



I hope you all had a wonderful Easter this weekend. With finals quickly approaching this can be a stressful time of year. The **Minnesota State University Counseling Center** is presenting Surviving the Stress of Finals on **April 14th, 12:00pm at CSU 256**. This interactive workshop will show you how to explore your own stress response, teach you healthy ways to manage that stress, and give you tools to create your own "Survival Guide" leading up to finals week.



If you are a Graduating Student Veteran or military affiliated we have a graduation cord available for you to pickup at the VRC. Please let us know the time and place of your graduation so we can help you celebrate this accomplishment.



Looking for an on campus work study opportunity? The MNSU Veteran Resource Center has filled all its Work Study positions for the remainder of the Spring 2023 term but we are still looking for Student Veterans interested in working during the Summer term. The VA work study program has flexible hours and bi-weekly pay. Are you eligible to take part in the Veterans work-study program? You may be eligible to take part in our work-study program if you meet all of these requirements.



- o You're enrolled at least three-quarter time in a college degree, vocational, or professional program, **and**
- o You have found an open job either at a nearby VA facility or in a VA-related role at your school (in this case you will be working in the Veterans Resource Center), **and**
- o You can finish the work-study contract while you still qualify for education benefits, **and**
- o You're using an approved VA education benefits program to pay for your education or training

The VA Work Study program is a great way to gain skills and experience with flexible hours. If you're interested then email your resume to omar.harriott@mnsu.edu to schedule an interview. Additional information on the VA work study program can be found on the [VA Work Study website](#).

Interested in becoming a member of the **Minnesota State University Student Veteran Club**? Have an idea or ideas you would like to see implemented? Want to be involved with Students Veteran issues on campus? The Student Veteran Club needs a minimum of three participants to be a full-fledged club. All positions within the Student Veteran Club are currently vacant and we are looking for volunteers for all positions! Positions such as President/Commander, Vice President/Executive Officer, Intelligence/S-2, Operations, Recruiting & Outreach are all available. Have an idea for a position that isn't listed but want to participate? Great, let's discuss! In years past the Student Veteran Club was responsible for fundraising, sport leagues, movie nights, social events and just about anything else you could think of. Who can be a Student Veteran Club Board Member? Any MNSU Student, Student Veteran, Cadet or Active Duty/Reserve/National Guard member can participate! Contact me or stop by the office anytime.

Upcoming Event:

Michael McLaughlin : Blue Earth County Veterans Service Office, April 26



Michael McLaughlin

For the month of April, Michael McLaughlin of the Blue Earth County Veterans Service Office will be at the Veteran's Resource Center on **April 26** from **10:00am - 2:00pm**. Michael will meet with Veterans and their dependents going over a diverse array of benefits and services such as claims assistance, benefit counseling and advocacy.

For those of you who may be unfamiliar with Veteran Service Officers (VSO), VSOs serve an important role is assisting military Veterans, Retirees, and their Next of Kin. Please sure to stop by and have a chat with Michael about any of your VA questions.

Reminder:

Veterans Outreach Program, April 12



Paul Peterson

This coming April LTC (RET) Paul Peterson of the Veterans Outreach Program will be coming to the VRC to raise awareness of free mental health counseling available to Student Veterans. Paul retired from the US Air Force as a Lieutenant Colonel after serving 33 years on both Active Duty and with the Reserves. He is currently the Veterans Outreach Program Specialist for the Saint Paul Vet Center. Paul is dedicated to helping former service members get access to mental health resources they need. Be sure to stop by! Paul and his team will be available from **9:30 am - 2:00pm on April 12** at the VRC.

Mark Harriott

Military & Veteran Student Success Coordinator
(507) 389-1465
omar.harriott@mnsu.edu



Veterans Resource Center
168 Centennial Student Union
Mankato, MN 56001



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