

The  
MOSAIC  
Center



OUTREACH LINK

Seattle University's  
**VETERAN &  
MILITARY  
CONNECTED  
GUIDEBOOK**

Written by our Military Community,  
for our Military Community

# Table of Contents...

<a href="#">Welcome to Seattle U</a> .....	3
<a href="#">The Outreach Link</a> .....	5
<a href="#">Tips &amp; Tricks for Success</a> .....	6
<a href="#">Transitioning to Civilian Life</a> .....	7
<a href="#">Life at Seattle U</a> .....	9
<a href="#">Life in Seattle</a> .....	12
<a href="#">Accessing Your Benefits</a> .....	14
<a href="#">Advising</a> .....	16
<a href="#">Academics</a> .....	20
<a href="#">Stress Management</a> .....	23
<a href="#">Time Management</a> .....	25
<a href="#">SALUTE at SU</a> .....	26
<a href="#">Seattle University Veterans Community</a> .....	28
<a href="#">Important Contacts</a> .....	29
<a href="#">Frequently Asked Questions</a> .....	30
<a href="#">Advice from Veteran Alumni</a> .....	32
<a href="#">We're So Glad You're Here</a> .....	33

# Welcome to Seattle U -

Military-Connected and Veteran Community,

Welcome to Seattle University! We're happy to have you here!

You may have had quite a journey of transitioning and settling into your identity of being a civilian and we want to take a moment to congratulate you on your decision to embark on this new journey as a Military-Connected or Veteran Student at Seattle University. We want you to know that this is a veteran supportive campus and we're here to support you every step of the way.

We understand that becoming a civilian again and navigating higher education can be a *lot*. As a veteran myself, I struggled in my own transition into civilian life. When I became a student, I struggled even more. It was difficult to navigate campus as a person who felt like I didn't belong here. In my undergrad, I had no friends on campus and was only here for my classes. But right before graduating I finally made the decision to show up to an event where I got a taste of the community that SU had to offer. Soon after, I decided to come back to Seattle University as a graduate student and work with our military-connected and veteran students. So, I am here to tell you that you do belong, and that we do have a community for you!

I would like to invite you to visit the Outreach Link. This is a space that was created for first-generation college students, military-connected students, and veteran students. We have resources and knowledgeable Veteran Ambassadors who are also students at SU. This space is available to you as a lounge for hanging out in between classes or studying. We also have a microwave, refrigerator, and a Keurig. There's also a CAC reader available!

I wish you the best of luck in your journey while here at Seattle University and beyond. Please reach out if you need anything!

Your friend,

Linda Taing, Class of 2022

## ACKNOWLEDGEMENTS

The Outreach Link extends its gratitude to the following veterans who made this guidebook a resource that we can offer to future veterans.

Tom Hove  
Brad Mayfield  
Olga Musinina  
Pedro Reyes  
Hannah Roberts  
Edward Salcedo  
Linda Taing

Thank you for sharing your wisdom, so future veterans can be successful here at SU and beyond.

# The Outreach Link

The Outreach Link is a community and resource space for members of the Seattle University community who identify as first-generation college students or military-connected and veteran students.

We're located in Student Center (STCN) 110 and we hope you'll come by to study, hang out, and join our community.

We acknowledge and affirm our community's multiple intersecting identities, including low-income, international, undocumented and DACA, and graduate students.

## **Veteran Students**

The Outreach Link warmly welcomes all who have served or are currently serving our country. We also welcome the spouses and dependents of service members. Seattle University recognizes military members and dependents have special needs and concerns.

## **First-Generation College Students**

At Seattle University, we define first-generation college students as students whose parents or guardians have not completed a U.S. bachelor's degree. Some first-generation college students may have siblings who have completed a bachelor's degree.

# Tips & Tricks for Success -

Seattle U runs on email. Make it a habit of checking your email every day and respond to emails that need require a response ASAP.

Check CANVAS for announcements or assignments that your professors may not have mentioned during class.

Look for websites that offer the cheapest price for your textbooks and save money.

Have a reserve fund for emergencies. There may be times where the VA is late on sending you BAH. Since BAH is prorated, one month may be lower than what you are typically used to receiving. Create a budget for a set period of time and stick to it.

Need help budgeting? Meet with someone in The Outreach Link for resources and assistance.

If you have a documented disability, access Disability Services. This service will be helpful in accessing accommodations while you are here.

Always go to class and figure out how much study time you need for classes. Then, arrange your schedule around it. For learning resources visit <https://www.seattleu.edu/learning-assistance/learning-resources/>

Visit The Outreach Link in Student Center 110. Join their ConnectSU portal. Follow the MOSAIC center on Instagram.

Make an appointment with Career Services to talk about your future.

Get access to *all* your benefits. If you have questions or need support, come by The Outreach Link and talk to one of our Veteran Ambassadors.

Develop a support network, both on and off campus. You will need it!

## Transitioning to Civilian Life -

Civilians may not be aware of the unique challenges that separating from military service and returning to civilian life can present. Here, we highlight myths versus reality around transitioning out, going back to school, and what it may mean to be a veteran. Veterans may find that they identify with one or all of the following.

**Myth: You have no responsibilities once you get out of the military.**

Reality: Complete opposite. You will have more responsibilities outside of the military than you may have had while in. If you lived in the barracks, while on active duty, you would have had the pleasure of not having to pay a light or water bill. In the civilian sector, you will now have to manage all of that, on top of going to school/work, managing your finances, and figuring out a grocery list that meets all the recommended nutritional daily intake!

For help with developing a budget, come by The Outreach Link!

