

SEE OUR SOLDIER
OR BUST
#'MERICA

HONORING THE CALL TO SERVE



A POSTSECONDARY TOUR OF DUTY: A SOLDIER'S JOURNEY

After a brief overview of a soldier's plight, we will discuss how Admissions and Financial Aid help Instruction serve as boots on the ground for a veteran's extended drill in postsecondary education.



COASTAL ALABAMA

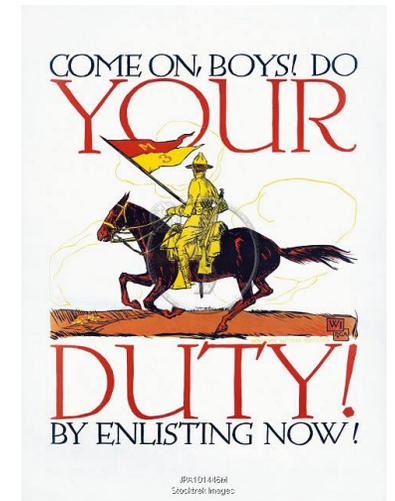
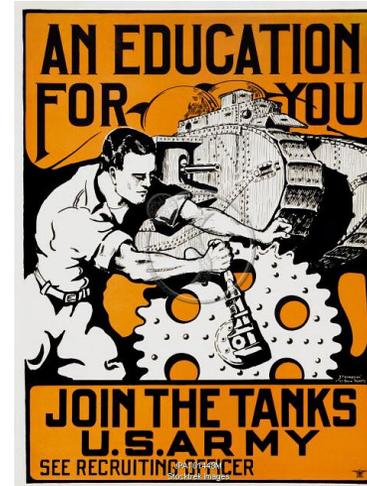
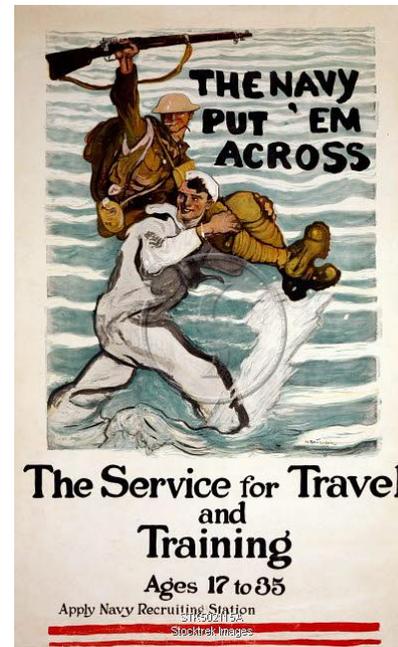
COMMUNITY COLLEGE

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- We will discuss sensitive content during this presentation, so please feel free to break as needed if you would like to leave the room.

BACKGROUND

From being reservists and active-duty military to retired from service, veterans arrive with unique experiences to deploy as they navigate the world of postsecondary. Understanding why their training as soldiers can impact how they traverse through the civilian world is essential to serving our veteran population. Here are some topics to keep in mind when dealing with our VA students:

- *Leaving the military is a big deal.*
- Military and civilian life have sharp contrasts.
- Some skills do not transfer.
- Everyday life can be extremely taxing.
- Veterans sacrificed more than time and energy.
- In a way, service never truly ends.



SOLDIERS ARE FORGED

FORGE-TO "FORM SOMETHING (METAL) BY HEATING OR HAMMERING"



- Mental, physical, and emotional transformations
- Specialized training
- “Adrenaline Bonding”
- Unit valued above self
- Camaraderie/fraternity/sisterhood, etc.
- Tolerance increased/decreased
- Desensitized to everyday situations
- Duplicity of nature
- Anhedonia, Post-Traumatic Stress Disorder, Depression, etc.

MENTAL, PHYSICAL, AND EMOTIONAL TRANSFORMATIONS

- Specialized Training
- "Soldiers are programmed, controlled, vigilant, on high alert, and trained up—however, they are rarely trained down," according to clinician and psychology instructor Dr. Jeff Pouncey.
- Physical conditions and cognitive processes cannot be completely separated from their connections to emotions; nevertheless, highly trained professionals, such as soldiers, specialize in channeling energies to accomplish goals in times of war and peace.
- Training regimes prepare soldiers for one type of combat while leaving them inadequately trained to process the *mundaneness* of civilian life.
- Adrenaline Bonding
- Dr. Pouncey continues, "The average person will enter the military in emerging adult state because the prefrontal cortex develops until age 25. There is much development occurring while soldiers are being programmed, trained, forged, etc. From ages 18-25 could be considered as an extended adolescence."
- When soldiers are in high-stress training situations during this extended adolescence, the strong adrenaline bonding occurs. Biochemical neurotransmitters (organic processes) also have a social impact.



