

VALOR

VETERAN ★ ALLIANCE

October 2020

Inside this issue:

<i>VCO Update</i>	2
<i>Veteran's Voice</i>	3
<i>Reach Out</i>	3
<i>Student Veteran Spotlight</i>	4
<i>Call to Action</i>	4
<i>Career Advising & Job Services</i>	5
<i>Dates & Deadlines</i>	6

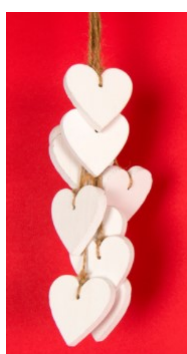


Board Members

Brad Aune
LeeRoy Carter
Carol Cwiak
Chris Hanson
Calie Lindseth
Corey Malko
Shelby Moen
Jill Motschenbacher
Jonathan Ross
Craig Schwinden
Andrea Smith
Jerry South
Jim Stoddard
Amy Tichy
Chase Tozer
Nicole Veselka
Lonnie Wangen
Thomas Webb
John Woolsey

Colleagues and friends,

I don't know about you, but I am tired of the pandemic. I miss my pre-Covid life which was decidedly more carefree. Alas, our need to protect ourselves and others from catching or spreading the virus continues. And so we adjust, reluctantly, but necessarily, to our new abnormal.



The main message I want to share with you this month is this—we need to get through this difficult time together. We all feel varying levels of disconnection, disappointment over missed gatherings and vacations, weariness over the continuing uncertainty, malaise about our current life, and fear about what all of this means to our health, job, family, and future. You are not alone in your feelings—we are all having the same human experience.

Please continue to be kind to yourself and others. Recognize that on the other side of this we will be stronger as individuals and as a collective. If you need help or someone to talk to, please reach out to a friend, family member, or professional. As always, thank you for your commitment to VALOR and our student veterans at NDSU. Until we meet again, stay safe and well.

Carol Cwiak, J.D., Ph.D.
VALOR Faculty Liaison

Student Veteran Support Partnership (SVSP)

A message for student veterans, veterans, and VALOR allies:

As you know, we are in unprecedented times. College is stressful, especially for non-traditional students, even when we aren't in the middle of a pandemic. The uncertainty of the pandemic increases anxiety and stress that can affect our wellbeing, productivity, and success.

Maintaining connection with others is essential to our ability to deal with the many challenges the pandemic presents. VALOR is committed to helping you build and maintain connections at NDSU and in the community within the veteran network. The Student Veteran Support Partnership (SVSP) initiative is designed to connect student veterans with other veterans, military-connected staff and faculty, and community organizations for the purpose of guidance, support, mentoring, and friendship.

If you would like to participate in the SVSP initiative (to be a connection, seek a connection, or both), please complete the [confidential SVSP initiative form \(https://ndstate.co1.qualtrics.com/jfe/form/SV_b10NMPvW4VuHgdD\)](https://ndstate.co1.qualtrics.com/jfe/form/SV_b10NMPvW4VuHgdD). The SVSP will create pairings on a rolling basis as requests come in. If you have an urgent need to connect with a veteran or VALOR resources - call Jim Stoddard at 701-231-9706 or Carol Cwiak at 701-231-5847 or 701-261-8025.

Let's help get each other through this - connect today.



VCO Update
Jim Stoddard

You can visit Jim on campus at the Veterans Educational Training Office in Ceres 329; or by phone at 701-231-9706; or by email at james.stoddard@ndsu.edu.

A [recent research article](#) identifies three key strengths student veterans bring with them in their higher education studies that positively affect their academic experiences:

Diversity: Student veterans said they have a broad worldview that gives them the ability to communicate with many different types of people.

Leadership: Student veterans feel they have an ability to mentor others, as well as delegate or facilitate work.

Drive: Student veterans noted they demonstrate discipline, focus and a strong work ethic.

Following the very successful Veterans Affinity Lunch during Welcome Week, there's been a great deal of interest in conducting similar lunchtime get-togethers on a more regular basis throughout the year; monthly or even weekly. Conducting these safely during the pandemic era is a challenge, but we are definitely exploring ways to include these informal opportunities for the NDSU veteran community to network to our plans!