**Myth: Going back to school is easy.**

Reality: Results may vary! You get out of your educational experience, what you put into it. The more you procrastinate, don't ask for help, or not engage, the more difficult this experience will be. There are many resources available to you, whether you reach out to campus or VA resources, we hope that you can get the help and support that you might need!

**Myth: Seattle University is very religious.**

Reality: Only about a quarter of the SU community are practicing Catholics. Seattle U is a liberal university that prides itself on welcoming diversity. You will not be required to attend mass or convert to Catholicism.

**Myth: The VA is user-friendly.**

Reality: The VA is just as complicated as complicated gets. If you are planning to or are currently navigating the VA healthcare or benefits system, reach out to a veteran service organization, such as the DAV, VFW, American Legion, whose sole job is to know how to navigate these systems.

**Myth: You are the only veteran on campus.**

Reality: It may seem like it at times, but you are definitely not alone. There are about 200 military-connected students who are utilizing VA benefits while attending SU. In addition to these folks are many others who aren't using benefits and may be choosing not to disclose their military connection.

**Myth: All veterans are white, heterosexual men.**

Reality: This myth is completely wrong! Veterans at SU are comprised of all identities. Veterans are women, LGBTQIA+, of varying abilities, races, and ethnicities.

**Myth: All veterans have a beard and wear camouflage.**

Reality: True for some... But many of our veterans are hard to identify because they blend in with everyone else on campus! Looking to connect with other veterans? Swing by The Outreach Link!

**Myth: You are the oldest person in the room.**

Reality: This may or may not be true. Usually, there is at least one other adult learner or non-traditional student in the room with you! Seek them out, they may be having similar experiences.

**Myth: Our veterans are only here to finish their bachelor's degree.**

Reality: We have veterans who are attending Seattle University for their bachelors, masters, or law degrees! The sky is the limit.

**Myth: Being a veteran is your only identity.**

Reality: Being a veteran is a *part* of who you are, and you can (& should) be proud of all your identities! If you don't want to identify as a veteran, for whatever reason, that's okay! You have the freedom to be who you are. You can even redefine and reimagine who you are and want to be.



# Life at Seattle U -

## **PARKING**

Parking on campus is not free. Parking permits can be bought online or in person through the Public Safety Office.

Public Safety is located in the 1313 Columbia building (CLMB), room 002.

## **BUS PASS**

If you are utilizing public transportation to get to and from campus or around Seattle, you'll need an ORCA card. The ORCA card allows you to "tap-and-go" when you use Seattle public transportation.

If you are a veteran receiving disability, you may be eligible for a subsidized ORCA card. Visit Public Safety to learn more.

## **MEAL PLANS**

Redhawk Dining manages meal plans and our eateries on campus.

To make sure you've got all the details as they transition to Seattle U, visit their website at [www.dineoncampus.com/seattleu](http://www.dineoncampus.com/seattleu).

Commuter students are not required to purchase a meal plan through SU but have the option of doing so if they choose. There are perks to utilizing a meal plan rather than paying with your debit/credit card or cash, including a 10% discount!

A meal plan can be added to a commuter student's SU ID by going online to [www.dineoncampus.com/seattleu](http://www.dineoncampus.com/seattleu). Under "Meal Plans," select "Add A Meal Plan." You'll be prompted to log-on using your SU username and password to select your meal plan.

For meal plans, visit website at <https://www.seattleu.edu/housing/meal-plans/meal-plans-and-meal-plan-rates/>

### *Dining Halls and Eateries*

At SU, there are various locations across campus where students can purchase food, drinks, and snacks throughout the day. Each location will have its own business hours and it's important to know when opening and closing times are.

**Cherry Street Market** also known as “C-Street” is located on the second floor of the Student Center. It is the biggest dining room at SU. There is a variety of ethnic foods served on a daily basis with a wide selection of baked goods, sandwiches, and large salad bar. For more information on hours, prices and food options visit [C-Street](#) .

**Hawk’s Nest Bistro** is located on the third floor of the Student Center and specializes in personal pizzas, quesadillas, and signature hot sandwiches. There are also smoothies and espresso drinks. For more information on hours, prices, and food options visit the [Hawk’s Nest](#) .

**The Bottom Line** is located in the Pigott Atrium and offers hot sandwiches, soups, baked goods, and an array of beverages. For more information on hours, prices, and food options visit the [Bottom Line](#) .

**The Byte** is located on the second floor of the Lemieux Library that offers a variety of beverages, sandwiches, salads and soups. For more information on hours, prices and food options visit [The Byte](#) .

**The Cave** is SU’s own convenience store located in the basement of Campion Hall. For more information of hours, prices, and food options visit [The Cave](#).

**The Sidebar** is located in the Sullivan Hall with a variety of sandwiches, soups, salads, and beverages. For more information on hours, prices, and food options, visit [The Sidebar](#).

When purchasing items from any of the listed dining locations above, all you have to do is make sure you have your student ID card loaded with a meal plan for the cashier to swipe and you’re good to go!

For commuter students without money on their student ID card, meals can be purchased using a personal debit card, credit card, or cash.

## **EMPLOYMENT**

Career Services is for all SU students no matter your major or career path. They’ll help you with general career guidance, your cover letter & resume, job & internship search, and so much more.

You can call or log onto Handshake to schedule an appointment with a Career Advisor.

Location: Pavilion 110

Email: [careerservices@seattleu.edu](mailto:careerservices@seattleu.edu)

Phone: (206) 296-6080

### *Handshake*

Handshake is our online job and internship search engine. Use Handshake to explore jobs and internships available on- and off-campus.

