# MILITARY TO COLLEGE GUIDE

## FOR STUDENT VETERANS



**Student Veterans of America** December 1, 2008

## www.studentveterans.org

Created by: John Powers

Contributions by: Rodrigo Garcia, MBA

# **Table of Contents**

Veterans Education Benefits Checklist 3			
From Combat to College			
Navigating the Transition from Deployment to College	5		
Combat Stress Reference Guide			
<b>Education Resources</b>			
VA Education	8		
State Resources			
University Resources			
Scholarships			
Employment Resources			
VA Work Study Program			
Employment Help			
Employment Workshops			
VA Forms			
General			
Education			
Vocational Rehab and Employment			
Quick Links			
VA Links			
Useful Websites			
How to Obtain DD-214			

## **VETERANS EDUCATION BENEFITS CHECKLIST**

Office educati	if you a ional be	s guide was designed to help veterans entering college. Contact the VA Education are unsure which educational benefits you are eligible for. Consider all of your enefits and the resources you have while still serving in the military. Some states and benefits for veterans, inquire within your state.
		e which school you would like to attend. What do you want to study?  Contact the VA Certifying Official at each school to make sure they are approved by the VA.  Find approved VA Education Programs:  Link: <a href="http://www.gibill.va.gov/GI_Bill_Info/programs.htm">http://www.gibill.va.gov/GI_Bill_Info/programs.htm</a> Phone: 1-888-442-4551
	Apply	for admission
_		Check with each college for specific requirements
	0 0	lete the Free Application for Student Aid (FAFSA)  www.fafsa.ed.gov, Watch for deadlines  Your FAFSA application determines your eligibility for low or no interest student loans as well as state and other federal grants.  Report any veterans' benefits you will be receiving.  If you have not paid taxes, report the income you received for the calendar year specified in the FAFSA application.  Financial aid is calculated based off of your previous year's earnings. If this doesn't accurately reflect your income at the time you will be taking classes, make sure to do a financial aid appeal at the college to you're your application reassessed.
	_	ile all transcripts from previous colleges and any military training that can be
	evalua	ted for transfer credit. Find your military transcripts:
	0	Army/American Council on Education Registry Transcript System (AARTS): Link: <a href="http://aarts.army.mil/">http://aarts.army.mil/</a>
	0	Community College of the Air Force Transcript Request Forms (CCAR):
		Link: <a href="http://www.maxwell.af.mil/au/ccaf/transcripts.asp">http://www.maxwell.af.mil/au/ccaf/transcripts.asp</a>
	0	Defense Activity for Non-Traditional Education Support (DANTES)
	0	Link: <a href="http://www.dantes.doded.mil/Dantes_web/DANTESHOME.asp">http://www.dantes.doded.mil/Dantes_web/DANTESHOME.asp</a> Sailor/Marine American Council on Education Registry Transcript
	O	(SMART):
		Link: <a href="https://www.navycollege.navy.mil/transcript.html">https://www.navycollege.navy.mil/transcript.html</a>
	Inquire progra	e about any required testing for placement, for example, math and foreign language ums.

