

— Serving Those Who Served —



VETERANS
CENTER

August 2020 Newsletter

*Discover your next mission,
remotely*



CUYAMACA
COLLEGE



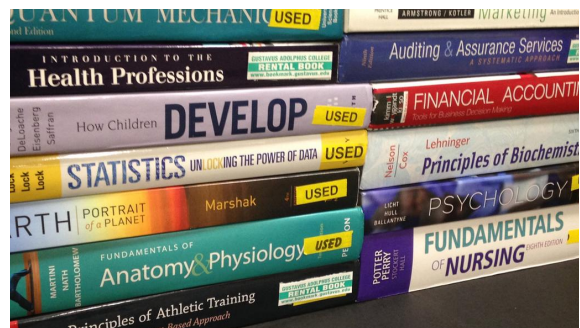
STUDENT PANTRY

Due to campus closures, the Veterans Center is not providing free food to students. For a list of free food in your area, please click [here](#). To find free diapers, please click [here](#).



SCHOOL SUPPLIES

Get \$50 worth of school supplies at the Cuyamaca Bookstore Online and pay nothing at check-out. Program is open to Veteran students using VA education benefits who are taking Fall 2020 classes. Instructions on how to use this service will be emailed to you.



TEXTBOOK PROGRAM

Get \$200 worth of required textbooks or access codes at the Cuyamaca Bookstore Online and pay nothing at check-out. Program is open to Veteran students using VA education benefits who are taking Fall 2020 classes. Instructions on how to use this service will be emailed to you.

A MESSAGE FROM OUR PRESIDENT OF CUYAMACA COLLEGE

"Allow me to begin by thanking each one of you! Thank you for your service to our country, and thank you for allowing Cuyamaca College to serve you. With so much uncertainty and with rapidly changing processes, I know you have many questions about your educational journey. I am so pleased our Veterans Center staff has committed to working with each one of you to ensure your needs are met, and that you can appropriately enroll in courses at Cuyamaca. While we may not be on campus together, you are an important piece of our campus community. Please continue to take care of yourselves and one another, and continue to reach out to our Veterans Center team with questions and for support."

-Dr. Juliana Barnes, Ed.D

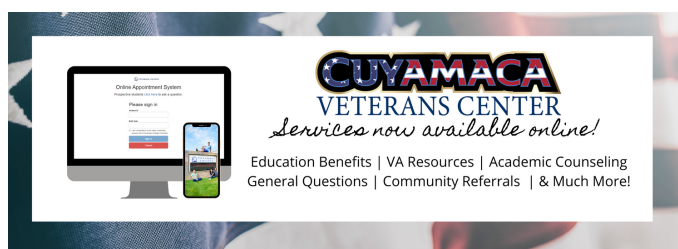


ACADEMIC COUNSELING

TRANSFER UPDATE

COVID-19 Impacts on CSU Undergraduate Admissions Policies and Practices. The California State University (CSU) system is taking all necessary steps to mitigate the disruptions caused by COVID-19 while ensuring the health and safety for our students, faculty, staff and communities. With the COVID-19 pandemic it has become necessary to adjust some CSU admission requirements and prior guidance to incoming students for fall 2020 and beyond. The CSU system is prepared to exercise flexibility and accommodation when working with our educational partners and fall 2020 applicants in meeting admission requirements and the subsequent steps toward enrollment. Please contact our counselors should you have any questions or concerns.

e-Advising



Cuyamaca's e-Advising provides students with the ability to ask quick questions that do not require in person appointments. You will need your student ID# to submit a question, click on the banner above or visit <https://cuyamaca.edu/services/veterans/vets-staff.aspx> to submit your question.

These questions can include, but are not limited to, the following:

- Transfer
- Course Planning
- Probation or Dismissal
- Graduation
- Petitions & Academic Renewal
- Questions about other veteran-related services? Ask us here too!

VIRTUAL DROP-INS

If you would like to sign-in to see a counselor for 10-15 minutes, please click [here](#), see the availability of the counselor, click the appropriate hour and enter the Zoom waiting room; the counselor will be with you shortly after that. These are not scheduled appointments, these are drop-ins so you need to enter the room during the hour you are selecting, the same way you would see a counselor as a drop-in when on campus. You cannot pre-schedule these appointments.

APPOINTMENTS

If you have any questions about your student educational plan and would like to schedule a 60 minute appointment with a veteran's counselor, please click [here](#) to schedule. Once you schedule your appointment, you will be emailed a ZOOM URL/Link to join the meeting online. New appointments are added every week day up to 15 days in advance, if you don't see an available appointment check back the next week day or connect with us via e-Advising

VA EDUCATION BENEFITS

Fall Enrollment Certification - The Cuyamaca Veterans Center and Cuyamaca College has worked tirelessly to find a solution to the distance learning/resident learning concern regarding MHA. For instructions on how to properly register for Fall classes and retain your full MHA benefit please click [here](#).

For information, instructions and forms to use VA Educational Benefits follow this [link](#). If you have any questions regarding certification, please email debra.ayers@gcccd.edu.

COVID-19 UPDATE

CUYAMACA COLLEGE will remain with a virtual format of classes through the Fall Semester. Classes will remain online, with a reduced schedule. Cuyamaca College continues to monitor and respond to the worldwide spread of the coronavirus (COVID-19). For more information, please see our [virtual campus page](#). For information regarding the information we have regarding your VA Education benefit, please see below on page 3. Stay safe everyone!



