



Military to College Guide

Student Veterans of America

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FOREWORD

This guide is designed for those who have already accessed their benefits and those that are seeking information on the process and benefits of transitioning into higher education. It is not intended to be a replacement of government documents or resources or an institution's already established policies and procedures. Hence, this guide should be used as a starting point and/or supplement for your transition from the military into the college setting.

In addition to using this guide, we suggest that you contact the VA Education Office in your area to determine the educational benefits available and which ones best suit your educational needs. If you are still serving on active duty or reserve, consider *all* of your educational benefits and the resources you have before separating to ensure a smooth transition. Also note that some states offer educational benefits for veterans that are in addition or supplemental to federal benefits; so make sure to inquire about these possible benefits within your state as well.

Lastly, be encouraged and assured by the fact that this transition has been made by many of your comrades who are now leaders in the civilian world and are rooting for you to make it as well. Your experience in the military will greatly benefit you during the transition into college and allow you to be successful. Knowing that higher education institutions are set up similar to government agencies (specifically military hierarchies), will assist you in navigating the various "paper" requirements at these institutions. Still, the challenges of transition are vast as the needs of student veterans vary depending on eligibility, interests, and educational goals. This uniqueness is the impetus of this publication.

VETERANS EDUCATION BENEFITS CHECKLIST

Mission: This guide was designed to help veterans making the transition into college a success.

Before enrolling in a higher education institution:

- Decide which school you would like to attend. What do you want to study?
 - Contact the VA Certifying Official at each school to make sure they are approved by the VA.
Find approved VA Education Programs:
Link: http://www.gibill.va.gov/GI_Bill_Info/programs.htm
Phone: 1-888-442-4551

- Apply for admission
 - Check with each higher education institution for specific requirements

- Complete the Free Application for Student Aid (FAFSA)
 - www.fafsa.ed.gov, Watch for deadlines
 - Your FAFSA application determines your eligibility for low or no interest student loans as well as state and other federal grants.
 - Report any veterans' benefits you will be receiving.
 - If you have not paid taxes, report the income you received for the calendar year specified in the FAFSA application.
 - Financial aid is calculated based off of your previous year's earnings. If this doesn't accurately reflect your income at the time you will be taking classes, file a financial aid appeal at the college you will be attending to have your application reassessed.

- Compile all transcripts from previous colleges and any military training that can be evaluated for transfer credit. Find your military transcripts:
 - **Army/American Council on Education Registry Transcript System (AARTS):**
Link: <http://aarts.army.mil/>
 - **Community College of the Air Force Transcript Request Forms (CCAR):**
Link: <http://www.maxwell.af.mil/au/ccaf/transcripts.asp>
 - **Defense Activity for Non-Traditional Education Support (DANTES)**
Link: http://www.dantes.doded.mil/Dantes_web/DANTESHOME.asp
 - **Sailor/Marine American Council on Education Registry Transcript (SMART):**
Link: <https://www.navycollege.navy.mil/transcript.html>

- Inquire about any required testing for placement, for example, math and foreign language programs.

- Attend the school's orientation process and learn about the following:

- Rules, Regulations, & Policies
 - Tutoring Sessions, Team Athletics, & Extracurricular Activities
 - Financial Aid
 - Housing Availability
- Consult an academic advisor.
- Register for classes
- Apply for VA benefits
- Contact the VA Certifying Official on campus to apply for benefits.
Complete VA Form 22-1990:
 Link: <http://www.vba.va.gov/pubs/forms/22-1990.pdf>
Complete VA Form 22-1995 for a change of program/school:
 Link: <http://www.vba.va.gov/pubs/forms/VBA-22-1995-ARE.pdf>
If discharged from active duty provide the VA Official with your DD214:
 Link: <http://vetrecs.archives.gov/>
 - Typically you will have to wait 8-12 weeks to receive your first education related check from the VA.
 - Once you receive the check, you need to verify attendance every month (unless you are a Ch.33 Voc Rehab veteran) either by:
 - Phone: (877) 823-2378 or
 - Link: <https://www.gibill.va.gov/wave/default.cfm>
 - Contact your VA Certifying Official if you have any change in enrollment status including adding courses, dropping courses, withdrawing, or receiving incomplete grades.
- Contact your local VA Hospital for access to VA health care services and information on service-connected disabilities.
- Veterans of OEF/OIF may contact their program managers at the VA Hospital for more information on specific OEF/OIF health care services and service-connected disabilities.
- **OEF/OIF Program Managers**
 Link: <http://www.oefoif.va.gov/>
- If you are service-connected or had tailored curriculum/procedures during high school, contact the institution's disability services for assistance.
- Disability services are available for both visible and invisible disabilities so don't be afraid or ashamed to ask for help.

