October is Disability Awareness Month

Did you know that October is Disability History and Awareness Month in Virginia? The 2009 Virginia General Assembly responded to the call from young people with disabilities to pass a resolution designating the month and to encourage public schools and universities to engage in activities that promote awareness, promoting positive attitudes, and fostering a culture of mutual respect and equal opportunities for all students.

During October, Disability Support Services and the Veterans Resource Office will host activities on the Alexandria campus to create greater awareness for individuals with disabilities and the services available for them on campus.

Who is eligible for Disability Support Services?
NOVA is committed to serving students with documented disabilities. Under Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act (ADA), disability services are available to all currently enrolled students who have a documented disability that substantially limits them in one or more of life’s major activities (e.g. learning) and who are otherwise academically qualified.

Commonly provided accommodations:
- Sign language interpreters
- Recording devices
- Test taking accommodations, such as:
  - giving exams in alternative formats (e.g., giving a written exam orally, or changing the way answers are recorded);
  - extending the time allowed;
  - permitting use of a dictionary or spell checker (unless test is designed to measure spelling ability);
  - providing quiet room for test taking in order to decrease auditory or visual distractions;
  - repeating instructions
- Note takers or scribes
- Assistive listening devices
- Assistive technology/software
- Removal of architectural barriers
- Installing better lighting in classrooms to assist students with low vision
- Written materials in alternative formats such as large print, Braille, computer diskette, or audiotape readers

Need Help?
The Veterans Crisis Line connects Veterans and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support. 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

Calendar

October is Disability Awareness Month

**October 2014**

2014-2015, Issue 2

**Northern Virginia Community College, Alexandria Campus**

**Alumni Campus**

Veterans Resource Office

Advisor/SCO:
Ms. Diana Campos
Phone: (703) 933-8332
Email: veterans-al@nvcc.edu

VA Work-study Assistants:
Phone: (703) 933-8374
Mr. Randy Jackson
Mr. Ronny Romero
Mr. Mike Perez
Mr. Quentin Flinn
Mr. Freeman Davis

VetSuccess Counselor:
Mr. Jason Hunter
Phone: (703) 575-4706
Email: jason.hunter@va.gov

Wounded Warrior
Peer Specialist:
Mr. James A. Custodio
Phone: (571) 235-8308

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**Veterans Voice**

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Contact a Disability Services Counselor at the campus of your choice to request an appointment. Deaf or hard of hearing students should contact NOVA’s Interpreter Services Office at email: interpreters@nvcc.edu
To meet the On-Time Registration policy requirement, all students must register before 11:59 p.m. on the day before the session start date. Once the session begins, registration is closed. Students who wait until 11:59 p.m. on the day before the session begins still have until 5:00 p.m. the next business day to pay for their classes.

A few weeks ago my wife and I were finally able to watch Captain America: The Winter Soldier. The movie, overall, did not move me in a way that other Marvel movies have in the past, but in my opinion it was a well-developed and entertaining overall. So what does Captain America: The Winter Soldier have anything to do with my reflections for the Northern Virginia Community College Veteran’s Newsletter, you may ask? I am a veteran and the movie touches me on a personal level because of the references it makes to veterans. I let the dialogue pass by with no second thought. My wife, on the other hand, being raised in the military, but never serving, really hears the conversations in the movie. We can all agree that Captain America is not the ideal movie to use when portraying a war; however, the movie does allow for someone to understand a little about a veteran’s mentality, even if just the tip of the iceberg. During the movie Steven Rodgers (CPT America) and Sam Wilson (Falcon) discuss the softness of beds. Sam asks CPT America, “It’s your bed, right?” CPT America seems a little confused by the question, so Sam elaborates by saying, “Your bed, it’s too soft. When I was over there, I slept on the ground and used rock for pillows, like a caveman. Now I’m home, lying in my bed, and it’s like...” CPT America responds, “Lying on a marshmallow. I feel like I’m gonna sink right into the floor.” At first, I did not pay much attention to this exchange until my wife asked me, “Is that why you like hard mattresses?” I had never really thought about why I like hard mattresses, and had just always chalked it up to always liking hard mattresses. Then the memories came. I remember sleeping on the ground in basic training, because my training company did not believe in cots. I remember sleeping on the ground in Korea because there were not enough cots for everyone. I remember sleeping on the floor of an airport waiting for my flight to Kuwait because there were no seats available to sleep in. I remember sleeping on the ground in Kuwait, waiting for the flight to Iraq because the flight was due at “any minute”. I remember sleeping on the floor in Iraq because we were nowhere close to a U.S. base. Finally, I remembered I always kept two things with me while I slept: my Kevlar helmet or Army Combat Helmet (ACH) and my jacket. The helmet was my pillow, my jacket my blanket, and the security that I was among my brothers, my sisters, my family. If it were not for my wife and her pleasantly inquisitive personality, I would have never given a thought as to why I like hard mattress. To me, CPT America’s comparison of a soft bed to a marshmallow is spot on. I would bet my reaction time would have been less sleeping in a soft bed than a hard bed, and in some of the locations I have been, reaction time is everything. It seems that having to sacrifice a comfortable night’s sleep in a soft bed to ensure quick reaction to the surrounding environment to support and protect my brothers and sisters is worth it. Heh, who knew? I guess there really is a point when a soft bed is too much.
### Academic Calendar Reminders

**16 Week Session (FA-14)**
- 30 Oct 14: Last Day to Drop without Grade Penalty

**First 8 Week Session (FA-14)**
- 12 Oct 14: Classes and Examinations End

**Second 8 Week Session (FA-14)**
- 15 Oct 14: Session Begins
- 24 Oct 14: 100% Tuition Refund Drop Deadline (census date)

### Fall-14 BAH Requirements

<table>
<thead>
<tr>
<th>Semester</th>
<th>Total # of Credits</th>
<th>BAH %</th>
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<tbody>
<tr>
<td>16-Week Session</td>
<td>12 Cr</td>
<td>100%</td>
</tr>
<tr>
<td>16-Week Session</td>
<td>6 Cr or more</td>
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<tr>
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<td>3 Cr or less</td>
<td>NO BAH</td>
</tr>
</tbody>
</table>

### NOVA CATALOG: Programs of Study

*Programs of Study* refers to an associate degree with its own curriculum code and all related specializations, certificates, and career studies certificates. The following is an alphabetized list of all NOVA programs with their degrees and certificates along with details of each program, including the purpose of the program, campuses where the program is offered, course completion requirements by semester, course content summaries for each course in the program, general transfer information and advising sheets. Each certificate also has gainful employment information.

### Alexandria Library & Technology Resources

The librarians at the Alexandria Campus Libraries have created a [Student Veteran Research Success LibGuide](#) specifically developed for veterans and military students. The purpose of this research guide is to introduce you to NOVA library resources, to guide you through the research process, and to connect our NOVA service members and veterans with the information they need to be successful student researchers.

### “The People Behind the Uniform”

Student Veterans Panel presented by AL Veterans & Military Student Resource Office

Please join us in recognition of Veterans Day as we honor those who have served in armed forces.

**Date:** Tuesday, November 11, 2014

**Time:** 10:45 am to 12:30 pm

**Location:** AA196

Recognition in lobby immediately following

For more information, please contact Diana Campos at veterans-uv@nova.edu.

Northern Virginia Community College makes every effort to accommodate individuals with disabilities. If you need an accommodation to attend a NOVA event, submit your request to disabilities@nova.edu.