<https://www.seattleu.edu/careerservices/handshake/>

We have a few jobs on-campus that are reserved specifically for veterans using benefits. These may not be available every year, because positions may be filled with current students.

Enrollment Specialist - Registrar's Office  
Veteran Ambassadors - The Outreach Link

Need a part-time job off-campus? We have a couple organizations that are always looking to hire veterans.

Starbucks  
Home Depot

# Life in Seattle -

## TRANSITIONING TO SEATTLE

**Seattle is a city:** Attending Seattle University means you will be going to school in the heart of the city. The downtown atmosphere affords a lot of great food, activities and resources. That said, like any large city, you aren't in Kansas anymore Toto. Take proper precautions to secure your gear and equipment when out and about. Situational awareness is still paramount to student safety and a healthy amount of skepticism is important.

**Seattle is a very liberal city:** Your experience may vary but most veterans will attest that the military is a very conservative atmosphere. I'd argue that Seattle is as liberal as the military is conservative. Seattle University has a reputation as being among the more liberal universities in the city which means you might find yourself outside of your comfort zone or at the very least outside your norm. My approach to this has been to keep an open mind and keep discourse civil. If you identify as a conservative, you may feel that your values or ideas are being challenged. This should be the case for all students in a healthy academic discourse (not just conservatives). You may be able to offer up perspectives in the classroom that students attending are unfamiliar with; so, don't shy away from participation in fear of being marginalized. My experience has been that people are more open to different ideas when approached in a respectable and humble fashion.

**Traffic in Seattle:** Seattle is constantly ranked in the top five as worst cities to drive in. The city is landlocked between mountains, hills and the sound. Seattle is also the fastest growing major city in America. These facts combined result in traffic congestion that can be a nightmare to traverse. Consider investing in an Orca card that allows you to travel via bus, train or even ferry. The buses have special lanes allowing them to bypass traffic and you don't have to worry about parking. Most students attending SU qualify for a subsidized orca card making public transportation an affordable and reliable option. I have found the bus to be as quick and often a quicker form of transportation to and from school.

**Seattle is a great place to work:** Amazon, Boeing, Microsoft, Starbucks, etc. These are just a few of the major global corporations residing in the Seattle area. Competition for labor is fierce resulting in higher wages and affording future employees the opportunity for economic liberty. The universities in the area funnel

students through a vast network of opportunity and this is one of the highlights of attending Seattle University.

**Summer in Seattle:** Seattle is known for its mild climate. It rarely dips below freezing and it rarely gets above 90 degrees. Because of this, Air Conditioning is non-existent in most housing units and buildings. I feel compelled to warn you, however, that in late July and August we usually do have a couple days above 90 (and I remember the dreaded summers in which we top 100 degrees). If you don't live in a basement unit your apartment can easily be above 80 or 85 degrees inside over-night. Sleeping in this environment can be rough so invest in some fans or maybe a small window AC unit to break out in the peak of summer (if your landlord allows).

### **GROCERY STORES**

If you live in the area or just need to grab a quick meal or snack, check out this list for nearby stores!

- SU Campus Store is located in the on the corner of Madison Street and 12th Avenue. Not only can you purchase textbooks, apparel, and school supplies, there's also an area to shop for snacks on the go and personal hygiene supplies.
- Whole Foods is the closest grocery store to campus and within walking distance. It is located on the corner of Broadway and Madison Street. As you go north along Broadway, you'll see it to the left of campus, almost diagonal to the Administration Building.
- QFC is on Broadway and E Pike St, and is the next closest grocery stores to campus, less than a block from Whole Foods. Go north along Broadway until you see the big QFC sign, it'll also be to the left. Like any grocery store, QFC has a wide variety of food, snacks, beverages, and items for your dorm. While it's not necessary to take public transportation, if you would prefer to take a bus, take the number 9, 43, or 49 from Broadway & E Marion.
- Bartell Drugs is adjacent to the QFC and carries personal care items, medicine, and grab-and-go snacks.
- Trader Joes is on the corner of E Madison & 17th Ave across from a Shell gas station. This is a good store to buy organic produce, food, and snacks. Most of the time the prices are reasonable. If you're lucky, they may have free samples!
- Target is the furthest store from SU, but it is the closest Target to campus. If you're not familiar with Target, the store has all kinds of items to purchase in one store. If you're lucky, you'll probably find some sweet deals for decorations or necessities to add to your residence hall room. I would recommend taking the number 3 or 4 bus into downtown Seattle from E Jefferson & 12th Ave to 3rd Ave & Pike. Then walk about two minutes along 3rd Ave till you see the big red Target sign.

# Accessing Your Benefits -

## HEALTHCARE

If you have not gotten connected with healthcare, we are here to help. The Puget Sound VA Hospital is located 4.6 miles south of the Seattle University main campus.

To begin your registration process, do the following steps:

Apply online: [va.gov](http://va.gov) (*Typically takes 30 days to be contacted*)

Apply for HEALTHCARE

-OR-

Report to the VA Hospital Registration Office with your DD-214 and a completed 1010EZ Form (The Outreach Link has copies of the 1010EZ Form) (*Immediate results*)

VA Hospital address: 1660 S Columbian Way, Seattle, WA 98108

## SERVICE-CONNECTED DISABILITY RATING

You may qualify for a service-connected disability rating (percentage) if you have/had any physical or mental conditions that were received/developed before, during, or after you time in service.

If you would like help in applying for a disability rating, there are organizations that specialize in this process. Below are organizations that are free and do amazing work:

Disabled American Veterans Office (DAV): To get an appointment with the DAV, go to: [www.dav.org/veterans/find-your-local-office/](http://www.dav.org/veterans/find-your-local-office/)

For your appointment, you will NEED your dd-214 and your complete military medical record.