IMPORTANT: Your medical history and records, both mental and physical, are private. They should only be disclosed to the University or institution's disability office when seeking services on a need-to-know basis. Professors, administrators (outside of the disability office), or VA certifying officials have no need to know the specifics of your disability so do not disclose to them any private information. If you have questions or feel that your HIPAA rights are being violated, contact the ADA administrator, the VA or the institution's disability office before disclosing any private information.

- Is there a student veteran club organized at your college or university?
 - If so, they can assist you in this process.
 - If not, start one once you are settled on campus with SVA
 - Link: <http://www.studentveterans.org>
 - Phone: (202) 470-6100

- Apply for scholarships and grants.
 - **Fast Web Scholarship Search Engine**
Link: <http://www.fastweb.com>
 - **Fin Aid Scholarship Search Engine**
Link: <http://www.finaid.org/scholarships>

- Contact a local Veterans Service Officer if you need help filling out VA Forms.
 - **Veteran Service Officer Database**
Link: <http://www1.va.gov/vso/>

FROM COMBAT TO COLLEGE...

Navigating the Transition to College

Many similarities exist between that Transition Week in boot camp and the transition into a higher educational system. However, in college, the transition may take a little longer which may be more frustrating, but we assure you—you will get accustomed to the jargon and processes just like you did in Boot camp and eventually you'll be helping a fellow student-veteran through the process.

You will be treated like a number and pushed along from office to office. Sometimes this runs smoothly and sometimes it doesn't, but the key thing to remember is that this process is just a part of the higher educational curriculum to prepare you to eventually be a leader in the civilian world. Still, college has its own uniqueness in that you choose what you want to learn, when you want to learn it and how fast or how slow you want to go. This section is written to help you maximize your learning and minimize your out of pocket expenses.

- **Start with a few courses to ease into the transition.** If possible, choose a mix of courses that tap different skills and have varying amounts of reading and problem-solving assignments (e.g., math and English; science, music, social science)
- **Take notes during class and consider recording lectures.** Helps to ensure that you stay on top of the material, especially if you have trouble focusing. In some cases, you may need to contact the institution's disability office to obtain written permission for recording lectures.
- **Get to know your professors and ask for their help.** They are there to help you learn and can make recommendations on strategies to master their specific course materials.
- **Studying: take notes, lots of breaks, find a study partner.** Find a quiet and comfortable location and take notes while reading. This will help you to retain the information. Be sure to build in several short breaks, more if you find yourself easily distracted. Some people find it easier to study with another student. Visit your college's academic services for more tips on studying.
- **Take advantage of the school's resources such as academic services, tutoring, and counseling.** If it's been awhile since you were in school or you had difficulty learning while in high school, seek out the many academic and counseling resources available at your college. Such resources are designed to help you identify your learning needs and to help you succeed in college.
- **Participate in student activities as a way to break down barriers to you and other students.** In addition to joining the local student veterans club, you might consider

getting involved in other on-campus activities. Such involvement may help you feel more connected to other students and the larger campus community.

- **Recognize that others may not agree with you or understand your service in the military.** Agree to disagree - nearly everyone has an opinion about the military and the war. Respectfully decline to answer any question that makes you feel uncomfortable.
- **Regular exercise and relaxation techniques will help reduce overall anxiety, hyper arousal, and improve concentration.**
- **Learn to recognize your own signs of physical and mental stress and seek help before you are overwhelmed.**
- **Get plenty of rest, exercise, and eat right** – these habits will help keep you strong physically and mentally

Choosing an Institution of Higher Education

Choosing a higher educational institution depends on your own unique goals and how you want to apply your education in the future. Therefore, it is difficult to provide specific assistance via a general guide such as this so we encourage you to contact your State's Department of Employment (aka the unemployment office) or your local VA advisor for more specifically tailored information. Veterans education advising may also be obtained at these locations as well as direction to employers in which you may be interested. You may also contact an education advisor at your local VA or a community college in your area.

