

#### Veteran And Military Services

## **INDEX PAGE:**

WHAT IS IN THIS GUIDE?

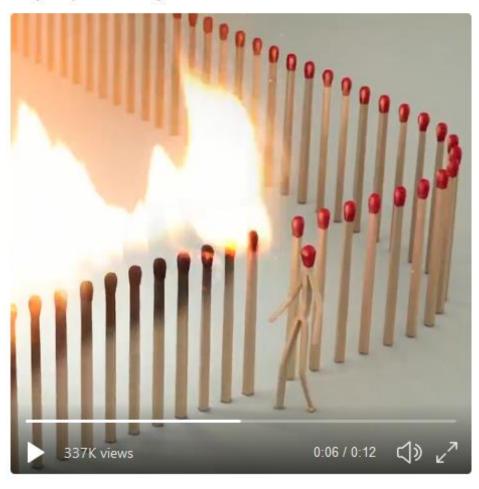
- <u>Staying focused on Wellness</u> (Mental and Physical wellness)
- Managing your academics and understanding grading policy during Covid-19
- Important Updates from the U.S. Department of Veteran
   Affair
- Relaxed Parking Zones and Wifi Areas
- Food Banks & Resources
- Supplies, utilities, and Emergency Funds
- VSC and other places still open
- Motivation to complete this semester!
- Get Connected
- Things to do if feeling idle
- Intramural E-Sports Interest Form

Click this arrow on each page to get back to this Index page



Veteran And Military Services

Do your part and stay home. It's all we can do.



## SOCIAL DISTANCING

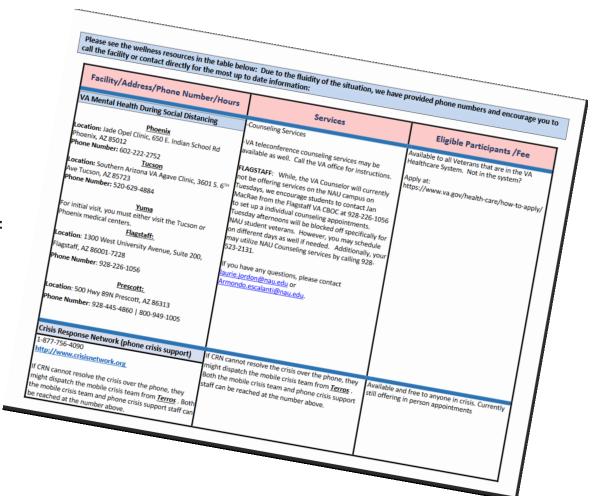
**PLEASE NOTE:** All Student Affairs Offices including the Veteran Success Center are available virtually. We recommend you access these services online or by phone. If you need to see someone in person, our offices remain open, and we ask that you practice social distancing and use hand sanitizer. Student Affairs still welcomes students in our spaces; however, please use safe practices to prevent the spread of COVID-19.





#### **EMOTIONAL WELL BEING**

- See the <u>attached list</u> or click the pic to the right for counseling services contact information to ensure you are taking care of your emotional well-being during this stressful time.
- Continue to check out <u>nau.edu/coronavirus/</u> for updates.
- Continue to check out <u>nau.edu/vets</u> for Veteran Updates.
- Continue to check out <u>coconino.az.gov/</u> for County Updates



## HEALTH AND WELLBEING

- Planet fitness offering <u>free virtual fitness</u> classes for members and nonmembers.
- Stressed out? Try these free (till 4/1) yoga classes from downdog.
- Get outside and go for a hike! Check out some of Flagstaff's <u>best trails</u>.
- Feeling alone? Schedule dinner or a call with a friend over face time!
- In times like these, grab a book and catch up on those <u>must reads</u>.
  - Not a video game fan? Here's some <u>analog versions</u>.
  - Bored? Play a game! Here's some <u>top video games</u> to play while you're practicing social distancing.
  - Looking to learn more about our world? Check out this virtual museum tour from the <u>Smithsonian National Museum of Natural History</u>.
  - No time like the present to catch up on shows you've been missing out on via your <u>favorite</u> <u>streaming service</u>.
  - As we learn more, additional information will be available on <u>our website</u> at nau.edu/rec. For additional questions, please feel free to email <u>covidinfor@nau.edu</u>.
  - (continue to next slide)

