored 13 times as the *National Speaker of the Year*, David Coleman has spoken to over 2 million people in all 50 states including more than 2,500 college campuses, corporations, conferences, military installations, churches and civic groups. His enthusiastic and engaging programs have helped expand students’ connections and potential. At November’s Brown Bag Lunch Series, Mr. Coleman discussed transitioning from a “battle mind” to the “campus grind.” He also discussed the advantages and disadvantages military members have in regards to building relationships. Many thanks to Mark Hartley and the SLD crew for providing this wonderful opportunity.

Arts and Crafts Program at VSC

Help Hospitalized Veterans (HHV) was founded in April 1971, about a year after a group of concerned San Diegans visited with several Marines who had been wounded in Vietnam while recuperating at the Balboa Naval Hospital. The Marines were asked, "How can we help you?" The answer, "Give me something to do with my hands." Overtime, the kits have proven to have a tremendous therapeutic value. In some cases that value turned out to be a physical one. For example, stringing together a leather kit can help hand-to-eye coordination and dexterity, while painting kits eased minds deeply scarred with memories of the battlefield.

Since its inception in 1971, Help Hospital Veterans (HHV) has distributed 26 million arts and crafts kits along with other programs and services to our nation's hospitals. HHV neither seeks nor receives government funding. Fortunately, for the Veterans Success Center, Richard Burke, has chosen our center as a craft care site. Every Wednesday, Mr. Burke will bring new and different arts and crafts kits including leather crafts, sun catchers, paint-by-numbers, latch-hook rugs, poster art, plastic and wood models/crafts, and must more. All that HHV asks is that you complete a postage paid postcard to the kit's funder to thank them for their donation. So stop by the VSC and get your craft kits today!



Graduating Student Veterans, Order Your Graduation Stole Today

Call the Veterans Success Center at (909)537-5195 or e-mail Marci Daniels at daniels@csusb.edu to receive your free graduation stole. Make sure to include your full name, email address, phone number, and branch of service.



The Veterans Gradation Celebration will be held on November 26, 2013 at 6:00 p.m. in the Obershaw Dining Room. Dinner will be provided.

If you have a GPA of 3.0 or higher you qualify for the S.A.L.U.T.E Honor Society. Applications are available at the VSC or contact Jaime Espinoza by **NOVEMBER 20, 2013** at (909) 537-5196 or e-mail at jespinoza@csusb.edu.

Finals Week

Finals Week (Dec. 3-6, 2013) is quickly approaching. Each quarter during the regular academic year, the Veterans Success Center extends its hours of operation, Monday through Thursday, the two weeks before final exams week until 8 p.m. so that you can study. We also provide a hot lunch to help nourish your brain. Below are some great tips to help you improve your final exam grades:

1. Talk to your professors before the exam. Your professor created the exam so he/she knows what's going to be on it. Visit your professor during office hours so you can get a better idea of the course material you need to study. Attend the department's organized study sessions as they usually cover areas pertinent to the exam.
2. Determine whether the final exam is comprehensive. For example, some professors have finals that cover all of the material from the quarter; others may only test on the material covered since the last exam. This is important so that you can focus your studying efforts more effectively.
3. Look over your other exams. Your professor has an exam style. Look at previous exams that you've taken in the class to see what material your professor often thinks is important enough to test on and what formats he or she likes to use -- and then plan your study approach accordingly.
4. Create or join a study group. Studying with peers is also a great way to break up the material: each person can make a study guide for certain chapters so that the group collectively creates a comprehensive study guide together.
5. Ask other students who have taken the class before what to expect. Chances are someone you know has taken the class you are in before you. Query them to find out what the course final is like and how you should prepare yourself.