DAILY DEALINGS

Anhedonia

- The loss of ability to experience pleasure
- Linked to other depressive disorders
- Former Scout Sniper and Reconnaissance Marine Chris Mark who later became a Navy Seal Officer said, “Going from being a soldier to a civilian is never an easy transition . . . Combat is the most terrifying and most addicting experience that presents an interesting dichotomy.”

Post-Traumatic Stress Disorder

- Agitation
- Anxiety
- Problems concentrating
- Problems with Memory
- Headaches
- Depression
- Suicidal Thoughts
- Mood Swings
- Paranoia
- Substance Abuse
- Flashbacks
- Hypervigilance
- Nightmares
- Sleep Disturbances



SHARP CONTRASTS

Military Life



- Succeeding as a “unit”
- Characterized by discipline and rigid routines
- Housing and living and structured and comprehensive. Medicine, groceries, education, and entertainment are in one place.

- Stand firm. Be prepared for anything. Never quit.

Civilian Life



Be flexible. Relax.
Don't worry.
Quitting is acceptable.

- Individual success measures
- Variation of lifestyles and routines
- Individuals must pay for housing and choose from various medical, grocery, education, and entertainment resources. Resources are spread out.



OPPOSITIONAL FORCES?

Military Life

- Promotions and "ranking up" are more standardized.
- Uniform Code of Military Justice in addition to general laws



Civilian Life

- Promotions vary depending on environment.
- Civil and criminal laws



How we help!

- Identify key concepts.
- Provide clear processes.



ADMISSIONS

NEW STUDENT

APPLY NOW

FINANCIAL AID

SCHOLARSHIPS

STUDENT RECORDS

RESOURCES

FAQS

Home / Admissions and Aid / Apply Now / New Student

Welcome to the new you!

A college education is one of the best gifts you'll ever give yourself, and at Coastal Alabama Community College, we're dedicated to making sure the benefits last for decades. Your future is worth it!

How to Apply

In order to apply for admission to Coastal Alabama Community College, you must:

- 1 Apply for Admission**
Complete online application, including the creation of your User Name and Password.
- 2 Submit your Valid ID**
Submit your Valid ID Login to your Application Portal to upload your ID or email your ID to admissions@coastalalabama.edu
- 3 Consider Living on Campus**
Interested in living on Campus? We offer [housing](#) in Brewton and Bay Minette.
- 4 Apply for Financial Aid and Scholarships**
If desired, [apply for financial aid](#). There are a wide variety of [scholarships](#) and [financial aid opportunities](#) available.

LEARN MORE

How to Apply

Meet Your Recruiter

Campus Tours

Registration

Orientation

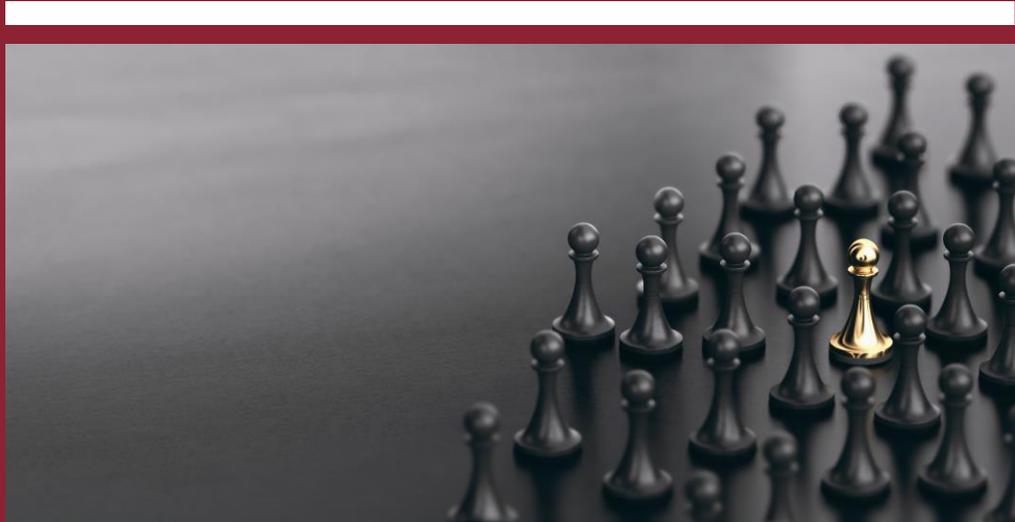
Cost of Attendance

Resources

Housing

- All students apply for admissions following the same basic procedures.
- Steps include information from connecting with an advisor and applying for financial aid to getting a parking decal and starting classes.
- Click [here](#) for the general process and [here](#) for the VA process.