The US Department of Veterans Affairs' "VITAL" program office is resuming its monthly webinar series on supporting student veterans. These free presentations by expert guest speakers are specifically designed to give college faculty and staff improved insight into a range of issues impacting student veteran success. October's event is on Wednesday, October 14th at 1 PM CST. We'll also plan to do a follow-up local discussion by Zoom immediately following for any who are interested and available. Links to both sessions and more info to come by e-mail shortly, or contact me for details. Last year, we had some great feedback on every presentation.

It's also possible to earn free continuing education units accepted by several counseling/mental health provider accrediting agencies through participation in these VITAL webinars. I can send instructions for those credits to anyone who's interested.

I recently shared with some of you a link to a video done by Duke University, welcoming their new military students to campus. Everyone I talked to here enthusiastically agreed that we should put something similar together here at NDSU! So we'll hopefully have a plan for that out soon, and I look forward to gathering messages of welcome and encouragement from many of you. If you want to see the Duke video as a reference, here's the link: <https://youtu.be/A-iWgZ2lB5U>.

At NDSU's Access, Equity, and Inclusion Virtual Fair, held on September 22nd, I did a 15-minute presentation on NDSU's Veterans Alliance Organization, why such a group is needed, and some of our recent and planned future efforts.

During early October, my office will be following up on any academic concerns raised by instructors at the 4-week point about their military-affiliated students. We try to direct students to helpful resources, and to help them resolve any personal issues affecting their studies. We do this again after mid-terms, but instructors can also request a "case" be opened on any student of concern at any time, and the "military" ones will get routed to me.

On November 12th, to coincide with Veterans Day, NDSU's Inclusion Committee will be hosting another session in its "Including U" panel discussion series, this one related to veteran students. The session will run from noon to 1 PM, and will most likely be a virtual meeting. These sessions are open to all of the NDSU community, with the intent to "spark dialogue about challenges, ideas, concerns, and hopes regarding the development of inclusive practices at NDSU".

Assuming university-sponsored travel is allowed at the time, the Bison Student Veterans are still hoping to take a small group to the Student Veterans of America's annual National Convention in January 2021. Given that the event is to be held in Orlando, Florida, we're expecting to hear that it will be changed to an all-virtual event, which could actually mean that more of our group can participate, since there won't be travel and lodging costs. Either way, this will be a great networking and learning opportunity that should be energizing not just for those that attend, but for the rest of the group that will benefit from all the information and ideas the attendees bring back to campus with them.

"Valor is stability, not of legs and arms, but of courage and the soul." ~ Michel de Montaigne



Veteran's Voice

Craig Schwinden

VALOR Student Veteran Representative

Greetings Student Veterans!

We have survived the first month of hyper-learning. I hope it is going well for you. I am adjusting to it, as I prefer the in class, face-to-face experience. I miss walking on campus and enjoying the fall weather while completing homework and reading in places like the library, the Memorial Union, or any old desk or table I happen to find on any particular day. The only thing to do is grin and bear it like deployments, CBT training and other not so fun duties we have or must perform.

We have some great things for you in this month's issue. But before I tell you about them, I want to touch on something else. While I write this, it is still September and still National

Suicide Prevention month. I don't need to re-hash what is going on in the world, but we are all facing some real-world challenges on a daily basis. Like most, I have had personal experiences with COVID and the testing and the contact tracing...it's aggravating to be sure. So, please check yourself, check your family, check your friends and battle buddies. Things are tough, but they could always be worse. Use the assets available to you (from the Veteran's Administration and North Dakota State University) to stay focused on your education and your personal world.

One of the assets available to you is the Bison Student Veterans (BSV) organization here on campus. They too have had to change their way of doing business, but they are still knocking it out of the park (Go Twins!) serving student veterans. Their meetings are the first Friday of the month at 1500. New this year (and this is a great idea), is their virtual hangout. The virtual hangout will be on the third Tuesday of the month at 1930. Make sure you have some snacks and drinks with you as you share war stories with your brother and

sister veterans and do some online buddy checks! I encourage you to go to [Bison Student Veterans](#) and get involved!

In this issue is an article on career advising and searching for the perfect job. NDSU's Career and Advising Center and Job Services of North Dakota are great resources to help you learn how to transfer your military skills to the civilian job market and find the right job and career for you. Check out the article which features fellow vets Jerry South, Brad Aune, and Corey Malko. They are top notch!

