

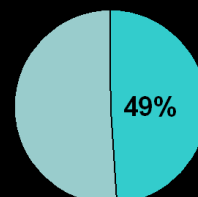
Student Veteran Facts

Did you know . . .

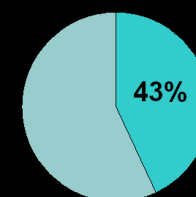
- 500+ military and veteran students are on campus - 184 new admits for 2010-2011?
- WMU has been nationally recognized three times as being a top military friendly school?
- Symptoms of Post Traumatic Stress Disorder and other post-combat related issues can first surface in the classroom?
- Many of these student veterans are referred to services available to them at WMU **by their instructors?**



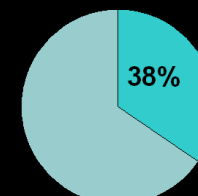
Returning Home:



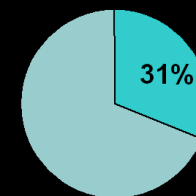
Army National Guard



Marine Reserves



Army



Marines

Percentage of combat veterans reporting symptoms of post-traumatic stress disorder, depression or anxiety 90 to 120 days after returning from war.

Traits of Student Veterans

- | | |
|-----------------|--|
| • Reliable | • Very mature for their age |
| • Responsible | • Very experienced - especially with basic necessities of life |
| • Dependable | • Global perspective |
| • Dedicated | • Heightened sense of awareness |
| • Trainable | • Goal-driven |
| • Knowledgeable | |
| • Respectful | |
| • Punctual | |

Why do veterans struggle in college?

- Used to being with others of similar background
- Need personal support
- View college as confusing
- “Unfriendly” policies and procedures
- Lack of funds / benefits slow to arrive
- Feel out of place with the traditional age students
- Overwhelmed by life
- Lack of empathy from fellow students/ staff

Unique Needs of Veterans

In the Classroom

- Vets respect and appreciate faculty who can control distractions (cell phones, lap tops, side conversations, etc.) in the classroom
- Veteran students need to be encouraged to meet with faculty and make them aware of unique considerations
- If the student is active military he/she may be deploying or returning mid-semester
- They may have ongoing appointments with the Veterans Affairs or other on-campus service providers
- They may not want to be identified as vets in class
- Recognize the disparity between vets, both young and old, and other students, especially the younger students
- Vets may not prefer multiple activities that interfere with their educational experiences
- Vets may prefer to sit closest to the door or with their backs to the wall
- Vets may find loud noises disturbing
- Out of place items and changes in routine or plans may cause vets anxiety
- Vets can be hyper-vigilant - they may not "let their guard down"
- Student veterans under strong pressure or anxiety may experience flashbacks, periods of disfunctionality or leave class during a test or other stressful situation

- Source: Supporting Veterans in the Classroom Webinar, PaperClip Publications, September 22, 2009

Suggestions from Student Veterans

- Treat each of us as an individual - I may have been in heavy combat or sat behind a desk
- Political beliefs have no bearing in the military - one does what they are told regardless of political affiliation
- I may or may not be ready to talk about my experiences but I have a story to tell
- Trust may be something I have trouble giving
- Veterans may be too proud to ask for help
- It is okay to let a vet student know you can see they are struggling
- Sometimes student issues are unrelated to being a vet
- Encourage us to seek HELP!

What you can do - refer!!

WMU offers many services for student veterans and military, collectively known as the "System of Care." If in doubt please refer a student to our office or one of following:

Office of Military and Veterans Affairs
1260 Ellsworth Hall
(269) 387-4411
wmich.edu/military

The Counseling Center
At Sindecuse
(269) 387-1850
www.wmich.edu/counseling

Sindecuse Health Center
(269) 387-3287
shc-webmail@wmich.edu

Disability Services for Students
2210 Wilbur - Woodlawn Place
(269) 387-2116 • www.wmich.edu/disabilityservices

Center for Academic Success Programs
1260 Ellsworth Hall
(269) 387-4411
www.wmich.edu/casp

Center for Counseling and Psychological Services
3109 Sangren Hall
(269) 387-5105

Department of Psychology Clinic
3700 Wood Hall
Medical Health Sciences Center
1000 Oakland Drive
(269)387-4500
(269)387-8302