



# Health and Well-Being Resources

With VA health care, you're covered for regular checkups with your primary care provider and appointments with specialists (like cardiologists, gynecologists, and mental health providers). Find out how to apply for and manage the health care benefits you've earned at the VA workshop.



**A VA Health Care representative will be on campus on March 12th to respond to questions about your health care eligibility or any claims you may have. Check attached flyer.**

As a student at William Paterson University, you can utilize the services at the **Counseling, Health and Wellness Center (CHWC)**:

The Counseling Center is staffed with psychologists, social workers, and supervised graduate students. Students are assisted, with identifying and working through personal barriers, normal developmental issues and stressors, and clinical problems which could impede academic success. **There are no costs for counseling services.** It provides a 24 hour emergency counselor service at 973-720-2257.

The Health and Wellness office is staffed by advanced practice nurses (nationally certified nurse practitioners), registered nurses, medical assistants and a physician consultant to provide care for students who are ill or injured. The CHWC is located at Overlook South 1st Floor.

Volume 4, Issue 2

March 2nd, 2020

## Important Dates:

**Mar 6**– Last day for 50 percent refund for withdrawal for an individual course.

**Mar 12**– VA Health Care workshop— 12:30pm– UC 171A

**Mar 15 to 21**– Spring Break!!

## Services On Campus

Click below for more information:

\* [Counseling Health and Wellness Center](#)

\* [Academic Tutoring](#)

\* [Accessibility Resource Center](#)

\* [Writing Center](#)

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**Accessibility Resource Center (ARC)** assists students with documented disabilities by providing reasonable accommodations and services that ensures equal access to all programs, activities, and related benefits of the University's educational and professional programs. It provides a range of services to students, based on the impacts of their qualifying conditions: Extended Test Time, Reduced Distraction Environment, Note Taking Services, Adaptive Technology, Classroom Relocation. Your registration status is only shared with faculty/staff on a need-to-know basis.

The ARC is located at Speert Hall Room 134. Phone: 973-720-2853.

**Receiving CHWC or ARC services in NO way impacts VA benefits or a VA Disability Rating. At NO point will your personal medical information be shared with other faculty or staff without your consent.**

## Student Spotlight



Tiffani Paulus is one of our veteran students who is currently pursuing a communications degree while serving in our National Guard.

Year: Junior

Major: Communications

Branch: Air Force

“Being a family means you are a part of something wonderful. It means you will love and be loved for the rest of your life.” - Tiffani Paulus



# **DID YOU KNOW?!**

**STARTING FALL 2020 FULL TIME STUDENTS WHO DO NOT POSSESS THEIR OWN INSURANCE COVERAGE WILL BE REQUIRED TO PURCHASE HEALTH INSURANCE THROUGH WILLIAM PATERSON UNIVERSITY!**



**PLEASE COME AND MEET WITH A VA HEALTH CARE REPRESENTATIVE TO DISCUSS OPTIONS FOR YOU!**

**WHEN: MARCH 12, 2020**

**TIME: 12:30 PM - 2:00 PM**

**WHERE: UC 171A**

**LUNCH WILL BE PROVIDED!**

# Veteran Career Workshops Spring 2020

## Resume Writing

**April 7th, 2020**

Amy Job Classroom– Library Rm 114A

12:30-2:00 P.M.

Lunch will be provided!

Meet with advisors from the Career Development Center who will help you to create a resume and translate your military skills to ensure success when applying for jobs.

## Resume Reviews

**April 9th, 2020**

Office of Veteran & Military Affairs

Speert Hall 118

12:30-2:00 P.M.

Bring your completed resume and have a one-on-one consultation to go over your resume to prepare for the networking events.

# Veteran Networking

**April 16th, 2020**

Room: UC 171 A/B

2:30-4:00 P.M.

Light refreshments will be provided

Only Military Friendly Companies will be attending this event.

An RSVP is required to attend!!

# Spring 2020 Events

## VA Healthcare Workshop:

Meet with representatives from the VA Healthcare system to learn helpful information about registering for health benefits, and other services available to you.

March 12th, 2020

12:30-2:00 P.M.

UC 171 A

Lunch will be provided!

## Resume Writing Workshop:

Work with advisors from the career development center who will help you build a resume that will ensure success when applying for jobs.

April 7th, 2020

Amy Job Classroom– Library Room 114A

12:30-2:00 P.M.

Lunch will be provided!

## Veteran Networking Event:

Network with military friendly companies that will be attending this event designed for Veteran students only! An RSVP is required to attend.

April 16th, 2020

UC 171 A/B

2:30-4:00 P.M.

Refreshments will be provided!

## Veteran Recognition Ceremony:

The Class of 2020 is invited, with their families and friends, to attend a special ceremony recognizing our graduating veterans. Graduates will receive their cord and stole to wear at commencement during this event.

April 29th, 2020

UC Ballroom C

6:00-8:00 P.M.

Dinner will be provided!