Need your medical record?

Go to: [www.archives.gov/veterans/military-servicerecords/medical-records.html](http://www.archives.gov/veterans/military-servicerecords/medical-records.html)

NOTE: Go through your regional office and not a local chapter office

Your local VFW: [www.vfw.org/find-a-post](http://www.vfw.org/find-a-post)

## Veterans Readiness and Employment (VR&E)

Once you've received a disability rating, you may be eligible for VR&E. VR&E acts similarly to the GI-BILL, but their goal is to get you back to work. Eligibility is based on a case-by-case basis and after submitting your application, you'll work with a Vocational Rehabilitation Counselor (VRC) to determine if you're entitled to receive VR&E benefits and services.

Website: [Veteran Readiness And Employment \(Chapter 31\) | Veterans Affairs \(va.gov\)](#)

## **QUARTERLY VETERAN OUTREACH**

The Outreach Link brings VA Healthcare, VA Benefits, and additional Veteran Service Organizations to campus, at the beginning of every quarter.

Check The Outreach Link's ConnectSU, Facebook, and Instagram pages for specific dates and times.

## **SEATTLE UNIVERSITY**

As a student at SU, you also have access to tons of resources and should utilize them!

TIMELY CARE - 24/7 medical and mental telehealth for student

Services available through TimelyCare include:

- Medical: 24/7, on-demand access to a medical provider that can treat a wide range of common illnesses like cold and flu, sinus infection, allergies and more.
- Scheduled Medical: scheduled options to speak to a medical provider.
- TalkNow: 24/7, on-demand access to a mental health professional to talk about anything at anytime.
- Scheduled Counseling: scheduled options to speak to a licensed counselor (up to 12 visits per year which reset on August 1 of each year).
- Health Coaching: resources to help students adopt healthier lifestyle behaviors related to sleep issues, nutrition, weight management and more.
- Psychiatry: services provided by referral from an on-campus medical or mental healthcare provider.
- Group Sessions: Weekly Guided Meditation and Yoga Group Sessions, plus specialized discussions throughout the year.

### HOW CAN STUDENTS ACCESS TIMELYCARE?

Students can go to [timelycare.com/seattleu](https://timelycare.com/seattleu) to register with their name and Seattle University email address. Students can then have visits from any web-enabled device - smartphone, laptop, or desktop. TimelyCare is available from anywhere in the United States.

WELLNESS AND HEALTH PROMOTION - empower healthy decision making through education, prevention, and peer support. Located in Student Center 380.

- *Free cold & flu kits*
- *Sanvello App* - paid for by SU, use your SU email to create an account

- *LUX*: Bright Light Therapy Borrowing Program
- *Food Pantry* - this service is through pick-up only, fill out an order form online <https://tinyurl.com/SUpantryFQ23>

Counseling and Psychological Services (CAPS) - provides free short-term counseling services to all currently enrolled students through in-person and remote appointments. All clinical services are confidential: no information is released without the student's consent, unless required by law. CAPS can assist SU students with identifying resources and services that best fit each student's unique circumstances.

To make an appointment with CAPS counselors for therapy, call 206-296-6090 or visit them in PAVL 120

- Mental Health Screenings
- Individual Counseling
- Consultation
- Referrals
- Workshops, Outreach and Psychoeducational Programs



# Advising -

Each school and college within SU has its own advising center and group of advisors that work with students in the corresponding college.

Advising centers and advisors have a sole purpose of helping students succeed during their time at SU by outlining a four-year plan.

**NOTE:** If you are unaware who your advisor is, log into your account on SUonline and select "My Profile" under the Academic Profile section.

## **Albers School of Business and Economics**

Pigott (PIGT) 318

Monday: 9am-11am Wednesday: 10am-12pm Thursday: 2pm-4pm

Phone: (206) 296-5700

First-year students are required to meet with an assigned New Student Mentor in fall and spring quarters which is either a junior or senior in Albers School of Business who are trained mentors through the school. During the winter quarter, you must meet with an assigned professional Albers Academic Advisor. Sophomore, junior, and senior students are assigned a Faculty Mentor in the beginning of each winter quarter. I highly recommend meeting with your mentors often to assure you're on the right track for the year and in the future to graduate. The advising center available for walk-in office hours to get an answer to your quick questions. For more in-depth questions and concerns about education planning and major requirements can be answered through a scheduled appointment which can be done on the phone, starfish, or in person.

## **College of Arts and Sciences**

Casey (CASY) 1W

Monday: 10am - 3pm , 4:30pm - 5:30pm Tuesday - Friday: 10am - 3pm

(206) 296-2840

ASCAdvising@seattleu.edu

All first-year students are required to meet one-on-one with their assigned advisor during each quarter of every school year. All students are assigned an academic advisor that is located in their major department or the Arts and Sciences advising office. Depending on your major, advising requirements vary between majors and departments. First-year students are required to meet with their advisor once a

quarter during their first year; until this requirement is met, an advising hold will be placed on your account, which prevents you from registering for classes. You are required to meet with your advisor at least once a year. The advising center is available for walk-in office hours to get an answer to quick questions. For in-depth questions about education planning and major requirements, schedule an appointment. You can do that on the phone, starfish, or in person.

**College of Education** Loyola Hall (206) 296-5760  
coeinfo@seattleu.edu

Students in the College of Education are assigned a faculty advisor that they can meet with to discuss plans for your future. It is your responsibility to learn about your specific program/major and plan your four years at SU. If you have any questions, your faculty advisor's sole purpose is to answer those questions and support you as best as they can.