Generally, we have listed below some considerations you should make in choosing an institution.

If you are a first time student:

1. Consider your family needs (e.g. finances, child care, spouse needs, etc.)
2. Consider how much time you have per day for school (both attendance and studying)
3. Does your career goal(s) require a specific or general degree, and if so, does the institution offer this degree?
4. Does your career goal require certification instead of a degree?
5. Does your military education transfer into the institution?

If you are a transferring student:

1. Consider whether the school you will be transferring to will accept your current credits
2. What the institution costs: include books, fees, travel, and expenses
3. Does your military education transcript transfer into the institution?

Military Transcripts & Online Education

It must be understood that institutions of higher learning possess wide discretion in determining admissions into their institutions. Specific policies regarding acceptance or denial of transferring credits are also at the discretion of the higher education institution. However, if you feel that you are being discriminated against for reasons outside of these policies in applying to the institution or getting credits accepted, you should contact your SVA representative or VA rep to rectify the situation.

Online Programs and Military Transcripts:

Choosing an institution of higher learning is very important and must be done by researching the various schools in which you plan to attend. The 21st century has changed the educational landscape from the traditional brick & mortar institutions to those found in the virtual world of the internet. Increasingly, military members are attending online schools to get a jump on their education prior to exiting the military, and even more continue or start online courses to accommodate their busy and demanding lifestyles. As a result, online education and military credit acceptance has become complicated. This section is meant to inform student veterans of the issues to help them make educated decisions in choosing the higher education institutions that will best suit their ultimate goals and current lifestyle.

While online schools and courses widely accept military credits and give credit for military service, many traditional schools do not. In this same vein, many traditional schools may choose not to accept certain online courses or may choose not to accept any online coursework. This inconsistency in policies has caused many student veterans undue stress in restarting their education. Therefore, it is our hope that the reader will be well prepared in handling these complicated issues. The major key to circumventing this problem is to have clear goals when starting your education and knowing how you will apply your education upon graduation.

Transferring Credits:

Even after making well-informed decisions regarding their educational goals, many students find that their needs change and they no longer need or want to attend an online school (transferring school) and seek to transfer to a more traditional school (the accepting institution). Before doing so, the veteran should check the accepting school's criteria for accepting online and military coursework. Also note that you should not rely on the transferring school's accreditation as an "automatic" transference of credits to the accepting institution. The veteran should have a degree plan in place and check it with the advisor at the accepting school every semester to ensure that the veteran is not wasting valuable time or eligibility in courses that will not transfer.

Veterans Education Transition Program (VET)

In the fall of 2010, Student Veterans of America (SVA) launched its VET Program training for VET Advisors in the DC area. Under the guidance of VET Advisors, this peer mentorship program provides a supportive environment through which SVA chapters will provide support

and mentorship to wounded warriors to facilitate a successful transition from rehabilitation to academic life. VET Advisors will be trained through SVA's collaborative effort with the Wounded Warrior Project.

Under the VET Program, VET advisors will reach out to wounded warriors who identify an interest in pursuing higher education. These VET advisors will endeavor to develop a friendship that provides support and mentoring as the veteran proceeds through the stages of identifying career goals, choosing the institution that fits their needs, gaining admission, accessing support resources, and successfully earning a degree. The extent of involvement depends on the needs and wishes of the potential student.

In Spring 2011, Student Veterans of America will be launching a pilot program specifically tailored to wounded veterans in areas of the country outside of DC (locations TBD). This program will be headed by the Director of VET and the VET Coordinator under the purview of the Director of Operations. Additional and detailed information will be available via the VET Program Handbook which will be available late 2010 via www.studentveterans.org/resourcelibrary/.

