Counseling Services

Agenda for Veteran Wellness Checks

Administer Stress Assessment (Perceived Stress Scale) and score 10 minutes
Discuss why we are doing Veteran Wellness Checks 10 minutes
Make the Connection website 5 minutes
   Student veteran
   (www.maketheconnection.net/events/students-higher-education)
   (Additional video would be the one of David, about 3 minutes)
Why might stress be particularly high for veterans? 10 minutes
   (Counselor review research, articles in folder)
Stress Management Tips (handout) 10 minutes
Using Resources on Campus 5 minutes
   Review services of various offices: Disability Services,
   Career Services, Academic Success Center/Tutoring,
   and Counseling Services
Local VA Resources 5 minutes
   Belief systems that could stand in their way of getting the service they need
Q & A