MAKING STRATEGIC MOVES #2-5 #9

VETERANS APPLICATIONS

9 / Admissions and Aid / Apply Now / Veterans / Veterans Applications

Thank you for your service.

You've made incredible commitments in your life and Coastal Alabama Community College is proud to welcome you to the next step in your journey. We are dedicated to giving you the resources you need to make the most of your education and ensure a successful future!

We understand that attending college for a member/veteran of the armed services has many implications. For this reason, we encourage Service members to speak with their Educational Services Officer (ESO) or counselor within their Military Service prior to enrolling at Coastal Alabama Community College.

How to Apply

In order to utilize your VA Education Benefits at Coastal Alabama, you must:

- 1 Apply for Admission to the College**
Complete the online application, including the creation of your User Name and Password. Make sure you have all transcripts on file in Admissions, including your Joint Services Transcript.
- 2 Apply for your federal VA Education Benefits**
Visit va.gov/education/how-to-apply/ and complete the application. The application is for the following education benefits: Chapter 30 Montgomery GI Bill®, Chapter 31 Vocational Rehabilitation, Chapter 33 Post 9/11, Chapter 35 Survivor/Dependent Education Assistance, and Chapter 1606 National Guard/Reserve.
- 3 Check Benefits**
Use the site's GI Bill® Comparison Tool to see what benefits you qualify for at Coastal Alabama Community College.
- 4 Apply for the Alabama GI Dependent Scholarship, if applicable.**
To apply for the Alabama GI Dependent Scholarship, which is a state benefit unrelated to federal VA benefits, the veteran and/or dependent needs to contact the local Veteran Service Office in their county and make an appointment. Contact information is available via an interactive map.
- 5 Certificate of Eligibility**
Once you receive your Certificate of Eligibility, turn it in to the VA Certifying Official in the Financial Aid Office. Certification for payment will not happen until the certificate and other required paperwork are received.
- 6 Connect with your Coastal Advisor**
Meet with your advisor and select your course load.
- 7 DIVE Orientation (happens during summer only)**
DIVE Into College sessions are great opportunities to get ahead!
- 8 Begin Your Degree Program**
Register for classes and receive your schedule!
- 9 Submit the Request for Certification of Enrollment.**
Each semester, students using VA Benefits, must submit the Request for Certification of Enrollment (pdf) to utilize their VA Benefits.
- 10 Pay Tuition and Fees**
Pay tuition and fees – don't forget to check into dorms and meal tickets! State VA students are responsible for all fees.
- 11 Purchase Books and Supplies**
Take your schedule of classes to the bookstore and personnel will assist you. Some scholarships and financial aid do not cover the cost of books.
- 12 Get Parking Decal**
Don't start the first day of class with a parking fine stuck to your windshield! Be sure to register for a parking decal.
- 13 Drop/Add classes**
Students can adjust their schedules during the first week of classes. VA students will have a hold on their account, to prevent schedule adjustments once hours have been certified for payment with the VA. If you wish to add or drop classes you must contact the VA School Certifying Official at 251-580-2292 or veterans@coastalalabama.edu.
- 14 Start Classes**
Start classes and have a great semester!

LEARN MORE

[How to Apply](#)

[Frequently Asked Questions](#)

[Veteran Resources](#)