SVA Mental Health & Fitness Program

Most veterans admittedly deal with mental and emotional issues that do not stem from any physical wounds. As the War on Terror continues, mental and emotional stresses of all levels have been identified but professionals have determined that healthy mental habits and a network of support after military exposure can alleviate many of these stresses.

As a result, SVA has partnered with the Give an Hour nonprofit organization and the University of Michigan Depression Center to ensure our student veterans are mentally fit in their civilian pursuits. The SVA Mental Health & Fitness Program will be available as a pilot program in Fall/Winter 2010.

Combat Stress

Transitioning from any area of life can be stressful but transitioning from combat to a college campus present unique challenges; as such, you should be aware of the symptoms associated with combat stress and how to get help in managing it to ensure a successful higher education experience.

Combat Stress Reference Guide

“The first signs of stress for many combat veterans appear 3 to 4 months after returning home”
Army Times January 7th, 2005

Symptoms of Combat Stress:

- Sleep disturbances
- Flashbacks

- Poor concentration or lack of concentration
- Negative self image
- Depression
- Anger issues
- Alienation and Isolation
- Memory impairment
- Loss of interest in things they once loved
- Problems with intimate relationships
- Alcohol and drug problems
- Survivor guilt
- Trust issues
- Suicidal thoughts

Contributors of more severe Combat Stress symptoms:

- Longer period of time in combat
- Negative situations upon returning home
- No support system
- Medics, frontline combat veterans

Ways to Manage Stress Injuries:

- Talk things out with someone you trust; memories of the magnitude associated with combat stress will only stay suppressed for a minimal amount of time until they become unbearable. Medical and non-medical professionals are available to talk to if you are isolated from friends or family. Reintegration Centers (aka Veteran Centers) are an excellent, no/low cost, confidential resource for veterans and their families for transition stress management.
- As a student veteran, taking a music appreciation class or writing class may help you relieve stress by listening to music and learning the processes of dealing with stress through the arts. It is also a good idea to keep a log of how you are feeling and noting triggers of negative emotions, e.g. guilt, unprovoked anger, etc.
- Engage in physical activity, work out, play sports, keep active and don't sleep all day or isolate yourself. Again, as a student, you may be eligible to try out for collegiate athletics or intramural sports offered at the institution.
- Avoid quick fixes that dull your symptoms such as alcohol and non-prescription drugs; talk to a professional if needed.
- Large, busy places like malls or shopping centers may trigger some sort of anxiety. *Planning and preparing* can be the key to success. If you go to the mall, don't stay long if you feel uncomfortable or go to the restroom take a break so you can clear your head and relax.

Changes in Family Relationships

It is important for you to understand that problems will present themselves in your relationship with a significant other upon returning home and may cause resentment in one or both partners. Healing and getting back on track will take time so don't rush it. Don't lose focus, talk about

your expectations with your partner and if needed seek reintegration assistance available for couples & families through the VA, a Vet Center, or other VSO that offers this type of service. Also, stay connected with your SVA chapter to talk with others who may be having similar issues; building a strong personal network is key in managing homecoming stress.

Important Self Help Tips when Returning Home:

- Limit alcohol, caffeine, nicotine, and illegal substances
- Limit news watching or traumatic information
- Talk to peers or professionals
- Get plenty of sleep and rest
- Keep a Good Diet
- Write, Read
- Keep on a schedule
- Listen to relaxing music
- Plan family activities
- Engage in Volunteer work
- Learn to recognize signs of stress and emotional triggers

EDUCATION RESOURCES

VA Education

Montgomery GI Bill Active Duty (Chapter 30):

The MGIB program provides up to 36 months of educational benefits. This benefit may be used for degree programs, certificate programs, flight training, apprenticeship/on-the-job training and correspondence courses. Remedial, deficiency, and refresher courses may be approved under certain circumstances. Generally, benefits are payable for 10 years following your release from active duty.

Link: http://www.gibill.va.gov/GI_Bill_Info/Info/Text/Active/Active_Menu.htm

Pamphlet: http://www.gibill.va.gov/pamphlets/CH30/CH30_Pamphlet_General.htm

Payment Rates: http://www.gibill.va.gov/GI_Bill_Info/rates.htm

*****Buy Up Rates*****

Some service members may contribute up to an additional \$600 to the GI Bill to receive increased monthly benefits. For an additional \$600 contribution, you may receive up to \$5400 in additional GI Bill benefits. The increased benefit is only payable after leaving active duty, and the additional contribution must be made while on active duty. For more information contact your personnel or payroll office.