8 Cheap, Smart and Easy Things You Can Eat in a Jiffy

By Kelci Lynn Lucier

1. A protein or energy bar.
2. A healthy salad.
3. An energy shake. (Note: This is not the same thing as a canned energy drink.)
4. A muffin that wouldn't count as cake if you changed its shape.
5. A quick sandwich.
6. Fruit and peanut butter. Apple or banana? Good idea. Apple or banana with some peanut butter? Even better. The protein will help fuel your brain longer.
7. A microwave meal. Yes, ramen might be your signature dinner item. But "splurging" on a frozen meal you can zap quickly in your microwave might be a better option, given how important your test is.
8. Trail mix. If your campus dining hall doesn't have it, chances are somewhere else on campus does. Grab a quick bag (or better yet, keep some in your room) for some quick and easy (and tasty!) food before your exam.

Navy Birthday Pictures





How Do **YOU** Prepare For Midterms and Finals?

We asked our student veterans how they prepare for their tests and if they had any tips for others.



Byron O Woods Sr., USMC Veteran

Before every exam I make a timetable for what I'm going to study and when. Then I make a list of what needs to be studied and cross the assigned tasks off as I go along. I set a time for myself to take breaks. Drink lots of water, and most importantly don't stay up too late, eat a balanced dinner and a light breakfast. I don't want to be stuffed and get sleepy while taking the exam. I get up in plenty of time to get to class, so I have time for one more quick glance at the material and get my confidence up and nail the exam.

Rodolfo Landaverde, U.S. Army Veteran

This is how I study: I read my books, make flashcards and when I have down time at work I re-read my flash cards again. Also, I show up to every class on time, sit in the front or at least second row of the classroom. That way I don't get distracted by the rest of the students.



Jordan Gallinger, USMC Veteran



One of the biggest things that I find helps me study for midterms is the syllabus. Even if I can't remember all the information that we covered up until then, I can look there for all the information I need and then look at the relevant notes to help get a general idea of what I'm going to need to study. Once I've determined what I need to look at, a nice place to myself – with the phone off – helps me concentrate and take all the information in. I like to quiz myself and try to remember all the information, then go back and study the stuff I wasn't able to master the first time around, until I can go through all the information without having to actually look at the answers.





Tracy Pittsley, U.S. Navy Veteran

In preparation for midterms and finals, I formulate study groups with my classmates at the library. We review and compare our notes, devise study guides and quiz one another. I spend time at the library using flashcards, studying using mnemonics to memorize information easier and use the white board to study large amounts of information, I rewrite and organize my notes and ask my teacher if I have any questions that need clarification.



Sarah Patterson, U.S. Air Force Dependent

We all know that getting ready for finals can be extremely stressful! I found that if I'm prepared then there is no reason to be stressed. One technique that works really well for me is making flashcards of key terms and important concepts. Flashcards are quick and easy to make and much more convenient than carrying around your binder or notebook. Another great technique is working with people from your class and forming a study group! This way everyone can bounce ideas off of one another and get feedback on topics they aren't clear about in a much more comfortable friendly setting.

Kenneth Jacobs, USMC Reserves

To study for finals I am utilizing my professors' office hours to ask them questions about problems I do not understand. For my philosophy classes, I am reading and reading. For my physics class, I diligently do the homework that he assigns to us and I read the labs to ensure I understand the material. So basically I just study as much as I can up until the test and hope that I get a high score.



HAPPY TURKEY DAY!!

Veterans Success Center
 Please join the Veterans Success Center for a Thanksgiving Feast with all the fixings! On Wednesday, November 26th, from 11:30 A.M. to 1:00 P.M.

Rec Sports Honoring Veterans

November 4-12 Daily:

- Write messages to veterans on cards to be posted in the SRFC and delivered to veterans after event.
- Bring photos of veterans to post in the SRFC on our "Veterans Honor Wall".
- Free guest pass for veteran SRFC Members.
- Free guest pass for veteran CSUSB faculty, staff and Alumni Association.
- Free "CSUSB Honors Veterans" T-shirt for CSUSB Student Veterans (pick up at the Membership Desk).

Monday November 11:

- 11am Moment of Silence in the Student Recreation and Fitness Center (2 minutes).

Tuesday, November 12:

- Lunch will be provided to CSUSB Veterans at the Rec Center, 11:30am - 1:30pm