WELCOME STUDENTS!

Whether you are a new or returning student this semester, MVP is ready to help!

Remember to submit your certification request to the MVP office as soon as you have registered for classes with no expected changes.

Bernice Flett has been a dedicated TTU employee since 1994. She currently serves as a Unit Coordinator in the Military and Veterans Programs Office. Ms. Flett has been on the Executive Board as 1st Vice President of TACVPO - Texas Association of Collegiate Veteran Program Officials since 2014. Read more about TACVPO [https://www.tacvpo.com/]. Bernice's father, “Big Ed” served honorably for 21 years in the Air Force. As a dependent of a veteran, she attended eight different elementary schools, lived in twelve cities and two countries (Germany and Turkey). She can relate to veterans and their family members transitioning to the civilian world.

She has been a registered licensed massage therapist since 2003 specializing in Swedish massage, Hot Stone Therapy, and Deep Tissue massage. She has obtained over 300 hours of massage instruction and is currently pursuing training in additional massage modalities. Ms. Flett has been an ordained minister by the Universal Life Church Monastery since 12/2014 and lives an intentional life. She practices mediation, contemplation, visualization & prayer daily. Some of her mentors are Louise Hay, Wayne Dyer; Les Brown, Napoleon Hill, W.C. Stone, Bob Proctor to name a few. Bernice’s favorite movies are The Secret, The Notebook, My Fair Lady and The Princess Bride. Assisting our great nation’s veterans and family members is an honor and passion for Bernice.

MVP would like to thank Bernice for her service to veterans and their families!
Military Service Members and Families Needed for a Study:

For questions, please contact Dr. Autumn Shafer, autumn.shafer@ttu.edu or Dr. Debra Reed, debra.reed@ttu.edu.

Information obtained from this study will help plan education programs that address the specific needs of military service members. This study has been approved by the Human Research Protection Program at Texas Tech University.

5,000 Miles Discovering America’s Heroes

Ryan Weldon is a U.S. Marine veteran who is walking 5,000 miles across the US to raise awareness about Post Traumatic Stress Disorder, PTSD. He will speak about the challenges faced by veterans with PTSD in the TTU SUB Main Lobby on December 1, 2015 at 3:00pm.

NOTICE

The MVP Department will be temporarily relocated to the SUB in the Stars and Stripes Lounge (under the bookstore) while some maintenance work is conducted in Drane Hall from December 14 through January 3rd. We hope to return to our regular office by January 4th in Drane Hall Room 147.

We are sorry for any inconvenience.

806.742.6877 www.mvp.ttu.edu
Attention all Current or Incoming Veterans or Service Members starting at Texas Tech during the Spring 2016:

When: January 19-20, 2016
Time: 0815-1630 (8:15-4:30pm) each day
Where: 309 TTU Library

What is TechVet Boot Camp?

Military & Veterans Programs will host a Boot Camp for incoming Veterans or Service Members who are starting Texas Tech during the spring 2016 semester or those current TTU Veterans who want to make connections with other TTU Veterans and learn more about Texas Tech. TechVet Boot Camp is designed to help you transition into college life by providing best practices in study skills, time management, writing, money management and more. It is a great way to network and meet other veteran students who will also be starting Tech this semester right along with YOU!

Our special guests include the Brain Performance Institute, or BPI. BPI will offer high performance brain training program known as Strategic Memory Advance Reasoning Training or SMART. You will learn strategies to revive your everyday routine and boost your brain power. Sessions are interactive with exercises that encourage discussion, creative thinking, and practical application. Learn more at: http://brainperformanceinstitute.com/ There will also be other short presentations from a variety of TTU departments and free breakfast and lunch each day!

How to Register for TechVet Boot Camp:

Go to http://events.tlpd.ttu.edu/View/Member/EventDetails.aspx?EventID=1404
Enter your ERAider ID and Password.
In the SEARCH box, enter “TechVet”
Under EVENT NAME, click on the words “TechVet Boot Camp”
Click “Register”
No single day attendance is allowed, you MUST attend both days!
Please cancel your registration if you cannot attend for any reason to reopen a spot.
Other Information will be sent to you at your TTU Email address after you register.

For more information, contact Military & Veterans Programs: mvp@ttu.edu

Only 50 seats are available!
Shine the Light

Each month, we will shine the light on a special office on campus which you need to know more about. Click on the link below to learn even more!