Finally, in this month's newsletter, our student veteran of the month is a young lady who arrived on campus this fall after five years in the U.S. Marine Corps. According to reports, she is already storming the academic beaches...please check out the profile on Karlee Kaylor. Let's hear it for Karlee...OOORAH!

As always, feel free to contact me at craig.schwinden@ndsu.edu with your questions, comments, or article suggestions. Again, hang in there and check up on yourself and those in your world. All of you are important to us and others.

REACH OUT

Do you have any of these thoughts, feelings, or behaviors?

- Hopelessness, a feeling that there is no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends
- Thoughts of hurting or killing yourself

**Veterans
Crisis Line**



1-800-273-8255

PRESS 1



THE SPOTLIGHT

Name: Karlee Kaylor

Major/Minor: Electrical Engineering
Biomedical Engineering Minor

Originally from: Bismarck, ND

Current city: Fargo, ND

Career plans after college: To utilize my engineering degree in the medical field, hopefully to find new ways to improve the lives of others through engineering.

Military Service/Awards: U.S. Marine Corps (2015 – 2020), Navy and Marine Corps Achievement Medal

NDSU activities/engagement: Currently a member of Bison Student Veterans and Society of Women Engineers

Community activities/engagement: I enjoy going to the gym as well as volunteering at animal shelters.

College scholarships, awards, etc.: NDSU Academic Scholarship; 2020 Spring and Summer semester Dean's List

An interesting tidbit: I have a twin sister who is a nurse! (I'm older by three whole minutes!)

Favorite experience/memories/etc. at NDSU: Unfortunately, I returned to NDSU the same semester that COVID first struck us, so I haven't been able to have a normal college semester yet. One thing that has stuck out to me since starting school at NDSU since leaving the military is the support system of everyone on campus, from the individuals within the College of Engineering to fellow veterans on campus. I had a great support system within the military and leaving that was hard for me at first. I am thankful there is a student veteran organization on campus (BSV) that allows veterans a chance to come together to support one another as well as just have a space where we can relate to those around us. I believe that is important for any veteran's success here at NDSU and look forward to the rest of my time at NDSU because of it!



Karlee Kaylor

CALL TO ACTION:

STAY SAFE

North Dakota's positive coronavirus case count is increasing as we head into the fall. NDSU has a mask requirement and distancing measures in place to protect students, staff, and faculty. Area businesses, schools, and organizations have similar requirements and Governor Burgum has asked all North Dakotans to mask up to keep themselves and others safe.

As we start spending more time indoors it is important to stay vigilant in maintaining the proper precautions to reduce the potential spread of the virus. The pandemic is far from over and we don't want to lose any members of our Bison family or our community over the months to come. We are all in this *together* and we need to get to the other side of this *together*. Please stay safe. ❤️



VA



U.S. Department
of Veterans Affairs

The VA has a helpful [FAQ page](#) focused on coronavirus symptoms, concerns, treatment, resources, impacts on services regularly offered to veterans, and other topics. Check it out!



valor.veteran.alliance.organization/

Career Advising and Job Services Available for Student Veterans

By Craig Schwinden

Congratulations! You are now at NDSU working on your degree to move you toward a satisfying and rewarding career. But what if you're not sure about what you want to do? What if you think you know, but are still not positive about your career choice? Well, there is good news. The NDSU Career and Advising Center provides career exploration services, document review, and interview preparation guidance. They can also assist with graduate school applications.



Jerry South

Jerry South, a retired veteran with 23 years of active duty in the U.S. Air Force, leads the Career Coaching Team in the Career and Advising Center. His team provides a wide-range of services to NDSU students at no charge. These services are a part of your tuition and fees. The Center also provides specific services for student veterans. "We guide veterans with the translation of their military experience into civilian terminology for their job application materials and can help with applying to industry as well as federal jobs and interviews," said South. "Our academic advisors can help veterans explore majors to see what a good translation of their military experience is, as well as finding a good fit for their interests." South noted that the Center has an internship program that can "help veterans get civilian work experience in their major or interest area helping them to understand the civilian workforce better." The Center also hosts Career Fairs to connect students with employers and has a Career Closet which loans students career apparel for job interviews, meetings, and conferences.