Link: http://www.gibill.va.gov/GI_Bill_Info/rates/600_buyup.html

Post 9/11 Veterans Educational Act of 2008 [New GI Bill] (Chapter 33):

The Post 9/11 Veterans Educational Act of 2008 program provides up to 36 months of educational benefits. This benefit may be used for degree and certificate programs, flight training, apprenticeship/on-the-job training and correspondence courses. Remedial, deficiency, and refresher courses may be approved under certain circumstances. Generally, benefits are payable for 15 years following your release from active duty.

Based on your length of active duty service, a veteran is entitled to a percentage of the following:

- Cost of tuition and fees, not to exceed the most expensive in-state undergraduate tuition at a public institution of higher education (paid to school);
- Monthly housing allowance* equal to the basic allowance for housing payable to a military E-5 with dependents, in the same zip code as your school (paid to you);
- Yearly books and supplies stipend of up to \$1000 per year (paid to you); and -A one-time payment of \$500 paid to certain individuals relocating from highly rural areas.

**Note: The housing allowance, books and supplies stipend are not payable to individuals on active duty. The housing allowance is not payable to those pursuing training at half time or less or to individuals enrolled in distance learning. Individuals are limited to a maximum of 48 months of entitlement when using benefits under two or more programs (i.e. 30, 31, 32, 33, 35, 1606, and 1607). Individuals eligible under chapter 30 who elect to receive benefits under chapter 33 are only entitled to the number of months they had remaining under chapter 30 (including any revoked months of transferred entitlement) up to a maximum of 36 months).*

Link: <http://www.gibill.va.gov/>

Pamphlet: http://www.gibill.va.gov/pamphlets/CH33/CH33_Pamphlet.pdf

Montgomery GI Bill Selected Reserve (Chapter 1606):

The MGIB-SR program may be available to you if you are a member of the Selected Reserve. The Selected Reserve includes the Army Reserve, Navy Reserve, Air Force Reserve, Marine Corps Reserve and Coast Guard Reserve, and the Army National Guard and the Air National Guard. This benefit may be used for degree and certificate programs, flight training, apprenticeship/on-the-job training and correspondence courses. Remedial, deficiency, and refresher courses may be approved under certain circumstances.

Link: http://www.gibill.va.gov/pamphlets/CH1606/CH1606_Pamphlet_General.htm

Pamphlet: http://www.gibill.va.gov/pamphlets/CH1606/CH1606_Pamphlet.pdf

Payment Rates: http://www.gibill.va.gov/GI_Bill_Info/rates.htm

Reserve Educational Assistance Program [REAP] (Chapter 1607):

REAP (Chapter 1607 of title 10, U.S. Code) is a new education program that provides up to 36 months of education benefits to members of the Selected Reserves, Individual Ready Reserve (IRR), and National Guard, who are called or ordered to active service in response to a war or national emergency as declared by the President or Congress.

*****Buy Up Program*****

Some reservists may contribute up to an additional \$600 to the GI Bill to receive increased monthly benefits. For an additional \$600 contribution, you may receive up to \$5400 in additional GI Bill benefits. You must be a member of a Ready Reserve component (Selected Reserve, Individual Ready Reserve, or Inactive National Guard) to pay into the “buy-up” program. For more information contact your personnel or payroll office.

Link: http://www.gibill.va.gov/GI_Bill_Info/benefits.htm#MGIBSR

Pamphlet: http://www.gibill.va.gov/pamphlets/CH1607/CH1607_Pamphlet.pdf

Payment Rates: http://www.gibill.va.gov/GI_Bill_Info/rates.htm

FAQ: http://www.gibill.va.gov/pamphlets/CH1607/REAP_FAQ.htm

Veterans Educational Assistance Program (VEAP)/Post Vietnam Education Assistance:

Chapter 32, VEAP is available if you first entered active duty between January 1, 1977 and June 30, 1985 and you elected to make contributions from your military pay to participate in this education benefit program. Your contributions were matched on a \$2 for \$1 basis by the Government. This benefit may be used for degree and certificate programs, flight training, apprenticeship/on-the-job training and correspondence courses. Remedial, deficiency, and refresher courses may be approved under certain circumstances.

