



## Military & Veteran Success Center April & May 2021

### Free Tutoring Schedule - Last day Spring Semester Apr 29th

@ 4:30-7:30pm the following days:

- **Mon:** Science & English/Writing
- **Tues:** Math & Spanish
- **Wed:** Writing & English/ Engineering & Math (5:00-7:30)
- **Thurs:** Math, Science & Spanish
- Zoom session or different day options available by request. Please contact Tom

### Study Tips for Finals

Say **NO** to **cramming** and try studying in intervals. Studying in 20-50 minute increments and giving yourself 5-10 minutes in between is proven to work!

Say **YES** to cardio and **exercise**. Science says just 20mins of cardio can help improve your memory, increase your energy and reduce the effects of stress!

**Find** alternate **study spaces**. Simply alternating rooms where you study can help a person improve retention; try the library, a study room, coffee house?

**Create study** and homework **groups** - help each other through discussion groups that create answers to questions for better understanding.

**Minimize** Distractions (phones & social media) **Maximize** practice - testing

### Hire Big Ten Networking Event Apr 13th—See MVSC for more information

### Weekly Student Support Services in MVSC

**Kyle Lamb** - VA Outreach: Available every Thursday @ 9am-4pm

**Erin Colson** - Veterans Service Officer: Weds starting Feb 10th @ 2-5pm

**Ken Colson** - Vet Center Outreach: Mon starting Feb 1st @ 2-4pm

**Mandy Hansen** - CAPS: Free Zoom Consultation For All Military Connected Students @ 2-3pm every Tuesday. Please see Zoom link here

<https://nuhipaa.zoom.us/j/92719624340?pwd=aHB1eUpaeE5oOTE4NXlTUjZkQmlxOT09>

### Deb's Tip of the Month:

Want to receive your VA educational benefits for Summer or Fall? Register for classes then notify Tom or Deb to fill out the UNL VA certification request form found in the MVSC office or online. <https://vetsuccess.unl.edu/prospective#benefits-summaries>

### Did you know- Graduation

If you are currently serving in the military or you are a veteran, you are eligible to wear a Red-White-Blue Honor Cord at Commencement. Visit the Military and Veteran Success Center to pick up your Honor Cord.

### **University Events**

- **April 1**– Spring fair plant sale and event 6:00-8:00pm
- **April 2**– Earthstock Drive-in Movie 8:00pm-11:30pm
- **April 2,9,16,23 &30** – Free bowling Fridays
- **April 6**– Budgeting and debt reduction zoom 6:30-7:30pm
- **April 14** - SVA Elections 6:30pm
- **April 12 & 15**– “ what were you wearing” Art installation 10:00am-5:00pm
- **April 15**– Disk golf and Golf
- **April 20** - Identity theft and fraud awareness 6:30-7:30 pm
- **Apr 28** - MVSC Graduation Celebration. Cake and snacks. MVSC 11:00-2pm
- **April 29**– 2v2 sand volleyball 5:00pm (\$25.00/team)
- **May 3** - Finals week starts
- **May 7 & 8** - Commencement
- **See events.unl.edu for more**

**The Military & Veterans Success Center is located in the Nebraska Union on City Campus Rm 16**

**Office Hours: Mon - Fri @ 8am-5pm (with**

**extended hours on tutoring nights)**

**vetsuccess.unl.edu - 402-472-4130**



**All - Student Veterans, National**

**Guard, Reserve & Active Duty, and**

**Military Dependents & Spouses**