Brad Aune and Corey Malko agree that transferring your military skills into civilian ones and the ability to communicate with the civilian workforce are critical skills. Aune, a veteran of the U.S. Marine Corps and the U.S. Army, and Malko, a veteran of the U.S. Air Force and Air National Guard, are Veteran Employment Team specialists for the Disabled Veterans Outreach Program (DVOP) for Job Services of North Dakota. If you're looking for work, the DVOP assists student veterans with employment, job searches, resumes, labor market reviews, skills training and job referrals. "We have built relationships with several employers in the area and may be able to facilitate meetings, internship possibilities and job referrals" stated Aune. Malko added, "we can also connect student veterans with DVOPs around North Dakota and throughout the nation."



Brad Aune



Corey Malko

All three gentlemen agree that veterans bring with them critical skills that employers are looking for, such as: leadership abilities, personal integrity, flexibility to work in teams or independently, strong work ethic, working quickly and efficiently in fast-paced environments, and the ability to adapt to sudden changes. They also agree that both written and verbal communication skills are vital. South thinks veterans already have these skills but "...these skills are often taken for granted and therefore get overlooked and underdeveloped". And of note, the willingness of these three veterans to help student veterans achieve their career goals extends beyond their day jobs. They also all sit on VALOR's Advisory Board and support and inform VALOR's activities.

Currently, the Center's services are primarily virtual. This includes an online Career Studio via Zoom where students can virtually drop in Monday through Friday from 9 AM to 4 PM. The Center has developed several video training tutorials which are posted on their YouTube page. "We also offer face-to-face interactions, but to keep students and our staff safe, those interactions are typically shorter than previous face-to-face interactions," said South.

Meanwhile, over at Job Service of North Dakota, Malko says they are willing to meet student veterans face-to-face at their location on 13th Ave South in Fargo, but you must wear a mask inside their offices. Both Malko and Aune are also willing to meet student veterans on campus or another location if social distancing recommendations are followed.

As you can see, these three veterans are committed to student veterans' success. We at VALOR are honored to be associated with them and the organizations they serve. To take advantage of the services covered in this article see the links below.

Job Service of North Dakota – <https://www.jobsnd.com/job-seeker/office-locations/fargo>

NDSU Career & Advising Center – <https://career-advising.ndsu.edu/>

Center's YouTube page – <https://www.youtube.com/channel/UCtz3G0vpb8dizySR7luKZuQ>



OCTOBER

October 13 U.S. Navy Birthday
 October 26 Day of the Deployed

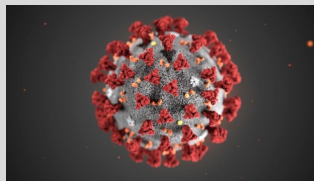
NOVEMBER

November 1 National Veterans & Military Family Month
 Warrior Care Month
 National Family Caregivers Month
 November 5 National Veterans Small Business Week
 November 10 Marine Corps Birthday
 November 11 Veterans Day

DECEMBER

December 1 Civil Air Patrol Birthday
 December 7 Pearl Harbor Remembrance Day
 December 13 U.S. National Guard Day
 December 14 National Wreaths Across America

NDSU is closely monitoring COVID-19 cases as part of its efforts to maintain a safe campus. You can find information about NDSU case tracking here: <https://www.ndsu.edu/covid19/cases>.



For a concise daily infographic on cases, hospitalization, and death counts see the North Dakota Department of Emergency Services daily posting at: <https://www.facebook.com/ndemergencyservices/>.

For detailed data about testing, positive cases, deaths, demographics, etc. see the North Dakota Department of Health site: <https://www.health.nd.gov/diseases-conditions/coronavirus/north-dakota-coronavirus-cases>.

As the pandemic endures, staying connected to others is important to our mental and physical health. We strongly encourage you to continue your interaction through safe mechanisms until we can safely gather again. Call, email, text, or video chat with a friend today.

NDDVA

facebook.com/NDDVA/

DAV North Dakota

facebook.com/davnorthdakota/

American Legion Post 2

facebook.com/americanlegionpost2/

American Legion Post 21

facebook.com/legionpost21/

North Dakota American Legion

facebook.com/NDAmericanLegion/

Dilworth VFW Post 1223

facebook.com/VFW-Post-1223-106022496155155/

Fargo VFW Post 762

facebook.com/fargovfwclub/

West Fargo VFW Post 7564

facebook.com/VFW7564.org/

North Dakota Veterans Educational Training

facebook.com/VeteransEducationalTraining/

Bison Student Veterans

facebook.com/NDSUBSV/

VALOR

facebook.com/valor.veteran.alliance.organization/