	Attend the school's orientation process and learn about the following:  o Rules, Regulations, & Policies
	<ul> <li>Tutoring Sessions, Team Athletics, &amp; Extracurricular Activities</li> </ul>
	o Financial Aid
	<ul> <li>Housing Availability</li> </ul>
_	
Ш	Consult an academic advisor.
	o Register for classes
	Apply for VA benefits
	o Contact the VA certifying official on campus to apply for benefits.
	Complete VA Form 22-1990:
	Link: <a href="http://www.vba.va.gov/pubs/forms/22-1990.pdf">http://www.vba.va.gov/pubs/forms/22-1990.pdf</a> Complete VA Form 22-1995 for a change of program/school:
	Link: http://www.vba.va.gov/pubs/forms/VBA-22-1995-ARE.pdf
	If discharged from active duty provide VA Official with your DD214:
	Link: http://vetrecs.archives.gov/
	o Typically you will have to wait 8-12 weeks to receive your check from the VA.
	o Once you receive the check, you need to verify attendance every month either by:  ☐ Phone (877) 823-2378
	☐ Link: https://www.gibill.va.gov/wave/default.cfm
	o Contact your VA Certifying Official if any change in enrollment status, including
	adding courses, dropping courses, withdrawing, receiving incomplete grades.
	Contact OEF/OIF program manager at your local VA Hospital for access to VA health
	care services and information on service-connected disabilities.
	OEF/OIF Program Managers
	Link: <a href="http://www.oefoif.va.gov/">http://www.oefoif.va.gov/</a>
	Contact University Disability Services, if any services are needed.
	Is there a student veteran club organized at your college or university?
	o If so, they can assist you in this process.
	o If not, start one once you are settled on campus with SVA
	☐ Link: <u>http://www.studentveterans.org</u>
	☐ Phone: (202) 470-6100
	Apply for scholarships and grants.
	o Fast Web Scholarship Search Engine
	Link: <a href="http://www.fastweb.com">http://www.fastweb.com</a>
	<ul> <li>Fin Aid Scholarship Search Engine</li> </ul>
	o Link: <a href="http://www.finaid.org/scholarships">http://www.finaid.org/scholarships</a>
	Contact a local Veterans Service Officer if you need help filling out VA Forms.
	<ul> <li>Veteran Service Officer Database</li> </ul>
	Link: http://www1 va.gov/vso/

## FROM COMBAT TO COLLEGE...

## **Navigating the Transition from Deployment to College**

- Start with a few courses to ease into the transition. If possible, choose a mix of courses that tap different skills and have varying amounts of reading and written assignments (e.g., math and English; science, music, social science)
- Take notes during class and consider recording lectures. Helps to ensure that you stay on top of the material, especially if you have trouble focusing.
- Get to know your professors and ask for their help. They are there to help you learn and can made recommendations on strategies to master the course materials.
- Studying: take notes, lots of breaks, find a study partner. Find a quiet and comfortable location and take notes while reading. This will help you to retain the information. Be sure to build in several short breaks, more if you find yourself easily distracted. Some people find it easier to study with another student. Visit your college's academic services for more tips on studying.
- Take advantage of the school's resources such as academic services, tutoring, and counseling. If it's been awhile since you were in school or you had difficulty learning while in high school, seek out the many academic and counseling resources available at your college. Such resources are designed to help you identify your learning needs and to help you succeed in college.
- Participate in student activities as a way to break down barriers to you and other students. In addition to joining the local student veterans club, you might consider getting involved in other on-campus activities. Such involvement may help you to feel more connected to other students and the larger campus community.
- Recognize that others may not agree with you or understand your service in the military. Agree to disagree nearly everyone has an opinion about the war and the military. Respectfully decline to answer any question that makes you feel uncomfortable.
- Regular exercise and relaxation techniques will help reduce overall anxiety, hyper arousal, and improve concentration.
- Learn to recognize your own signs of physical and mental stress and seek help before you are overwhelmed.
- **Get plenty of rest, exercise, and eat right** these habits will help keep you strong physically and mentally

#### **Combat Stress Reference Guide**

"The first signs of stress for many combat veterans appear 3 to 4 months after returning home" Army Times January 7th, 2005

#### **Symptoms of Combat Stress:**

- Depression
- Anger issues
- Alienation and Isolation
- Sleep disturbances
- Flashbacks
- Poor concentration or lack of concentration
- Negative self image
- Memory impairment
- Loss of interest in things they once loved
- Problems with intimate relationships
- Alcohol and drug problems
- Survivor guilt
- Trust issues
- Suicidal thoughts

#### **Contributors of more severe Combat Stress symptoms:**

- Longer period of time in combat
- Negative situations upon returning home
- No support system
- Medics, frontline combat veterans