**College of Nursing**  
Garrand (GARR) 4th floor  
Monday - Friday: 9am - 4pm (206) 296-5660  
CONadvising@seattleu.edu

As a Nursing student, your responsibility is to be accountable for yourself in your academic success. You are responsible for meeting with your advisor once a quarter before registering for the next quarter. To find out who your academic advisor is, go to SU Online and under Student Menu select "My Profile." It is highly recommended to meet with them by scheduling an appointment through email. There is also an option to meet with a professional advisor during drop-in office hours for more general questions about nursing.

**College of Science and Engineering**  
Engineering (ENGR) 300  
Tuesday - Thursday 1:30pm - 3:30pm  
(206) 296-2500  
se-adv@seattleu.edu

New students coming into the College of Science and Engineering are assigned an academic advisor that you should plan to meet at least once a quarter. During the quarter, you must meet with your advisor in order to be able to register for the next quarter otherwise a hold will be placed on your SU student account. To meet with your academic advisor, you are encouraged to call the number above. For more general questions, you can drop by the advising center during the outlined drop-in hours available to current students in the College of Science and Engineering.

**Matteo Ricci College** Casey (CASY) 1 (206) 296-5405  
mrc@seattleu.edu

As a student in the Matteo Ricci College, you will be assigned a peer-mentor as opposed to an academic or professional advisor. The peer advising system is used to help students succeed socially and academically. As a new student, sometimes it can be hard to adjust to the college “life” so your peer advisor is there to help guide you to making good decisions when it comes to opportunities presenting itself to you.

**School of Law** Sullivan Hall (206) 398-4135 hollandp@seattleu.edu

The School of Law provides each student with a faculty advisor that’ll help you in the process of important decision making when it comes to taking the appropriate courses. Along with your academic advisor, representatives from the Center for Professional Development, Access to Justice Institute, and the Academic Resource Center will be an additional resource for seeking guidance and advice in order to succeed.

### **School of New and Continuing Studies**

Law School Annex (LSAX) 141  
(206) 296-6937  
Suki Kwon, Academic Advisor: kwonsu@seattleu.edu

Under the School of New and Continuing Studies, there is only one academic advisor. The advisor’s role is to help guide and support students in finishing their undergraduate requirements. She encourages students to reach out to her without hesitation for whatever reason.

### **School of Theology and Ministry**

Hunthausen Hall (206) 296-5330  
stm@seattleu.edu

Please contact the school of Theology and Ministry for more information about academic advising.

### FACULTY OFFICE HOURS

Faculty members hold “office hours” time outside of class for you to connect with them. They will usually include their office hours in the course syllabus.

Why visit a faculty member’s office hours? A few reasons might be:

- Get additional help with coursework

- Get to know another adult on campus
- Learn about their career path and research interests

Here are some ways for reaching out to faculty members:

- Send an email
- Talk to them before or after class
- Make an appointment for a one-on-one conversation
- Look on Canvas under the specific course to find their office hours

You may end up asking a faculty member for a recommendation for work or graduate school. So, getting to know them now will benefit you in the long run.