Link: http://www.gibill.va.gov/pamphlets/CH32/CH32_Pamphlet_General.htm

Pamphlet: http://www.gibill.va.gov/pamphlets/CH32/CH32_Pamphlet.pdf

Survivors' and Dependents' Educational Assistance (Chapter 35):

Dependents' Educational Assistance provides education and training opportunities to eligible dependents of certain veterans. The program offers up to 45 months of education benefits. These benefits may be used for degree and certificate programs, apprenticeship, and on-the-job training.

Link: http://www.gibill.va.gov/pamphlets/CH35/CH35_Pamphlet_General.htm

Vocational Rehabilitation (Chapter 31):

The Vocational Rehabilitation and Employment (VR&E) Program is authorized by Congress under Title 38, Code of Federal Regulations, Chapter 31. The mission of VR&E is to help veterans with service-connected disabilities with a rating 20% or more to prepare for, find, and keep suitable jobs. Also, VR&E Service provides vocational-educational counseling to veterans and certain dependents.

VR&E can provide a wide range of vocational and educational counseling services to service members still on active duty, as well as veterans and dependents who are eligible for one of VA's educational benefit programs.

Link: <http://www.vba.va.gov/bln/vre/vrs.htm>

State Resources

State Resources

Check with your state for additional benefits and financial assistance. A guide to your state's Department of Veteran's Affairs and state higher education agencies can be found at the following links:

Link: <http://www.studentveterans.org/resourcelibrary/state-resources.php>

Link: http://wdcrobcolp01.ed.gov/Programs/EROD/org_list.cfm?category_ID=SHE

University Resources

University Resources

Check with your university's financial aid advisor and/or veteran's representative/liaison for additional benefits and financial assistance.

Scholarships

Student Veterans of America Scholarship Program

The SVA Scholarship program is awarded twice per year. It is available for any individual member of SVA that will be enrolled in the Fall or Spring semester following the application period. SVA considers service contribution to SVA on a local, regional or national level, volunteer service, academics and financial need. Scholarship applications are available during the spring and/or fall and granted for the fall/spring semester.

Link: <http://www.studentveterans.org/programs/>

AFCEA Educational Fund

The AFCEA War Veterans Scholarships are offered to active-duty and honorably discharged U.S. military veterans (to include Reservists and National Guard personnel) of Operation Enduring Freedom (Afghanistan) or Operation Iraqi Freedom. \

Candidates must be currently enrolled and attending either a two-year or four-year accredited college or university in the United States and must be majoring in the following or related fields: electrical, aerospace, systems or computer engineering; computer engineering technology; computer information systems; information systems management; computer science; physics; mathematics; or science or mathematics education. Each scholarship award is \$2,500.

Link: <http://www.afcea.org/education/scholarships/undergraduate/ChapterScholarships.asp>

AMVETS Scholarships

AMVETS annually awards scholarships to veterans/active military, their children or grandchildren. A child or grandchild of a deceased veteran is also eligible. This scholarship is

awarded on the basis of academic excellence and financial need. AMVETS scholarships go to deserving high school seniors, high school JROTC students and veterans pursuing a higher education.

Link: <http://www.amvetsnsf.org/scholarships.html>

Troops to Teachers

The Troops to Teachers (TTT) is a Dept of Defense *Denfense Activity for Non-Traditional Education Support* (DANTES) program that enriches the quality of American education by helping to place mature, motivated, experienced, and dedicated personnel in our nation's classrooms. TTT provides financial assistance, counseling, and employment referral through a network of state TTT Placement Assistance Offices.

Link: <http://www.ProudToServeAgain.com>

VA MortgageCenter.com Scholarship

Mortgage Center.com is proud to now offer five bi-yearly \$1,500 scholarships in conjunction with our Military Education Scholarship Program. The process and purpose is simple: many college students currently struggle to meet the financial requirements of pursuing their education, even with the help of financial aid and other scholarship programs. These scholarships are awarded each year in May and November.