Consequences: Leads to acting out anger more often, use avoidance and isolation to cope

#### **Ways to Manage Stress Injuries:**

- Talk things out, you can only repress memories for so long until they become unbearable, emotional wounds are like physical wounds, they need to heal, they need to breath before they get better. Find a medical professional to talk to or at least a person you trust and can confide in.
- Write things out, keep a journal, write poems, and listen to soft music. Keep a log of how you are feeling.
- Engage in physical activity, work out, play sports, keep active and don't sleep all day or isolate yourself.
- Avoid alcohol and drugs, it's only a quick fix, talk to a professional if need be. You have
  to stop drinking or doing drugs before you can heal. It's a self medication and a bad way
  of coping with things.
- Large, busy, places like malls, shopping centers may trigger some sort of anxiety. *Planning and preparing* can be the key to success, If you go to the mall don't stay long if you feel uncomfortable, go to the restroom take a break so you can clear your head and relax.

#### **Problems following Homecoming:**

- The person who you left home who once relied upon you has become capable of managing the household by themselves.
- Decision making on children, household duties, finances and social activities have all been provided by the care taker at home since your deployment
- Veterans may need much of their partner's time which has been allocated to other things while you were gone.
- Problems may present themselves and it will take time to get back on track
- Failed expectations upon homecoming for either veteran or person waiting for them can cause resentment.
- Talk about the expectations with your partner.

#### **Important Self Help Tips when Returning Home:**

- Limit alcohol, caffeine, nicotine, and illegal substances
- Limit news watching or traumatic information
- Talk to peers or professionals
- Get plenty of sleep and rest
- Good Diet
- Write, Read
- Keep on a schedule
- Listen to relaxing music
- Plan family activities
- Engage in Volunteer work
- Most importantly recognize signs of stress and triggers that set you off

## **EDUCATION RESOURCES**

## **VA Education**

#### **Montgomery GI Bill Active Duty (Chapter 30):**

The MGIB program provides up to 36 months of educational benefits. This benefit may be used for degree and certificate programs, flight training, apprenticeship/on-the-job training and correspondence courses. Remedial, deficiency, and refresher courses may be approved under certain circumstances. Generally, benefits are payable for 10 years following your release from active duty.

Link: <a href="http://www.gibill.va.gov/GI\_Bill\_Info/Info/Text/Active/Active\_Menu.htm">http://www.gibill.va.gov/GI\_Bill\_Info/Info/Text/Active/Active\_Menu.htm</a>
<a href="Pamphlet:">Pamphlet:</a> <a href="http://www.gibill.va.gov/pamphlets/CH30/CH30">http://www.gibill.va.gov/pamphlets/CH30/CH30</a> <a href="Pamphlet:">Pamphlet:</a> <a href="http://www.gibill.va.gov/pamphlets/CH30/CH30">http://www.gibill.va.gov/pamphlets/CH30/CH30</a> <a href="Pamphlet:">Pamphlet:</a> <a href="http://www.gibill.va.gov/pamphlets/CH30/CH30">http://www.gibill.va.gov/pamphlets/CH30/CH30</a> <a href="http://www.gibill.va.gov/pamphlets/gibill.va.

Payment Rates: <a href="http://www.gibill.va.gov/GI\_Bill\_Info/rates.htm">http://www.gibill.va.gov/GI\_Bill\_Info/rates.htm</a>

\*\*\*Buy Up Rates\*\*\*

Some service members may contribute up to an additional \$600 to the GI Bill to receive increased monthly benefits. For an additional \$600 contribution, you may receive up to \$5400 in additional GI Bill benefits. The increased benefit is only payable after leaving active duty, and the additional contribution must be made while on active duty. For more information contact your personnel or payroll office.