MICHELLE WEBB'S VA CHEAT SHEET

- VA Education Programs for Veterans:
 - Post 911 – covers tuition based on eligibility and enrollment status, Monthly Housing Allowance based on eligibility, enrollment status, seated and/or distance courses, and a book stipend (for veterans who served after 9-11-2001)
 - Chapter 30 – monthly stipend based on eligibility and enrollment status (for veterans who were Active Duty)
 - Chapter 1606 – monthly stipend based on eligibility and enrollment status (for members of the Selected Reserve)
 - Chapter 1607 – monthly stipend based on eligibility and enrollment status (for Reserve members called or ordered to Active duty in response to a war or national emergency as declared by the President or Congress)
 - Chapter 31 – covers tuition, books, and supplies (pens, pencil, paper etc.). (helps Veterans with Service- connected disabilities to explore employment options and address training or education needs)
 - TA (Tuition Assistance) - TA pays tuition only, soldier is responsible for fees (for Active Duty, and Reservists members)
 - ANGEAP – Provides financial educational assistance (for Alabama National Guard Members). ANGEAP pays at the end of the semester.
- VA Education Programs for Dependent/Spouses of Veterans:
 - Federal programs;
 - Post 911 – covers tuition based on eligibility, Monthly Housing Allowance, and a book stipend.
 - Chapter 35 – monthly stipend based on eligibility and enrollment status
 - State program;
 - Alabama GI Dependents Scholarship Program (aka State VA) – Payer of last resort, Pell Grant, scholarships, etc. must be used first. Pays tuition and \$10 for instructional fees per credit hour, student is responsible for the remaining \$29 in fees per credit hour. State VA also pays for required textbooks. State VA will not pay for remedial courses.
- [Alabama Veterans Affairs Association](#)



HELPFUL RESOURCES

Physical, Mental, and Emotional Health

- [Veterans Response Team](#)
- [Online Mental Health Resources for Military Service Members, Veterans and Their Families](#)
- [About VA Mental Health](#)
- [Behavior Therapy and Mental Health Apps](#)
- [PTSD Coach](#)
- [PTSD Resources for Family and Friends](#)

Uwill free Therapy

 / [Student Services](#) / [Mental Health and Crisis Resources](#) / [Uwill](#)



Student Mental Health & Wellness

We are pleased to announce a partnership with Uwill, the leading student mental health and wellness solution. Uwill offers students free immediate access to teletherapy, a direct crisis connection, and wellness programming through its easy to use online platform.

To schedule teletherapy:

- **Create a profile** with Uwill
- Choose a therapist based on your preferences including availability, issue, gender, language, ethnicity.
- Choose a time that fits your schedule with day, night and weekend availability.

Uwill is Private. Secure. Confidential.

If a student is experiencing a mental health crisis, help is available 24/7/365

Call 833-646-1526



COASTAL ALABAMA
COMMUNITY COLLEGE

USA JOBS

Still on Facebook?

Follow these groups for veteran-specific job searches:

Veteran2Hire

Hire Heroes USA

Hiring Our Heroes

Veterans 2 Federal Government Jobs (U.S.)

Combat System Jobs

Ken Williams, MBA

Military and Veterans Benefits Client
Relations Manager

VITAL Program Manager – Army
Veteran

VITAL-Many VITAL sites offer a range of mental health and supportive services on campus. These services range from helping with stress and time management to assessing and treating clinical conditions such as PTSD, depression, or insomnia.

Safe Project-The program, designed by veterans for veterans, focuses on the unique challenges of military veterans and their families. This front-end wellness program aims to promote resilience for military connected individuals and encourages participants to seek help where there is a risk for substance use, mental health, and co-occurring challenges (e.g., PTSD, MST, TBI),



JUST REMEMBER



"We Are Soldiers"

- "It's time to strap our boots on
This is a perfect day to die
Wipe the blood out of our eyes
In this life, there's no surrender
There's nothing left for us to do
Find the strength to see this through"
- "We are the ones who will never be broken
With our final breath, we'll fight to the death
We are soldiers, we are soldiers
Whoa, whoa-oh, whoa-oh-oh
Whoa-oh-oh, whoa-oh
We are soldiers"
- "I stand here right beside you
Tonight, we're fighting for our lives
Let me hear your battle cry
Your battle cry"
- <https://www.youtube.com/watch?v=p733z6aKwMA>

Take Aways

- There is no one-size-fits-all solution.
- Challenges are as unique as each soldier's training.
- We need to help veterans build support systems.
- Serving for soldiers never truly ends.
- Transition can be overwhelming for the soldier and family.
- Set clear goals.
- Normalize the friction. Ensure the veteran understands feelings are common among those with similar backgrounds.
- Educate faculty and staff.
- Connect resources to veterans and families.



A Postsecondary Tour of Duty: A Soldier's Journey



...To complete the survey!

Please scan the QR code with your phone's camera to be directed to a short survey. You can also copy and paste the following link:

<https://forms.office.com/r/YzLWSTfHFE>.

FOR FURTHER DISCUSSION...

- Dr. Lee O. Conerly, Associate Dean Academic Instruction
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- (334) 637-3189