When I say I want to lose weight and someone says "let's go to the gym"



## MARCH IS NATIONAL NUTRITION MONTH

· Here are some easy and healthy recipes to try out if you're feeling bored and hungry

• Check out Allrecipes quarantine recipe collection







Spaghetti Squash Mac and Cheese

Garlic Brussels Sprouts Potatoes

Sheet pan Chicken and Asparagus



Veteran And Military Services

## Virtual VSC through BB Learn

s a current military connected student, you now have a new "not for credit" course your BB Learn Dashboard named: VIRTUAL VETERAN AND MILITARY SERVICES This will be your place to:

## Stay Connected - Virtually! Join us in the Virtual VSC room!

- Hang out with your fellow military connect peers via video conferencing. Join us in the
- Ask questions to the VSC Staff between 8-5 Monday Friday.
   A staff member will always be on during those hours!
- Showcase your remote learning location via video
  - Most remote gets a free sticker
- Get connected on the SVA website or their FaceBook.
- Connect with our partners at the Office of Indigenous Student Success at <a href="https://in.nau.edu/iss">https://in.nau.edu/iss</a> or 928-523-8086 for additional support as you transition to remote learning.





Veteran And Military Services



Stay Connected

Internet and cell phone companies following the agreement and

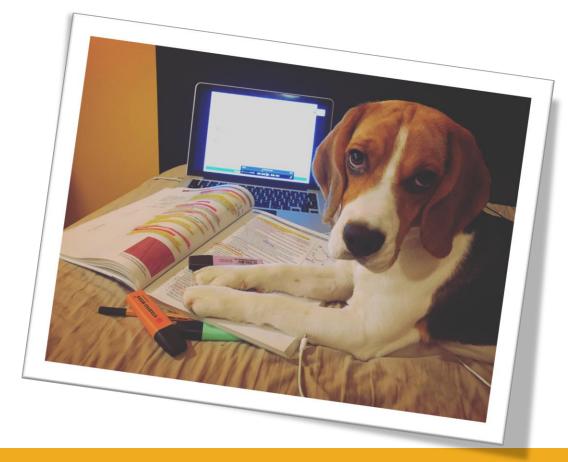
- •Comcast: free WIFI for 2 months to low income families, and all xfinity hotspots are free to the public. Source: here
- •Charter Internet: free internet for 2 months source: here
- •AT&T: open hotspots & unlimited data for existing customers and \$10 a month plans to low income families. Source: here
- •Sprint: unlimited data to existing customers. Source: here
- •T-mobile: unlimited data to existing customers. Source: here





## Managing your academics among Covid-19

- Check your school email daily
- Check BB Learn for announcements and discussion posts
- Vet Jacks For all students who have signed up for Weekly Tutoring through the Vet Smart program, you will maintain your appointment times already set up. However, beginning March 23rd these services will be moved online, using Blackboard Collaborate Ultra.
- 1-on-1 Tutoring: For those students struggling with course content, free online tutoring sessions are available. <u>Click here to search for</u> <u>availabilities</u>.
- Learning Specialist: A professional staff member can schedule one-on-one meetings (both online and in person) to assist you in adjusting your study habits. Make an appointment <a href="here">here</a>.



## CHECK OUT WHAT ACADEMIC SUCCESS CENTER HAS PUT TOGETHER

- Resources Available
- Understanding Course Organization
- Time management and Study Habits
- Stay Connected and Balanced

 Academic Success Center Study Resources



# Managing Your Academics Amid COVID-19



You may be experiencing a high degree of stress and confusion right now as the university transitions to an online format. This is natural, but it is important to know that the university has resources to support you. Below, we outline concepts that will help you navigate this transition.

#### Overview

- · Resources available
- Understanding Course Organization

- Time management and Study Habits
- Stay Connected and Balanced

## **ACADEMIC POLICY UPDATES FOR SPRING 2020**

Check out this **SITE** to get info on the PASS/FALL and extended single class withdraw dates

GI BILL® USERS: Remember, if you drop a course for a "W", and you drop below full time, you may incur a debt with the VA. Call us FIRST before you drop a class.