**Red to Black Peer Financial Coaching Program**

Red to Black offers peer-to-peer financial coaching to Texas Tech students. Red to Black provides individual coaching sessions and group presentations on topics such as creating spending plans, the importance of starting to save early, maximizing financial aid (including student loans), how to choose employee benefits and establishing and wisely using credit.

Red to Black’s purpose is to empower students so that they can achieve their financial goals. Red to Black believes that no one understands the needs and concerns of students better than fellow students.

Visit their website at: [http://ttu.orgsync.com/org/redtoblack/home](http://ttu.orgsync.com/org/redtoblack/home)

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**VATT: Veterans at Texas Tech**

Get connected! Join this student group. It is for anyone who is a veteran or anyone who wishes to support veterans and their family members. **Next Event:** Friday, December 11th 1800 (6pm) at Spanky’s

The purpose of the Veterans Association to provide a sense of camaraderie and community outreach for United States military veterans, those who are currently serving or under contractual obligation in the United States military, and those patriots who support the United States military in any way, shape, or form.

For more info, visit the webpage at: [https://orgsync.com/7497/chapter](https://orgsync.com/7497/chapter)

Or on Facebook: [https://www.facebook.com/groups/ttuveteran/](https://www.facebook.com/groups/ttuveteran/)
[https://www.facebook.com/VeteransAssociationAtTexasTech](https://www.facebook.com/VeteransAssociationAtTexasTech)
<table>
<thead>
<tr>
<th>EVENT</th>
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<tbody>
<tr>
<td>5,000 Miles Across the US Ryan Weldon, U.S. Marine Veteran speaking to raise awareness on PTSD</td>
<td>December 1st 1500 (3pm)</td>
<td>SUB Main Lobby</td>
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<tr>
<td>Last Day to turn in Hazlewood paperwork for Fall 2015</td>
<td>December 2nd 0800-1700</td>
<td>MVP Dept. 147 Drane Hall</td>
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<tr>
<td>MVP Graduation Stole &amp; Recognition Ceremony</td>
<td>December 10 Graduates check in at 1000 (10am) Ceremony remarks start at 1030 (10:30am)</td>
<td>Helen DeVitt-Jones Auditorium in the TTU Museum 4th &amp; Indiana (West Entrance) Free Parking by West Entrance</td>
</tr>
<tr>
<td>TechVet Boot Camp for Spring 2016 (For Veterans or Service Members)</td>
<td>January 19-20th 0815-1630 (8:15am-4:30pm)</td>
<td>TTU Library Room 309</td>
</tr>
</tbody>
</table>
Military & Veterans Programs

147 Drane Hall
15th & University
Box 45026
Lubbock, TX 79409
Phone: 806-742-6877
Fax: 806-742-0480
E-mail: mvp@ttu.edu

Serving Veterans and their Families

Mission

Military & Veterans Programs is here to assist veterans and their families in achieving academic and personal success.

Vision

Our vision is to be the university of choice for military personnel, veterans, and their families. Military & Veterans programs will assist the students it serves in a seamless transition from military to civilian life, support and encourage campus and community engagement, and help provide a positive experience through degree completion and on to a successful future.

About MVP:

- Find links to Certification Info and Checklists on our website.
- Find links to campus, community, state and federal resources just a click away on our website.
- Liaisons from each academic and Student Support office are also listed for your convenience on our website.
- If you are struggling in a class, Texas Tech has many avenues for tutoring and mentoring. Just let us know.
- Need a friendly face or to chat? Need resources on or off campus? Contact the MVP Office at anytime and we can help connect you.
  You are not alone!

www.mvp.ttu.edu

Text Alerts!

Remind 101 is a one-way text and email messaging system. All personal information remains completely confidential. Sign up for TTU MVP Text Message System via Text.

Text @ttumvp to 806.731.4100
You can opt-out at any time by replying: "unsubscribe @ttumvp"

Sign up for TTU MVP Text Message System via Email
Send an email to ttumvp@mail.remind.com
You can opt-out at any time by replying: "unsubscribe" in the subject line

Note: MVP will not bombard you with texts. MVP will only send texts concerning important information regarding benefits or upcoming events through Remind 101.