Link: <http://www.vamortgagecenter.com/scholarships.html>

VFW Military Scholarships

The VFW's Military Scholarship program provides 25 \$3,000 scholarships annually to VFW members who are currently serving in uniform or have been discharged within the 36 months before the December 31 deadline.

Link: <http://www.vfw.org/index.cfm?fa=cmtty.levelc&cid=1836&tok=1>

EMPLOYMENT RESOURCES

VA Work Study Program

VA Work Study Program

If you are a full-time or 3/4-time student in a college degree program, vocational program, or professional program, you can "earn while you learn" with a VA work-study allowance. The VA work-study allowance is available to persons training under the following programs: Chapters 30, 32, 33, 35, 1606, and 1607. You'll earn an hourly wage equal to the Federal minimum wage or your State minimum wage, whichever is greater. If you're in a work-study job at a college or university, your school may pay you the difference between the amount VA pays and the amount the school normally pays other work-study students doing the same job as you.

Services you perform under a VA work-study program must be related to VA work. Examples of acceptable work are: processing VA paperwork at schools or VA offices, performing outreach services under the supervision of a VA employee, and/or performing services at VA medical facilities or the offices of the National Cemetery Administration. The work you actually do will depend on your interests and the type of work available.

For forms and information, one or more of the following offices or representatives can assist you: any VA regional office, any VA office or Vet Center, local representatives of veteran's organizations, or Reserve Education and Incentives Officers.

Link: <http://www.gibill.va.gov/pamphlets/wkstud.htm>

Employment Help

Employer Support of Guard and Reserve:

Guardsmen and Reservists have the right under federal law to return to their civilian jobs following their deployment or activation. Those who think they have been treated unfairly by their employers should contact

Link: <http://www.esgr.org>

Phone: 1-800-336-4590

REALifelines:

This is a joint project of the U.S. Department of Labor, the Bethesda Naval Medical Hospital and the Walter Reed Army Medical Center.

Link: www.dol.gov/vets/programs/real-life/main.htm

Career Command Post (CCP):

CCP specializes in bringing transitioning active duty military personnel and armed forces veterans together with civilian employers hiring for executive, managerial, professional, technical, skilled and semi-skilled positions, from the Military Transition Group, Inc.

Link: http://www.quintcareers.com/former_military.html

Vet Biz:

Vet Biz is set up for veterans to start their own business. More information is at the link below.

Link: <http://www.vetbiz.gov/>

Patriot Express:

The Small Business Association (SBA) has launched loan programs to help veterans start their own businesses.

Link: www.sba.gov/patriotexpress

Vet Jobs:

This is a great resource for veterans and employers looking to connect for specific and general careers. Jobs listed here are both government and private.

Link: www.vetjobs.com

Recruit Military:

This is an excellent source to connect student veterans with jobs in corporate America.

Link: <http://www.recruitmilitary.com/>

HireVetsFirst:

HireVetsFirst is a government-backed free job search engine that includes help with resume building/writing for veterans.

Link: <http://www.hirevetsfirst.gov/>

Veteran Employment:

This Veteran Employment website is partnered with Monster.com and allows veterans to search for jobs including jobs that require a security clearance.

Link: www.veteranemployment.com

Military OneSource:

Link: www.militaryonesource.com

Hire Veterans:

The Hire Veterans website provides resume posting, archiving, and several employment opportunities for veterans.

Link: <http://www.hireveterans.com/>

Helmets to Hardhats:

Helmets to Hardhats was started in 2003 to help veterans with a construction background or those seeking to enter the field to facilitate streamlined information to construction-related careers.

Link: www.helmetstohardhats.org/

Hire a Hero:

Link: www.hireahero.com

Federal jobs search engine:

USAjobs.gov is a government-employment database. It is set up to facilitate streamlined searches for federal jobs throughout the world.

Link: www.usajobs.gov

Veteran Employment Information:

Link: www.opm.gov/veterans

Vet Friends:

This job database includes employers from all 50 states that are geared toward veterans seeking employment opportunities.