# Academics -

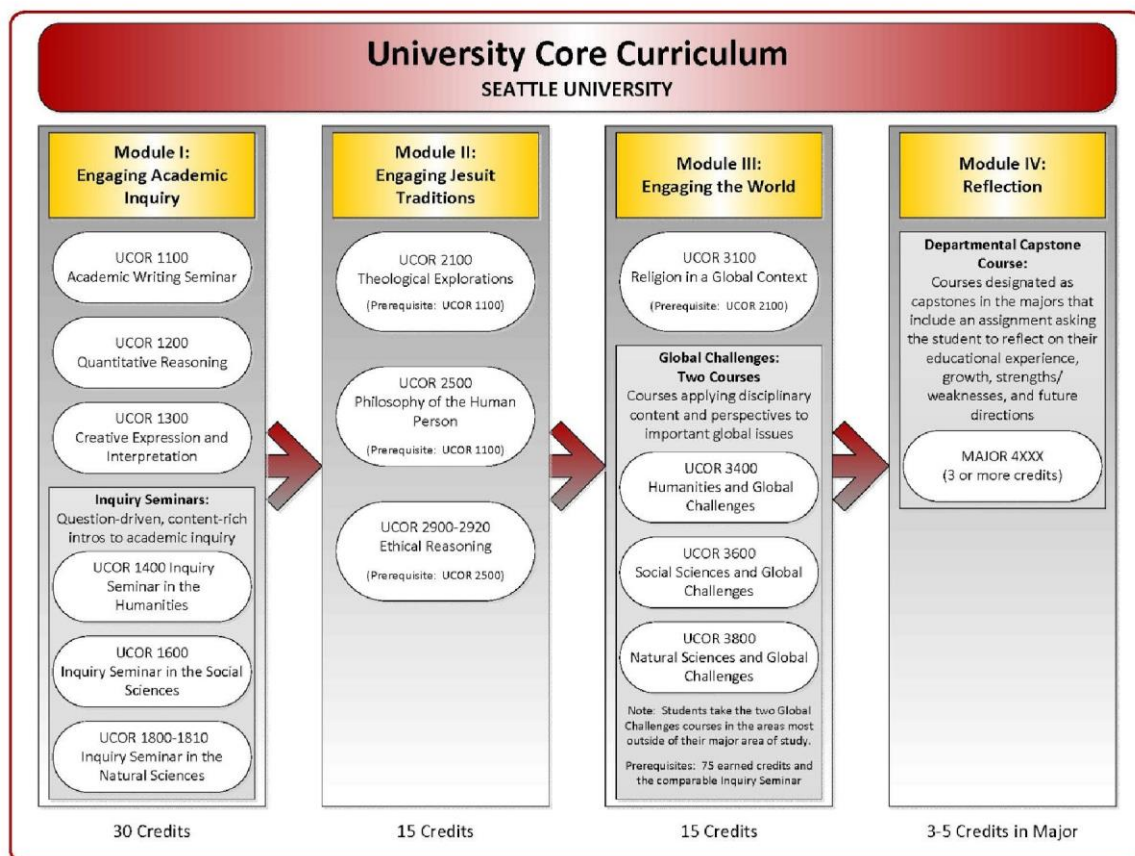
## JESUIT EDUCATION

"As a veteran, I felt it was important to receive an education that addressed the whole person. Veterans face many challenges upon transition. Seattle University is a community that provides holistic support to help veterans navigate these difficulties."

-Brad Mayfield, Class of 2019

## UNIVERSITY CORE (UCOR)

University Core classes are classes that every student must take. They come in 4 modules.



## REGISTERING FOR COURSES

Registration for courses will be done on SUonline.

Each student will be given a specific date and time to register. Registration may only be done at and after this time. Students with priority registration will register on the first day of registration week and everyone after that will be assigned a registration time based on the number of credits they have finished.

If you would like to see classes prior to registration, you can use the Search for Classes tool on SUonline. This allows you to check availability throughout registration week as well.

### **What to Keep in Mind for Registration**

- Each major and college has a set of courses that you must take in order to earn that degree. If you wait too long to take these classes, this may impact your graduation date.
- Know the prerequisites of the courses you want to take, and make sure you have fulfilled them. These could include other courses, a minimum GPA, a minimum number of credits, a minimum grade in another course or a minimum score on a placement exam. Some courses may even have co-requisites.
  - You don't want to waste your time trying to register for a class that you may not be able to take.
- Classes fill quickly and students with more credits will register first. You may not be able to register for the classes you want, so it is a good idea to have a list of backup classes when you register.
- Know when your registration time is and do not procrastinate!
- If your registration time is during your class, you can ask your professor if it is okay for you to register during that class period. Many professors will say yes!
- Read about classes beforehand. Use the Search For Classes tool on SUonline, so you know what classes you want to take before registering. Do this for your backup classes as well because you do not want to end up with a class that you have no interest in.

### **STUDYING AND ACADEMIC HELP**

SU offers a variety of resources that students may use to aid them in their academics.

Learning Assistance Programs: Lemieux Library, 2<sup>nd</sup> Floor

Individual Consultations with a Learning Specialist: This will help students perfect and improve their study habits by addressing areas of weakness.

Tutoring Services: Free peer-tutoring in several subjects

Learning Strategy Workshops: You may attend workshops that will teach you how to fine-tune your studying skills.

Group Study Opportunities: Peer-led study groups.

Bellarmino Advising Center: Bellarmino Hall

- Helps with academic advising and university related commitments.

Writing Center: Lemieux Library, 2<sup>nd</sup> Floor

- Helps students to become more effective writers by helping them through each step of the writing process.

Math Lab: Lemieux Library, 2<sup>nd</sup> Floor

- Students can drop-in and seek help with lower-division math.

Alfie Scholars Program: Bellarmino Hall

- An advising office for transfer students from 2-year colleges.

Disabilities Services: Loyola 100

- Advises students with disabilities and works with them to determine eligibility for any services and accommodations that may benefit them.

Fellowships Office: Loyola 100

- Guides students and alumni when they apply for national fellowships, scholarships, and grants.

# Stress Management -

**Performance related stress is different:** Veterans are no stranger to stress; I'd even argue we thrive in it, and most would probably agree. You are uniquely endowed at this point with more resilience than the average civilian. However, during your time in school, everything you do is being evaluated by a grading system as opposed to effort or pass/fail systems. You will also be flooded with constant due dates, group projects, and lots of reading. Considering this, a great deal of perspective often helps me when I feel I am falling behind or getting grades I am not pleased with. For example, when finals week hits, I remind myself: "This is one test...for one class...in one quarter...in one year...during my entire life." Slowing things down is a necessity and reminds me to take things one step at a time.

**It's a marathon not a sprint:** Remember that first time you had to run a long distance? If your experience was like mine, you probably started at a pace too fast to keep up and got burnt out along the way. School is a lot like running. There will be temptation to push yourself to achieve straight A's and while aiming high is healthy, remember you are doing this for about 2-4 years. The last thing you want to do is use up all your gas in the first year or two and hit empty when you're in the final year(s) of your program/major. Pace yourself so you can consistently get good grades, while also taking care of yourself.

**A relieving reminder you already have work experience:** When you graduate, employers will be more interested in your college degree and military experience than your grades. While grades are important and some employers may ask for a transcript, that is usually a metric they balance against students who have no work experience. I'm not saying you should underachieve, but you shouldn't beat yourself up for every disappointing grade you might receive. When recruiters are filtering through their various resumes, they will usually see the following: college degree, volunteered as ..., and maybe a part time job waiting tables. At the end of the day, most employers will be excited to see a veteran that went on to pursue higher education. This serves to your advantage, trust your achievements.

**Appropriate school/life balance:** When you get out of the military, you gain a sense of freedom that you might feel like you've never felt before. When you go to school, that feeling of freedom can be fleeting once the school quarter gets underway. Make sure you allow yourself proper time for self-care. Keep up with your friends/family, step away from homework when you need to, and get plenty of sleep. Another thing to note is that school is a unique chapter in a person's life. On top of this, you may be



working part- or full-time while attending school. Your friends/family will have to make note of this. I have found that sometimes social life and school can conflict. This conflict can be stressful if people don't understand what you have going on. A friendly reminder to your social circles can help alleviate any unnecessary tensions in your life and ultimately reduce your stress.