Link: <a href="http://www.gibill.va.gov/GI\_Bill\_Info/rates/600\_buyup.html">http://www.gibill.va.gov/GI\_Bill\_Info/rates/600\_buyup.html</a>

#### Post 9/11 Veterans Educational Act of 2008 [New GI Bill] (Chapter 33):

The Post 9/11 Veterans Educational Act of 2008 program provides up to 36 months of educational benefits. This benefit may be used for degree and certificate programs, flight training, apprenticeship/on-the-job training and correspondence courses. Remedial, deficiency, and refresher courses may be approved under certain circumstances. Generally, benefits are payable for 15 years following your release from active duty.

Based on your length of active duty service, you're entitled to a percentage of the following:

- Cost of tuition and fees, not to exceed the most expensive in-state undergraduate tuition at a public institution of higher education (paid to school);
- Monthly housing allowance\* equal to the basic allowance for housing payable to a military E-5 with dependents, in the same zip code as your school (paid to you);
- Yearly books and supplies stipend of up to \$1000 per year (paid to you); and -A one-time payment of \$500 paid to certain individuals relocating from highly rural areas.

\*Note: The housing allowance and books and supplies stipend are not payable to individuals on active duty. The housing allowance is not payable to those pursuing training at half time or less or to individuals enrolled in distance learning. Individuals are limited to a maximum of 48 months of entitlement when using benefits under two or more programs (i.e. 30, 31, 32, 33, 35, 1606, and 1607). Individuals eligible under chapter 30 who elect to receive benefits under chapter 33 are only entitled to the number of months they had remaining under chapter 30 (including any revoked months of transferred entitlement) up to a maximum of 36 months).

Link: http://www.gibill.va.gov/

Pamphlet: <a href="http://www.gibill.va.gov/pamphlets/CH33/CH33\_Pamphlet.pdf">http://www.gibill.va.gov/pamphlets/CH33/CH33\_Pamphlet.pdf</a>

#### Montgomery GI Bill Selected Reserve (Chapter 1606):

The MGIB-SR program may be available to you if you are a member of the Selected Reserve. The Selected Reserve includes the Army Reserve, Navy Reserve, Air Force Reserve, Marine Corps Reserve and Coast Guard Reserve, and the Army National Guard and the Air National Guard. This benefit may be used for degree and certificate programs, flight training, apprenticeship/on-the-job training and correspondence courses. Remedial, deficiency, and refresher courses may be approved under certain circumstances.

**Link:** http://www.gibill.va.gov/pamphlets/CH1606/CH1606\_Pamphlet\_General.htm **Pamphlet:** http://www.gibill.va.gov/pamphlets/CH1606/CH1606\_Pamphlet.pdf

Payment Rates: http://www.gibill.va.gov/GI Bill Info/rates.htm

#### Reserve Educational Assistance Program [REAP] (Chapter 1607):

REAP (Chapter 1607 of title 10, U.S. Code) is a new education program that provides up to 36 months of education benefits to members of the Selected Reserves, Individual Ready Reserve (IRR), and National Guard, who are called or ordered to active service in response to a war or national emergency, as declared by the President or Congress.

#### \*\*\*Buy Up Program\*\*\*

Some reservists may contribute up to an additional \$600 to the GI Bill to receive increased monthly benefits. For an additional \$600 contribution, you may receive up to \$5400 in additional GI Bill benefits. You must be a member of a Ready Reserve component (Selected Reserve, Individual Ready Reserve, or Inactive National Guard) to pay into the "buy-up" program. For more information contact your personnel or payroll office.