Link: <http://vetfriends.destinygrp.com/destiny/index.jsp>

Employment Workshops

Resume Help:

Link: <http://www.eresumes.com/>

Link: <http://www.opm.gov/veterans>

Link: <http://www.resume-resource.com/>

Link: <http://www.hirevetsfirst.gov/resume.asp>

Link: <http://www.resume-help.org/>

Interview Help:

Link: <http://www.job-interview.net/>

Link: <http://www.collegegrad.com/intv/>

Link: <http://www.seekingsuccess.com/articles/art51.php3>

Link: http://www.resume-help.org/interview_tips.htm

Veterans Employment Information:

Link: <http://www.opm.gov/veterans/>

Link: <http://www.military.com/Careers/Home/0,13373,,00.html>

Federal Jobs:

Link: <http://www.usajobs.com/>

Civilian Resources:

Link: <https://www.donhr.navy.mil/>

Link: <http://cpol.army.mil/>

Problems with your employer information:

Link: <http://www.esgr.org/userra.asp?p=summary>

Job Search Tips:

Link: http://www.job-hunt.org/article_veterans_jobsearch.shtml

Local Area Help:

Newspapers

State agencies

Network with VFW Posts, Legion, AmVets

VA FORMS

General

VA Forms

Link: <http://www.va.gov/vaforms/>

Request VA Forms:

Link: <http://www.vba.va.gov/pubs/forms/VBA-20-8800-ARE.pdf>

VA Benefits in Brief

(VA Form 21-0760)

Link: <http://www.vba.va.gov/pubs/forms/21-0760.pdf>

Veterans Benefits Time Table

(VA Form 21-051)

Link: <http://www.vba.va.gov/pubs/forms/21-0501.pdf>

Education

Application for VA Education Benefits

(VA 22-1990)

Link: <http://www.vba.va.gov/pubs/forms/22-1990.pdf>

Application for Change of Program/University

(VA 22-1995)

Link: <http://www.vba.va.gov/pubs/forms/VBA-22-1995-ARE.pdf>

Application for VA Work Study Program

(VA Form 22-8691)

Link: <http://www.vba.va.gov/pubs/forms/22-8691.pdf>

Application for Survivors' and Dependents Educational Assistance

(VA Form 22-5490)

Link: <http://www.vba.va.gov/pubs/forms/22-5490.pdf>

All Education Forms:

Link: http://www.gibill.va.gov/GI_Bill_Info/education_forms.htm

VA Regional Education Offices:

These locations are where you mail your VA 22-1990 form to

Link: <http://www.gibill.va.gov/Contact/contact.htm>

Vocational Rehabilitation and Employment

Steps to Apply for Vocational Rehabilitation

(VA Form 28-0588)

Link: <http://www.vba.va.gov/pubs/forms/28-0588.pdf>

Application for Vocational Rehabilitation

(VA Form 28-1900)

Link: <http://www.vba.va.gov/pubs/forms/VBA-28-1900-ARE.pdf>

QUICK LINKS

VA Links

Contact Numbers to VA Services:

| | |
|---|----------------|
| VA Regional Office | 1-800-827-1000 |
| Veteran Affairs Medical Center | 1-401-273-7100 |
| Vets Center | 1-401-739-0167 |
| Suicide Hotline | 1-800-273-8255 |
| Wave Automated Verify Enrollment (WAVE) | 1-877-823-2378 |

Toll-Free Telephone Contact Numbers:

| | |
|--------------------------------|----------------|
| Health Benefits Provided by VA | 1-800-222-8387 |
| VA Benefits | 1-800-827-1000 |

Useful Websites

Student Veterans of America

Phone: (202) 470-6100

Link: www.StudentVeterans.org

Operation Vets

Link: www.OperationVets.com

Defense and Veterans Brain Injury Center

Toll Free 1- 800 - 870 - 9244

Link: www.dvbic.org

National Center for PTSD

Link: <http://www.ncptsd.va.gov/ncmain/index.jsp>

Veterans Benefit Booklet

Link: http://www1.va.gov/OPA/vadocs/current_benefits.asp

How to Obtain Your DD-214

National Archives

Link: <http://vetrecs.archives.gov/>

For more information:
contact@studentveterans.org