If you chose the <u>Pass/Fail</u> option, this will NOT cause a problem for this term with the VA due to the circumstances.

#### Academic policy updates for Spring 2020

Pass/Fail grading basis	~
FAQs: Pass/Fail grading option	~
Single course withdrawal	~
FAQs: Single course withdrawal	~
Incomplete grades	~
Academic Continuation	~



# 6 TIME MANAGEMENT TIPS FOR ONLINE STUDENTS

#### **Pay Attention to the Calendar**

Note all due dates, expectations, and exams to make a plan to complete all assignments

#### **Rotate your Courses Evenly**

Don't spend all your time ono one class because it's more enjoyable. Rotate your classes and track your assignments that you have completed and still need to do.

## Don't Wait Until the Last Minute

START EARLY. You'll have more time to learn the material, practice exercises, and review the information BEFORE sending it in.

## Schedule Your Courses into Your Calendar

Keep a regular schedule, don't randomly log on, make a plan to sign in during specific days of the week as well as specific hours.

## Log Out/ Turn Off the Distractions

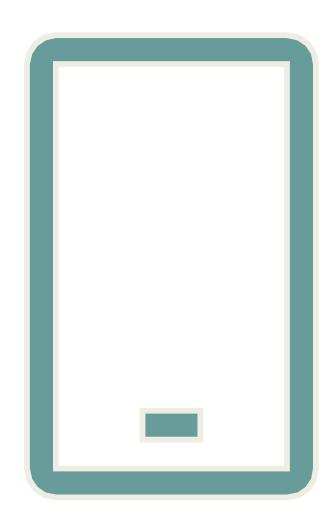
Log off your Social Medial
Pages, turn off the TV and your
music. You wouldn't do that in
your classroom, avoid making
it a habit and focus on your
classes

## Set Aside Time to Review Material

Set aside time to review, process, practice, and understand the material

(continue to next slide)

### Here are a few reminders of how to have a good mobile/phone call conversation:



- **1.** Greet your professor with a nice 'hello' and tell them who you are.
- **2.** Be courteous and polite while on the phone AND smile as you talk.
- **3.** Listen carefully. Ask the other person to repeat their words if unclear.
- **4.** Do not chew food while speaking on the phone. Use the Mute button if needed.
- **5.** If you use the Speaker mode, ask the caller if this is okay or not.

**HAPPY CHATTING!** 





## STAY UP TO DATE ON FROM THE DEPARTMENT OF VETERAN AFFAIRS (VA):

#### Coronavirus FAQs: What Veterans need to know

The VA call centers and some VA health facilities are currently experiencing very high numbers of calls. To help us address the most urgent needs first, we ask that you use our online tools and frequently asked questions for routine or non-urgent questions. We'll continue to update this page as the situation changes.

**FAQ**: To get answers to questions you have about coronavirus and how VA is responding, visit our **Coronavirus FAQs page** or read **VA's public health response**.



## IMPORTANT UPDATES FROM THE VA

**VA Education Benefits:** We do not expect any change to your benefit payments as a result of the transition to an online platform for the remainder of the term. \*\* Summer – If the class was originally a "Ground class" you will be eligible for ground BAH. This is in effect until December 2020. Please contact us using the contact form on this page, or by calling (928) 523-8387 with any questions or concerns.

Thinking of Dropping? We are here to support you during this unprecedented full transition to remote learning. Hang in there! Please understand that while NAU has extended its withdrawal date to 5/2/20, dropping any courses for a "W" while using the GI Bill® can have some unforeseen financial ramifications. For questions or concerns please contact the Federal VA at 888-442-4551. You can also email us directly at <a href="Vets@nau.edu">Vets@nau.edu</a>

Pass/Fail option: For Spring 2020, taking a Pass instead of a grade will NOT affect your VA benefits. Check out this <u>site</u> for more info:

(continue to next slide)

## IMPORTANT UPDATES FROM THE VA:

3/23/20

Greetings from the VA Debt Management Center (DMC),

We want our partners working with Veterans and their families to be aware that if COVID-19 is affecting someone's ability to repay their debt with the DMC, they can reach out to the DMC to request assistance. Please feel free to share this message widely within your organization.