Link: http://www.gibill.va.gov/GI\_Bill\_Info/benefits.htm#MGIBSR

**Pamphlet:** http://www.gibill.va.gov/pamphlets/CH1607/CH1607\_Pamphlet.pdf

**Payment Rates:** <a href="http://www.gibill.va.gov/GI\_Bill\_Info/rates.htm">http://www.gibill.va.gov/GI\_Bill\_Info/rates.htm</a> **FAQ:** <a href="http://www.gibill.va.gov/pamphlets/CH1607/REAP\_FAQ.htm">http://www.gibill.va.gov/pamphlets/CH1607/REAP\_FAQ.htm</a>

#### **Veterans Educational Assistance Program (VEAP):**

Chapter 32, VEAP is available if you first entered active duty between January 1, 1977 and June 30, 1985 and you elected to make contributions from your military pay to participate in this education benefit program. Your contributions are matched on a \$2 for \$1 basis by the Government. This benefit may be used for degree and certificate programs, flight training, apprenticeship/on-the-job training and correspondence courses. Remedial, deficiency, and refresher courses may be approved under certain circumstances. Post Vietnam Educational Assistance.

**Link:** http://www.gibill.va.gov/pamphlets/CH32/CH32\_Pamphlet\_General.htm **Pamphlet:** http://www.gibill.va.gov/pamphlets/CH32/CH32\_Pamphlet.pdf

#### Survivors' and Dependents' Educational Assistance (Chapter 35):

Dependents' Educational Assistance provides education and training opportunities to eligible dependents of certain veterans. The program offers up to 45 months of education benefits. These benefits may be used for degree and certificate programs, apprenticeship, and on-the-job training.

**Link:** http://www.gibill.va.gov/pamphlets/CH35/CH35\_Pamphlet\_General.htm

#### **Vocational Rehabilitation (Chapter 31):**

The Vocational Rehabilitation and Employment (VR&E) Program is authorized by Congress under Title 38, Code of Federal Regulations, Chapter 31. The mission of VR&E is to help veterans with <u>service-connected disabilities</u> to prepare for, find, and keep suitable jobs. Also, Vocational Rehabilitation and Employment Service provide vocational-educational counseling to veterans and certain dependents. VR&E can provide a wide range of vocational and educational counseling services to service members still on active duty, as well as veterans and dependents who are eligible for one of VA's educational benefit programs.

**Link**: http://www.vba.va.gov/bln/vre/vrs.htm

#### State Resources

#### **State Resources**

Check with your state for additional benefits and financial assistance. A guide to your state's Department of Veteran's Affairs and state higher education agencies can be found at the following links:

**Link:** <a href="http://www.studentveterans.org/resourcelibrary/state-resources.php">http://www.studentveterans.org/resourcelibrary/state-resources.php</a>

**Link:** <a href="http://wdcrobcolp01.ed.gov/Programs/EROD/org\_list.cfm?category\_ID=SHE">http://wdcrobcolp01.ed.gov/Programs/EROD/org\_list.cfm?category\_ID=SHE</a>

## **University Resources**

#### **University Resources**

Check with your university's financial aid advisor and/or veteran's representative/liaison for additional benefits and financial assistance.

## **Scholarships**

#### **AFCEA Educational Fund**

The AFCEA War Veterans Scholarships are offered to active-duty and honorably discharged U.S. military veterans (to include Reservists and National Guard personnel) of the Enduring Freedom (Afghanistan) or Iraqi Freedom Operations. Candidates must be currently enrolled and attending either a two-year or four-year accredited college or university in the United States. Candidates must be majoring in the following or related fields: electrical, aerospace, systems or computer engineering; computer engineering technology; computer information systems; information systems management; computer science; physics; mathematics; or science or mathematics education. Each scholarship award is \$2,500.

**Link:** http://www.afcea.org/education/scholarships/undergraduate/veteran.asp

#### **AMVETS Scholarships**

AMVETS annually awards scholarships to veterans/active military, their sons, daughters or grandchildren. A son, daughter or grandchild of a deceased veteran is also eligible. Awarded on the basis of academic excellence and financial need, the scholarships go to deserving high school seniors, high school JROTC students and veterans pursuing a higher education.

**Link:** http://www.amvets.org/programs/programs\_scholarships.html

#### **Colonel Christie Marine Corps Scholarship**

The Christie Memorial College Assistance Award is given to a former enlisted Marine leaving the Marine Corps to attend a four-year institution. This award recognizes a Marine who has demonstrated exceptional courage and integrity in the face of great obstacles. Award will be given as a monthly stipend.