# Time Management -

Everyone manages their time differently and has systems that work for them. But here are three things you absolutely need to know:

**Use a Calendar instead of a "To-do" list:** Perhaps my most essential tool in keeping organized has been my digital calendar (google calendar). I put everything in my calendar: grocery shopping, study time, work schedule, social events, class times, etc. I find that this method not only allows me to keep track of what I need to do but it also forces me to appropriately budget my time. Consider ditching a "to-do list" and start to put everything in a calendar so you know how long all your tasks will take.

**Backwards planning:** You most likely know what this means as a veteran but it's different with school related tasks. In academia, you have to use your critical thinking to accomplish your tasks, professors aren't going to walk you through everything.

An example of this is when you write papers. It is assumed that you will realize all that goes into writing a paper: research, outline, rough draft, edit, rough draft again, edit again, paper completed. This means you need to appropriate the proper time and plan backwards from the due date. If your paper is due in 7 days aim for completing your final rough draft on day 6 so you have an extra 24 hours to look over it. That means you need to have your outline done by day 3 so you have plenty of time to write your rough drafts. Since your outline is due on the 3rd day, your research should be done by day 2. That means you should probably start doing the research immediately. Consider using backwards planning on all your tasks.

**Be "On time":** Showing up on time for class/work is different in the civilian world. I'm not advocating that veterans don't show up 15 minutes early to class and work. However, I have found myself showing up an hour early to class because I got a little too paranoid in my backwards planning. Aim for 15 minutes early but you are not in the military anymore and people aren't going to freak out if you show up merely 5 minutes early.

# Salute at SU -

SALUTE Veterans National Honor Society recognizes and honors the service and academic achievements of student veterans. This national honor society is dedicated to encouraging excellence in scholarship, research, and leadership.



## Benefits of SALUTE

- One-time payment for a lifetime membership
- A certificate and military-style challenge coin commemorating your membership in SALUTE and your specific level of academic achievement
- Opportunities to network
- Scholarship opportunities

## Honor Society Tiers

Undergraduate students are eligible for one of the following tiers based on cumulative GPA:

Alpha: 4.0 - 3.75

Bravo: 3.74 - 3.5

Charlie: 3.49 - 3.25

Delta: 3.24 - 3.0

Graduate students with a cumulative GPA of 3.5 or higher will be inducted as a SALUTE Gold Member.

## Student Eligibility

To be eligible for SALUTE, students must meet the following criteria determined by the National Office of SALUTE:

- Undergraduate students must have completed a minimum of 12 credits and have a cumulative GPA of 3.0 or higher
- Graduate students must have completed a minimum of 9 credits and have a cumulative GPA of 3.5 or higher.
- A student must be currently enrolled at the time of the induction ceremony.
- Applicants must have received an honorable discharge from the military or provide proof of current duty station
- A copy of DD Form 214 or copy of current orders must be provided.

**Application Instructions**

Please submit the following forms to be considered for SALUTE Veterans Honor Society:

- Completed SALUTE Application
- 1 copy of your unofficial Seattle University transcript
- Copy of DD Form 214 with character of service or proof of current duty station
- Receipt of membership payment

Once your application has been verified, you'll receive email confirmation of your application status and online payment information.

**Membership Fee**

There is a one-time \$35 membership fee for SALUTE. This fee gives you a lifetime membership to SALUTE.

If you choose to move tiers after being inducted, there is a \$10 fee. This will allow a member to have more scholarship opportunities.

For more information contact Linda Taing, Graduate Coordinator of Outreach, at [se-ltaing@seattleu.edu](mailto:se-ltaing@seattleu.edu) or Deanne Liu, Associate Director of The MOSAIC Center, at [deannel@seattleu.edu](mailto:deannel@seattleu.edu)

# SU Veterans Community -

The Seattle University Veteran's Community's mission is to serve and of support all student-veterans and members of military families.

SUVC's vision is to develop and implement student programming, both social and educational, and recognize that student-veterans have unique needs and interests that differ from those of traditional students.

SUVC hopes to:

To be the single source for all information related to student-veteran life

Be an advocate for the student-veteran community at large

Provide personalized assistance for student needs (veteran related or not)

Maintain direct connections with those managing student-veteran lives on campus

Bringing awareness of student-veteran issues to the faculty, staff and the general student community

*Interested in holding a leadership position? Contact Linda Taing, Graduate Coordinator of Outreach, at [se-ltaing@seattleu.edu](mailto:se-ltaing@seattleu.edu) or Deanne Liu, Associate Director of The MOSAIC Center, at [deannel@seattleu.edu](mailto:deannel@seattleu.edu)*

# Important Contacts -

**The Outreach Link: STCN 110** 206-296-6334

**The MOSAIC Center: PAVL 180**

**Financial Aid: Vi Hilbert Hall 2<sup>nd</sup> Floor**

Leigh Miller (206) 296-5856

Gabby Santos: 206-296-5879

[va@seattleu.edu](mailto:va@seattleu.edu)

**CAPS: PAVL 120** 206-296-6090 [caps@seattleu.edu](mailto:caps@seattleu.edu)

**Registrar: Vi Hilbert Hall 2<sup>nd</sup> Floor**

Jenna Sanders: 206-296-5871 [va@seattleu.edu](mailto:va@seattleu.edu)

**Public Safety: Columbia BLDG Room 002**

206-296-5990 [seattleu.edu/transportation](http://seattleu.edu/transportation)