We've also placed this message on our website:

Attention Veterans and Family members who have a VBA overpayment.

If you are affected by the COVID-19 (CORONA VIRUS), have a VBA benefit debt and need temporary financial relief, please contact DMC at 1-800-827-0648 to request assistance.

Thank you for your partnership in serving Veterans and their families in this challenging situation.

Sincerely,

The VA Debt Management Center Outreach Team



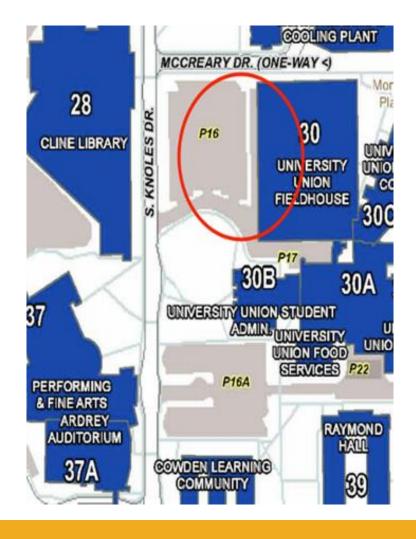
- University Transit Services (UTS) has moved to "relaxed zones" for its parking regulations, effective immediately through Aug. 21.
- \* We have been asked about parking permit refunds: At this time, that has not been decided. You may email Parking Services directly to enquire.
- NAU permit holders should follow the UTS's policies for summer, spring and winter break, which allow the following parking areas for each permit:
- Commuter permits may park in any commuter lot, north or south.
- Resident permits may park in any resident or commuter lots.
- Parking garage permits may park in any employee, resident or commuter lot, except SkyView residents.
- SkyView permits may only park in the SkyView Garage.
- Free street parking available north of HLC
- UTS can be reached at (928) 523-2223

## WIFI DRIVE-THRU ON CAMPUS

• With efforts to promote a healthy Lumberjack community, NAU ITS will be providing an outdoor drive-up Wi-Fi service on the Flagstaff Mountain Campus in parking lot 16 (P16, area marked on map with a red circle). The drive-up will be located on the east side of the parking lot, along the west edge of the Union Fieldhouse.

This is an alternative option for students and faculty who would like to self-isolate, and may not have reliable Wi-Fi at home.

PLEASE NOTE: We will ask you to remain in your vehicle. If you have any questions or concerns, feel free to contact our ITS Service Desk at 928-523-3335.





#### **FOOD BANKS & RESOURCES**

#### **Food Banks**

- NAU Louie's Cupboard
- Walk-Ins available at the Office of the Dean of Students University Union Room 104 M-F 8 AM to 5 PM
- Local assistance can be found at <u>AZ Food</u> <u>Bank</u>
- Remote Assistance is also available at <u>Feeding America</u>



#### Groceries Stores

- Working on higher levels of Employment to keep shelves stocked.
  - Gov. Of AZ has activated National Guard to help keep the shelves stocked
- Order Food Online
- Stores are ordering more as demand has increased.
- Farmers Markets are also a good source for produce and bread
- Both cafeteria's will be open for as long as possible on campus.
- Raising security by implementing mandatory hand washing prior to entry
- Restaurants
- To-go only, consider ordering food online
- Some places are offering free delivery



## SUPPLIES, UTILITIES, AND EMERGENCY FUNDS

- Order directly from the manufacturer
- Amazon is adjusting shipping to give priority to basic necessities



- Utilities Check with providers for Convid-19 relief
- Rent up to individual landlords
- <u>LEAF</u> Lumberjack Emergency Assistance Fund (funding currently pending)
- NAU Veteran Emergency Fund (based on available funding based on donations)
- Coconino County Assistance



## VSC AND OTHER PLACES STILL OPEN

- The VSC staff is working remotely
- Visit us in the Virtual VSC room!
  - Veteran Students should have access to a new BBLearn shell for our Virtual VSC Office where students can talk to us Monday through Friday 8am-5pm
  - Please give us a call or an email or stop by our Virtual VSC room for any questions
- Benefits from the VA are not expected to change as we move online.