**Link:** http://www.christiememorial.org/main.html

#### **Fund for Veterans**

The Fund for Veterans' Education will provide scholarships to help meet the cost associated with higher education for veterans from all branches of the United States Armed Forces who served in Afghanistan or Iraq since September 11, 2001 and who are now enrolled in college or vocational-technical school.

**Link**: <a href="http://www.veteransfund.org/index.html">http://www.veteransfund.org/index.html</a>

#### **Heroes at Home Women Veterans' Scholarships**

Royal Neighbors of America has a more than 100-year history of supporting women and those they care about. Now, the RNA Foundation is announcing our Heroes at Home Women Veterans' Scholarship Program. Our goal is to help our female veterans give back to their communities by reaching their education goals, making them stronger community leaders as a result.

Link: <a href="http://www.royalneighbors.org">http://www.royalneighbors.org</a>

#### **Horatio Alger Scholarship**

The Horatio Alger Association seeks to assist students who have demonstrated integrity, perseverance in overcoming adversity, strength of character, financial need, a good academic record, commitment to pursue a college education, and a desire to contribute to society. The Military Scholar Program will assist those who honorably served during the OEF/OIF conflict.

**Link:** https://www.horatioalger.com/scholarships\_military/index.cfm

#### **Troops to Teachers**

The Troops to Teachers (TTT) program enriches the quality of American education by helping to place mature, motivated, experienced, and dedicated personnel in our nation's classrooms. TTT provide financial assistance, counseling, and employment referral through a network of state TTT Placement Assistance Offices.

Link: <a href="http://www.ProudToServeAgain.com">http://www.ProudToServeAgain.com</a>

## VA MortgageCenter.com Scholarship

Mortgage Center.com is proud to now offer five bi-yearly \$1,500 scholarships in conjunction with our Military Education Scholarship Program. The process and purpose is simple - many college students currently struggle to meet the financial requirements of pursuing their education, even with the help of financial aid and other scholarship programs. Our scholarships are awarded each year in May and November.

Link: <a href="http://www.vamortgagecenter.com/scholarships.html">http://www.vamortgagecenter.com/scholarships.html</a>

#### **VFW Military Scholarships**

The VFW's Military Scholarship program provides 25 \$3,000 scholarships annually to VFW members who are currently serving in uniform or have been discharged within the 36 months before the December 31 deadline.

**Link:** <a href="http://www.vfw.org/index.cfm?fa=cmty.leveld&did=3561">http://www.vfw.org/index.cfm?fa=cmty.leveld&did=3561</a>

## **EMPLOYMENT RESOURCES**

## **VA Work Study Program**

#### **VA Work Study Program**

If you're a full-time or 3/4-time student in a college degree program, or a vocational or professional program, you can "earn while you learn" with a VA work-study allowance. The VA work-study allowance is available to persons training under the following programs: Chapters 30, 32, 33, 35, 1606, and 1607. You'll earn an hourly wage equal to the Federal minimum wage or your State minimum wage, whichever is greater. If you're in a work-study job at a college or university, your school may pay you the difference between the amount VA pays and the amount the school normally pays other work-study students doing the same job as you.

Services you perform under a VA work-study program must be related to VA work. Examples of acceptable work are: processing VA paperwork at schools or VA offices, performing outreach services under the supervision of a VA employee, and/or performing services at VA medical facilities or the offices of the National Cemetery Administration. The work you actually do will depend on your interests and the type of work available.

For forms and information, one or more of the following offices or representatives can assist you: any VA regional office, any VA office or Vet Center, local representatives of veteran's organizations, or Reserve Education and Incentives Officers.