**Disability Services: LOYL 100**

206-296-5740 [disabilityservices@seattleu.edu](mailto:disabilityservices@seattleu.edu)

**Campus Store: Corner of 12th and Madison**

[seattleu.edu/campus-store](http://seattleu.edu/campus-store)

**Hub Desk: STCN 1st Floor**

206-296-6464 [hubdesk@seattleu.edu](mailto:hubdesk@seattleu.edu)

**GI Bill Hotline** (888-442-4551)

Call between 7 AM - 6 PM Central Time, Monday-Friday

**Disabled American Veterans (DAV)**

Seattle location: (206) 341-8267 [dav.org](http://dav.org)

## Frequently Asked Questions -

### **What do I do if I am also eligible to receive Tuition Assistance?**

A veteran cannot utilize federal Tuition Assistance benefits and certain VA Educational Benefits at the same time so first, find out if the Tuition Assistance you have is funded federally or by the state. If your Tuition Assistance is funded by the state, submit your paperwork to the VA School Certifying Official (SCO) for processing.

### **What do I do if I am called to Active Duty?**

You will need to fill out a Military Service Leave of Absence Request. Please also contact the certifying official in the Registrar's Office if you are leaving for active duty.

When you return from active duty, contact the Registrar's Office to notify them of when you plan to return to SU.

### **Is there a Common Access Card reader for veterans to use on campus?**

Yes. A CAC reader is located in The Outreach Link (Student Center 110). Inquire at the front desk for assistance.

### **If I am using the Post 9-11 GI Bill®, will I need to pay my bill out of pocket if the school has yet to receive my tuition and fee payment from the VA by the tuition due date?**

No, the Office of Student Financial Services will incorporate the anticipated amount of your VA Educational Benefits into your quarterly bill. You are only responsible for paying the portion of your bill not covered by your benefits or other types of financial aid by the tuition due date. If you are receiving Post 9-11 GI Bill® benefits you will not be assessed any financial penalties while the school waits to receive your anticipated tuition and fee payment from the VA.

### **How many credits do I need to take each quarter to be eligible for the Basic Housing Allowance (BAH) under the Post 9-11 GI Bill®?**

For the Fall, Winter and Spring quarters undergraduates need to enroll in at least 7 credits to be eligible to receive the BAH. Graduate students need to be enrolled for at least 4 credits. To receive the maximum amount of BAH you will need to be at full-time status (12 credits for undergraduate; 6 credits for graduate).

For courses taken during the Summer Quarter please contact a VA Certifying Official in the Registrar's Office for clarification. Also, the Department of VA no longer issues break pay for students using VA Educational benefits.

**How will my financial aid be affected by my VA educational benefits?**

Starting in the 2009-10 academic year, most VA benefits are not considered when determining a student's eligibility for Federal and State funding. However, institutional funding may be affected. To receive the most accurate information, please contact Student Financial Services to be put in touch with a VA School Certifying Official (SCO).

**Do I have to fill out any additional paperwork to receive my VA Educational Benefits each quarter?**

No. Once you have submitted all your paperwork to the Office of Student Financial Services and have registered for a quarter, a VA School Certifying Official (SCO) will automatically review your courses for degree applicability. You will be contacted if any of courses are found to not apply to your degree. A SCO will then automatically submit your quarterly certification (Form 22-1999) to the Department of VA for processing. Except for Summer Terms where the SCO will notify students of actions that need to be taken for certification.



## Advice from Alumni -

“ “ The one thing that has helped me feel like I belong on campus is getting involved in student clubs and associations. Being part of a group of motivated young leaders has helped me to learn about the campus atmosphere from their point of view. It has also given me a chance to make campus-wide impact that resulted in positive effects on student life. Transitioning may seem challenging, but Seattle University has the greatest veterans support network. They have the knowledge and skills to guide a veteran through the most confusing aspects of veterans benefits and will teach you about benefits that you were probably not aware of. If I could go back in time, I would choose Seattle University over and over for this reason. ” ”

- *OLGA MUSININA, CLASS OF 2019*

“ “ The number one thing I wish I would have known while transitioning out of the military would have been the importance of mental and physical health. While at separation classes, I wish a medical professional would have told groups that haven't talked about their emotions to not be afraid of talking about their invisible wounds to a professional, and to not be afraid of what others may think of you. ” ”

- *PEDRO REYES, CLASS OF 2017*

“ “ Make the effort, actual effort, actual calendar appointments and meet-ups, to attend social groups. You have to hustle to meet people. Do it. Your life will be richer to have human connections. As a civilian those connections aren't inherent in the system like it is showing up to a unit. You have to be out in the world, curious, engaged, and willing to make your community. Do it. Humans need humans. We are not built emotionally or physically to be complete loners. Go love and be loved. ” ”

- *HANNAH ROBERTS, CLASS OF 2016*

“ “ Access your benefits. If you don't know what you have access to, then ask. There are so many people out there willing to help you and take you through the process. ” ”

- *TOM HOVE, CLASS OF 2017*

## **We're so glad you're here!**

In closing, I hope this book has helped you discover of our little piece of Seattle, and has made you feel more a part of this Redhawk community.

If at any time you're feeling overwhelmed from classes or work or just need to take a break, please do not hesitate to reach out to any of the many people on campus here to support you. While The Outreach Link staff is here, there are also many other staff, faculty, and students who want to make sure you're successful here.

I hope that your time here at SU brings you the joy and helps you reach your goals.

In the words of St. Ignatius, "Go forth and set the world on fire."

Sincerely,

Edward Salcedo  
Class of 2018