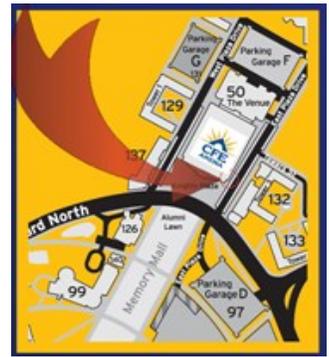


Veterans Academic Resource Center



April 2015

Summer Certifications are now being accepted!
Certifications are accepted by mail, fax, or in person at the VARC office only. NO EMAILS.



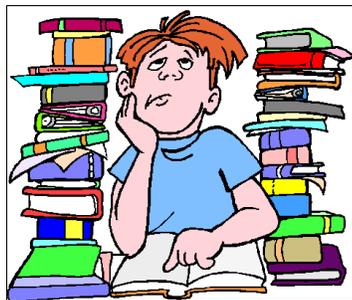
Employer of the Month



Total Quality Logistics (TQL) is honored to hire veterans because they possess the exceptional skills it takes to succeed here at TQL—an outstanding work ethic, unwavering discipline, and the ability to quickly adapt and learn new skills.

We are a proud supporter of the U.S. military veteran community and have a longstanding history of support for the military through various initiatives such as Employer Support of the Guard and Reserve (ESGR) and the American Jobs for America's Heroes (AJAH) campaign.

We need leaders. We need people who get results, check out TQLJobs.com for career opportunities. We salute you.



Finals Week Study Tips

- Don't Procrastinate
- Find a Quiet Place to Study (Like the VARC Study Rooms, All Knight Study,)
- Study with a Partner or Group
 - Get Enough sleep
 - Switch Subjects
 - Take Breaks
 - Snack Smart
 - Test Yourself
- Don't Oversleep! Set 3 or 4 Alarms

Veterans Academic Resource Center Staff

Paul Viau
Associate Registrar/VARC Director

Bethany Glassbrenner
Assistant Registrar/Certify Official

Lena Huntsman
Program Assistant/Certify Official

Lorine Cisch-Taylor
Transfer & Transition/
Career Services

Danielle Frazier
Office Manager

Joshua "JJ" Johnson
Program Coordinator

Dr. Bryan Batien
VA Vital Program

Kathryn Walden
Chapter 31 Advisor



Program of the Month

BOOTS TO LOAFERS

Friday, April 17th from 1:00 PM—3:00 PM
 Career Services Room 121

Join Retired Lieutenant Colonel and learn about transition, transformation, and integration for military members into the civilian world.

Boots to Loafers will be on sale at the UCF Book Fair
 April 18 from 10:00—3:30



Connect with other UCF Student Veterans

Join the Student Veterans Association to connect with other student veterans.

Contact the
 David Del Castillo President:
 almarael@knights.ucf.edu



in association with the
**Registrar's Office
 & Student Development
 and Enrollment Services**

Important Dates—April 2015

April 6—April 10: Graduate Student Appreciation Week 2015

- Various events and free food for grad students! For a schedule of events and more information visit osi.ucf.edu/graduateoutreach/

April 7: USO Volunteer Orientation from 10:00 AM—11:00 AM in the VARC Lobby

April 8: Open Knight Climb at the UCF Rec and Wellness Ropes Course

April 17: Boots to Loafers 1:00 PM—3:00 PM at Career Services Room 121

April 18: Seminole County Veterans Stand Down from 9:00 AM—1:00 PM

- Seminole County Health Department: 400 West Airport Blvd. Sanford, FL 32773
- FREE Lynx Transportation * Must present flyer to Lynx driver
- “Standing together for Veterans who are homeless”

April 18-19th: UCF Relay for Life at Memory Mall

April 21: Rent-A-Pup 11:00 AM—2:00 PM at Burnett Honors College

- Bring UCF ID to “rent” a dog

April 26—May 5: Study Union at the UCF Student Union

- The Student Union is open 24/7. Various events and programs will be held to help students both prepare and relax before their exams

A big THANK YOU to everyone that came out to our Family Day BBQ at Lake Claire!

It was a huge success and we hope everyone enjoyed the food, fun, and activities.



Video Game Music

By Peer Mentor Joshua Dull

For the majority of you who play video games, ever wonder how it is that you can spend six hours straight playing video games, but when studying it's an arduous struggle to stay focused longer than ten minutes? The obvious answer is because video games are fun, but there's another factor at work. Video game music is actually designed to relax your mind enough to sit still and focus without calling attention to itself. Lifehacker contributor Melanie Pinola states, “this music is *designed* to sit in the background and inspire you—without interfering with your focus.” I gave this a shot last spring while taking Intermediate Algebra and found I was able to sit still a lot longer with the music from the old Goldeneye games playing in the background.

Video game music may not work specifically for you, but music itself and the type you play could greatly aid your overall focus. Kevin Purdy's article below explains the merits of both classical music and downtempo electronic. I personally use several styles for different situations. I've found the driving beats and time changes of GOA trance help with mathematics or formula based work, whereas more relaxed atmospheric music like post-rock or classical facilitate reading, research, and creative work. Experiment with the myriad styles out there and see if you too can create your own ambient study atmosphere.

“The Best Music to Work or Study to Could Be Video Game Soundtracks” - Melanie Pinola <http://goo.gl/GNpsvF>

“The Best Sounds for Getting Work Done” – Kevin Purdy <http://goo.gl/plxf>

Employee of the Month

Joshua Dull



Josh Dull has been a Peer Mentor with the VARC since January 2014, making him the veteran peer mentor of our office. He is prior Air Force and is majoring in Creative Writing here at UCF. Throughout his time with the VARC, he has worked with many different populations of our student veterans. His honest and open personality makes him relatable to our veterans and easy to talk to. Josh has been a vital employee at the VARC doing whatever necessary to get the job done and also using his witty banter to entertain the office.