**Link:** http://www.gibill.va.gov/pamphlets/wkstud.htm

## **Employment Help**

#### **Employer Support of Guard and Reserve:**

Guardsmen and Reservists have the right to return to their civilian jobs following their return from service. Those who think they have been treated unfairly by their employers should contact

**Link:** <u>http://www.esgr.org</u> **Phone:** 1-800-336-4590

#### **REALifelines:**

This is a joint project of the U.S. Department of Labor, the Bethesda Naval Medical Hospital and the Walter Reed Army Medical Center.

**Link:** www.dol.gov/vets/programs/real-life/main.htm

#### **Career Command Post:**

CCP specializes in bringing transitioning active duty military personnel and armed forces veterans together with civilian employers hiring for executive, managerial, professional, technical, skilled and semi-skilled positions, from the Military Transition Group, Inc.

**Link:** http://www.quintcareers.com/former\_military.html

#### **Vet Biz:**

Learn more about starting your own business

**Link:** <a href="http://www.vetbiz.gov/">http://www.vetbiz.gov/</a>

#### **Patriot Express:**

SBA launches loan program to help veterans start businesses

Link: <a href="www.sba.gov/patriotexpress">www.sba.gov/patriotexpress</a>

#### **Vet Jobs:**

Great resource for veterans and employers

Link: www.vetjobs.com

#### **Recruit Military:**

Excellent source for help in finding jobs in corporate America

Link: <a href="http://www.recruitmilitary.com/">http://www.recruitmilitary.com/</a>

#### **HireVetsFirst:**

Free job search engine, help with resume,

**Link:** <a href="http://www.hirevetsfirst.gov/">http://www.hirevetsfirst.gov/</a>

#### **Veteran Employment:**

This website paired up with monster.com and allows you to search for jobs including jobs with

security clearance

Link: www.veteranemployment.com

#### **Military OneSource:**

Link: www.militaryonesource.com

#### **Military Exits:**

Link: www.militaryexits.com

#### **Hire Veterans:**

Provides resume posting and several employment opportunities

Link: http://www.hireveterans.com/

#### **Helmets to Hardhats:**

Started in 2003, this organization helps place military service members in construction field

careers.

**Link:** www.helmetstohardhats.org/

#### Hire a Hero:

**Link:** www.hireahero.com

#### Federal jobs search engine:

This website allows you to search all available federal jobs throughout the world

Link: www.usajobs.gov

## **Veteran Employment Information:**

Link: <a href="https://www.opm.gov/veterans">www.opm.gov/veterans</a>

**VetFriends:** 

Great link for Veterans looking for jobs, all 50 states involved **Link:** <a href="http://vetfriends.destinygrp.com/destiny/index.jsp">http://vetfriends.destinygrp.com/destiny/index.jsp</a>

**VAJoe:** 

Links to jobs for Veterans, free and easy search

Link: www.vajoe.com/jobs

## **Employment Workshops**

### **Resume Help:**

Link: <a href="http://www.eresumes.com/">http://www.eresumes.com/</a>
Link: <a href="http://www.opm.gov/veterans">http://www.opm.gov/veterans</a>
Link: <a href="http://www.resume-resource.com/">http://www.resume-resource.com/</a>

Link: <a href="http://www.hirevetsfirst.gov/resume.asp">http://www.hirevetsfirst.gov/resume.asp</a>

**Link:** <a href="http://www.resume-help.org/">http://www.resume-help.org/</a>

#### **Interview Help:**

Link: <a href="http://www.job-interview.net/">http://www.job-interview.net/</a>
Link: <a href="http://www.collegegrad.com/intv/">http://www.job-interview.net/</a>

Link: <a href="http://www.seekingsuccess.com/articles/art51.php3">http://www.seekingsuccess.com/articles/art51.php3</a>
Link: <a href="http://www.resume-help.org/interview\_tips.htm">http://www.resume-help.org/interview\_tips.htm</a>

## **Veterans Employment Information:**

Link: <a href="http://www.opm.gov/veterans/">http://www.opm.gov/veterans/</a>

Link: <a href="http://www.military.com/Careers/Home/0,13373">http://www.military.com/Careers/Home/0,13373</a>,,00.html

