

WACRAO Veteran Conference, June 27 – 28, 2017

Retention Coaching & Wellness Programming
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HELPING VETERAN STUDENTS SUCCEED

1. Encourage them to identify their learning style: VARK Assessment.

Explore at <http://vark-learn.com/introduction-to-vark/> Introduction to VARK: Do you know how you learn?

VARK tells you something about yourself that you may or may not know. It can be used to understand your boss, your colleagues, your parents, your workmates, your partner, your customers, your teacher, your relatives, your clients and yourself. It is a short, simple inventory that has been well-received because its dimensions are intuitively understood and its applications are practical. It has helped people understand each other and assists them to learn more effectively in many situations.

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2. Promote fostering independence: Every instructor should encourage students to seek them out during their office hours within two weeks of the start of the course.
3. Have Veterans explore their strengths and validate the education/career path they are seeking: STRONG Interest Inventory provides a great deal of clarity and validation. Most college counseling services or advising/career services provide this to students as part of services.

The Strong Interest Inventory (SII) is an interest inventory used in career assessment. As such, career assessments may be used in career counseling. The goal of this assessment is to give insight into a person's interests, so that they may have less difficulty in deciding on an appropriate career choice for themselves. <http://www.hollandcodes.com/strong-interest-inventory.html>

4. Provide resources so Veteran can beef up their writing skills: Provide a handout regarding Purdue OWL on-line and Youtube videos so they can learn as needed. <https://owl.english.purdue.edu/owl/> Or reference on syllabi. Provide a handout of resources: writing center, computer labs, math labs and encourage them to visit BEFORE they struggle.

5. Help students improve their on-campus support network: Suggest that every student go to two to three club/organization meetings within the start of the semester including a club in their major. Are lists on-line and easily accessible? Utilize Student Life resources.

Groups that have been successful with Veterans:

- Time limited: Start and end date – can always be extended
- Task or goal should be stated: what is the purpose? What am I accomplishing, and how to do I complete the task?

GROUPS:

<p>Warriors Unplugged: Time-Limited Pilot Group: Facilitator:</p>	<p>Play guitar, and interact with other Vets All skill levels. Maximum participants: 6 Readjustment Counselor (we provide the time, place and guitars, If needed)</p>
<p>Format:</p>	<p>Time-limited, on-going group that meets 2X/month for 90 minutes 8 sessions initially</p>
<p>General overview: Music is powerful. It can help us get through a myriad of health challenges as well as soothe our souls. This is a supportive group which infuses “all things music,” and will help Veterans improve mental and physical wellness. Talkin’ and pickin’: 15 – 25 minutes processing, then playing – with wrap-up</p>	
<p>Wellness Warriors: Facilitator: Personal Trainer:</p>	<p>Fitness Group with culminating event Readjustment Counselor Wellness Director, Family Y, Veteran</p>
<p>Format:</p>	<p>The group will be a time-limited, on-going group that meets weekly for 90-120 minutes. 8 sessions. Maximum participants: 10</p>
<p>General overview: Veterans participate in a wellness activity at the Family Y (45 minutes), led by a Personal Trainer who is a Veteran. Then, group meets for 30 minutes afterwards to process what they did/learned. Fosters connection to each other and the campus. Veterans receive a three-month family membership for the duration of the eight weeks. The ending of the group culminates with an activity event (5k walk/run, kayaking events, etc.).</p>	
<p>“TED Talk Roundtable”</p>	
<p>Facilitator:</p>	<p>Readjustment Counselor (Vet Center picks the TED Talk and provides the questions and facilitation)</p>
<p>Format:</p>	<p>The group will be a time-limited, on-going group that meets weekly for 90 minute sessions</p>
<p>General overview: This is a way for Veterans who wish to participate in a group on a monthly basis, Members will watch a TED Talk (20 minute lecture on-line) so all have the same knowledge provided by the TED Talk. They discuss it through the Round table process, which is a form of academic discussion and debate, with each person given an equal right to participate. Members improve their communication skills and connection with others, and fosters critical thinking skills.</p>	