- Cline Library is still open
- NAU and CCC students only
- Reserve study rooms online
- School Wifi
- **Equipment is available for rent** 
  - only laptop, books, and media
- Computer labs are still open across campus
- **Academic Success Centers have** moved online.
- Call individual departments to see how they are operating.





## YOU'VE GOT THIS!

- Professors will still have access to email for questions
- Professors are also being forced into this transition, so things may be up in the air for the first week or so.
- Keep checking your NAU email for updates
- Connect your Veteran Peers with the New Virtual BB Collaborate Learn Shell
- All Classes will be moved online
- Most likely through BB Learn Collaborate
- BB Learn works better through a computer
- May adjust if functionality is diminished
- Zoom is available
  - Nau.edu/zoom
  - Enter NAU credentials
  - Click join
  - More info: Video Conferencing







- Advisors appointments will be held online
- Zoom, email, and phone
- Appointments.nau.edu
- NAU ITS is still available, 928-523-3335
  - ITS Remote Resources
- Your VET Jack Mentor is trained to assist you through this transition.
- Email them directly or contact the office (928) 523-8387 to put in contact with them.





## FINDING OFF-CAMPUS WORK

- Known employers who will remain open during the closure are:
  - grocery stores
  - pharmacies
  - product distribution centers (like Amazon).

- Online job postings have also rapidly increased for workers with skills in:
  - health care
  - community response
  - crisis management
  - cleaning.

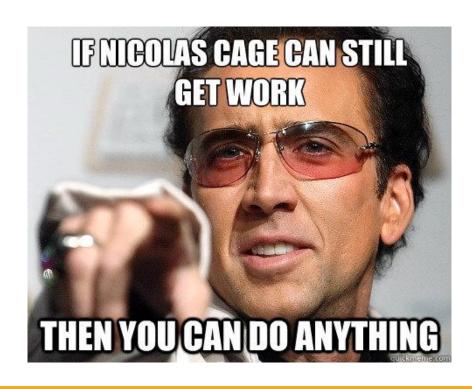




## NO SERIOUSLY, YOU ARE ALREADY HALFWAY DONE

- This is the second half of the semester.
- Graduates: Convocation and Commencement have been canceled
  - RSVP for a stole @ NAU Convocations
  - Order cap, gown, &ribbons @ Commencement
- Summer Classes: If deemed ground and moves to online, still get BAH ground rate
  - VA Certification is already open, submit your courses now to reduce delays in payment.

- Classes are filling up quick for the next 4 semesters
  - Speak with your advisor to get a course game plan for the next year.





## THINGS TO DO IF FEELING IDLE

- Install the Chrome Extension, Netflix Party.
- Paint this really cool <u>picture</u> (Marines are welcome to do it with crayons) and put on your fridge.
- Order a puzzle on amazon, try and complete it in less time than the Age Suggestion.
- Start a new series on your favorite streaming service.
- Watch MASH.
- Make <u>Paracord Lanyards</u>.
- Put some shine on your boots.
- Put away your cleaned laundry. Match socks
- Build a cushion fort in Fort Living Room, don't tell anyone the challenge code.
- Visit a museum, zoo, or art gallery virtually.







Veteran And Military Services



Veteran And Military Services

# NAU INTRAMURAL HAS MOVED TO E-SPORTS



NAU has the new intramural E-Sports listed on IMLeagues If you are interested please let your fellow veterans know <u>click here</u>.

Don't see anything of interest? The VSC is forming teams to compete. See Virtual VSC BB Learn Collab to discuss and fill out the Google form below to indicate what video games you would be interested in playing online competitively against your fellow

Lumberjacks: <a href="https://forms.gle/A9eetCG4">https://forms.gle/A9eetCG4</a>
<a href="wGXgcsVu8">wGXgcsVu8</a> Collaborate with fellow</a>
<a href="https://forms.gle/A9eetCG4">Veterans</a>





WE WILL CONTINUE TO UPDATE THIS GUIDE AND WE LOOK FORWARD TO SEEING YOU IN THE VSC VIRTUAL NAU.EDU/VETS OR 928-523-VETS