#### **Federal Jobs:**

**Link:** http://www.usajobs.com/

#### **Civilian Resources:**

Link: <a href="https://www.donhr.navy.mil/">https://www.donhr.navy.mil/</a>

Link: http://cpol.army.mil/

#### **Problems with your employer information:**

**Link:** http://www.esgr.org/userra.asp?p=summary

#### Job Search Tips:

**Link:** http://www.job-hunt.org/article\_veterans\_jobsearch.shtml

### Local Area Help:

Newspapers State agencies

Network with VFW Posts, Legion, AmVets

## **VA FORMS**

#### General

**VA Forms** 

Link: <a href="http://www.va.gov/vaforms/">http://www.va.gov/vaforms/</a>

**Request VA Forms:** 

Link: http://www.vba.va.gov/pubs/forms/VBA-20-8800-ARE.pdf

VA Benefits in Brief (VA Form 21-0760)

Link: http://www.vba.va.gov/pubs/forms/21-0760.pdf

**Veterans Benefits Time Table** 

(VA Form 21-051)

Link: <a href="http://www.vba.va.gov/pubs/forms/21-0501.pdf">http://www.vba.va.gov/pubs/forms/21-0501.pdf</a>

## Education

**Application for VA Education Benefits** 

(VA 22-1990)

Link: http://www.vba.va.gov/pubs/forms/22-1990.pdf

**Application for Change of Program/University** 

(VA 22-1995)

Link: http://www.vba.va.gov/pubs/forms/VBA-22-1995-ARE.pdf

**Application for VA Work Study Program** 

(VA Form 22-8691)

Link: http://www.vba.va.gov/pubs/forms/22-8691.pdf

**Application for Survivors' and Dependents Educational Assistance** 

(VA Form 22-5490)

Link: http://www.vba.va.gov/pubs/forms/22-5490.pdf

**All Education Forms:** 

Link: http://www.gibill.va.gov/GI Bill Info/education forms.htm

**VA Regional Education Offices:** 

These locations are where you mail your VA 22-1990 form to

Link: http://www.gibill.va.gov/Contact/contact.htm

## **Vocational Rehabilitation and Employment**

**Steps to Apply for Vocational Rehabilitation** (VA Form 28-0588)

Link: http://www.vba.va.gov/pubs/forms/28-0588.pdf

**Application for Vocational Rehabilitation** (VA Form 28-1900)

Link: http://www.vba.va.gov/pubs/forms/VBA-28-1900-ARE.pdf

## **QUICK LINKS**

#### **VA Links**

#### **Contact Numbers to VA Services:**

VA Regional Office 1-800-827-1000 Veteran Affairs Medical Center 1-401-273-7100 Vets Center 1-401-739-0167 Suicide Hotline 1-800-273-8255 Wave Automated Verify Enrollment 1-877-823-2378 (WAVE)

#### **Toll-Free Telephone Contact Numbers:**

Health Benefits Provided by VA 1-800-222-8387 VA Benefits 1-800-827-1000

### **Useful Websites**

#### **Student Veterans of America**

Phone: (202) 470-6100

Link: www.StudentVeterans.org

#### **Operation Vets**

Link: www.OperationVets.com

#### **Defense and Veterans Brain Injury Center**

Toll Free 1-800 - 870 - 9244

Link: www.dvbic.org

#### **National Center for PTSD**

Link: http://www.ncptsd.va.gov/ncmain/index.jsp

#### **Veterans Benefit Booklet**

Link: <a href="http://www1.va.gov/OPA/vadocs/current\_benefits.asp">http://www1.va.gov/OPA/vadocs/current\_benefits.asp</a>

## **How to Obtain Your DD-214**

#### **National Archives**

Link: <a href="http://vetrecs.archives.gov/">http://vetrecs.archives.gov/</a>