EMERGENCY FINANCIAL ASSISTANCE



EMERGENCY ASSISTANCE FUND

For students who are experiencing a financial emergency due to COVID-19, please click [here](#) to apply for an emergency grant.

Receive a \$500 grant each semester that you are an active student. Grant is not a part of your Financial Aid or your VA Benefit. Eligibility: Current Cuyamaca student who has not previously received the grant from either Cuyamaca College OR Grossmont College in the same semester.

Applications received between June 1 and July 31 will be considered Summer applications.

Applications received between August 1 and December 23 will be considered Fall applications.

JOB BOARD



Emergent Biosolutions is hiring an intern, Product Development. For more information, click [here](#)



San Diego Housing Commission is hiring a paid intern, \$15/hr. For more information, click [here](#)



Surface Optics Corporation is hiring an Accounting Intern. For more information, click [here](#)



Employment Development Department (EDD) is hosting a mass hiring effort for Employment Program Representatives. For more information or to apply, click [here](#)



ACE Hardware is hiring veterans!
Click [here](#) for more information

CUYAMACA CAREER CENTER

The Cuyamaca College Career Center is open for virtual appointments for services including career and job counseling, career workshops, job searches, career assessments, career research information and much more!

If you are looking for a job, please click [here](#) to schedule an appointment with Cuyamaca's Job Placement Case Manager, Angela Tilley Ruiz.

If you need help deciding on a major, or would like to take a career assessment, please click [here](#) to schedule an appointment with a Career Counselor.

If you would like to connect with a professional in your field of interest, please email Cuyamaca's Work-Based Learning Coordinator, Maci Gerber, at maci.gerber@gcccd.edu.

For more information about the Career Services and the services that they offer, please visit <https://cuyamaca.edu/services/career/default.aspx>

DON'T FORGET THE SURVEY!



Please don't forget to complete the survey online regarding your needs, the Veterans Center's ability to meet those needs, and how we can have more effective and impactful services.

Complete the survey and include your email address to be entered to win one of five Walmart gift cards!

Click on the gift card icon to the left to access the survey. Be sure to complete the survey before August 14th!

MANAGE YOUR VA HEALTHCARE



You can access your health care using MyHealthVet online by logging on to <https://www.myhealth.va.gov/mhv-portal-web/user-login>

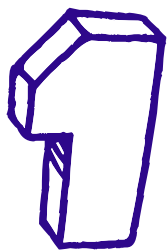
Here you can schedule or cancel appointments, request refills on your current prescriptions, view/download/print your medical record, find resources on mental health, and find tips on healthy living.

If you currently have access to eBenefits.gov then you have access to your health care!

During this time of social distancing, VA has implemented ways for you to access healthcare while keeping yourself and your family safe. Here is how you can schedule a video conference with a primary care doctor:

- Go to the VA video connect page on the [VA App Store](#).
- Review the helpful resources on this page including the Quick Start Guides and Frequently Asked Questions.
- Contact your VA health care team; [sign in and send a Secure Message](#) about the option of a [telehealth](#) appointment.

TIPS FOR STUDENTS DURING COVID



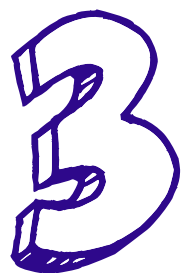
DEVELOP A ROUTINE

- Get up at a regular time and set a positive intention for the day. Get dressed.
- Structure a school schedule, time for reading, work, and connecting with classmates.
- Build outdoor time in your day. A lack of vitamin D can effect your bone strength.
- Go to sleep at a regular time. Consistency is key. Keeping this routine can boost focus, motivation, and concentration.



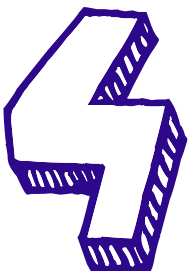
FOCUS ON ORGANIZING

- Organize a space for doing school work
- Keep a calendar and write everything on it (due dates, holidays, zoom meetings, etc.)
- Check your calendar daily
- At the beginning of each week, create short-term and long-term goals. Short-term goals should be done by the end of the week, long-term goals should be done in about 2 weeks.
- Make a daily to-do checklist



MAINTAIN RELATIONSHIPS

- Connect with your classmates for support
- Stay connected with your instructors and advisors. If you are having trouble adjusting to remote work, please express that and explore solutions.
- Video chat with family and friends. Virtual hanging out can ease the need for social interaction.



BE KIND TO YOURSELF

- Pace yourself, reward your accomplishments
- Keep your sense of humor
- Stay nourished and hydrated
- Rest, take breaks
- Remember that if you are having trouble coping, you can reach out to the Veterans Center team. We are here for you.

IMPORTANT ANNOUNCEMENTS!



Summer session ends on **July 30th**.



Last day to complete the survey above and enter for a chance to win a gift card is **August 14th**.



Fall registration is **June 29th** through **August 16th**



Fall classes begin on **August 17th**



Last day to apply for a refund or drop without a "W" is **August 30th**



Labor day is **September 7th** and classes will not be held

VETERAN SERVICES STAFF



Osvaldo Torres
Veteran Counselor



Kaylin Rosal
CVC Coordinator



Debra Ayers
VA Certifying Official



Allan Estrada
CVC Student Specialist

For all inquiries regarding Veterans Services, please email
cuyamaca.veterans@gcccd.edu