On November 11, 2014, the Veterans & Military Student Resource Office of the Alexandria Campus hosted a program in celebration of Veterans Day. The overall purpose of the program was to recognize and honor the accomplishments and sacrifices of the men and women who have proudly served our Nation’s Armed Forces. Learning outcomes included understanding the meaning of Veterans Day and recognizing the challenges of recent Veterans. To that end, the program included a panel of student veterans.

The program began with the presentation of colors by the Wakefield High School JROTC Color Guard and the playing of the National Anthem. Professor Araceli Palomino served as the moderator for the panel of four student veterans. Questions included: what was their biggest adjustment from military life to college life and what misconception about veterans they would like classmates and faculty to understand. The audience also participated by submitting questions. The program was followed by a reception in the lobby.

Alexandria Veterans & Military Student Resource Office

The AL Veterans & Military Student Resource Office assists student veterans and their dependents by: providing information on their educational benefits; certifying paperwork for all applicable educational benefits; offering programs and workshops support of their student experience; and advising the Student Veterans Network.

The AL Off-Campus Military Advisor at JBMHH assists active duty military students and their family members with the same student services other students access on campus such as the admissions process, registration, credit evaluation, and educational advising. The advisor can also assist students with payment issues and connecting them with college resources.

The AL Student Veterans Network (SVN) provides camaraderie and networking for both academic & social life. Any student enrolled in at least one credit with NOVA who is a veteran, reservist, National Guard member, or active duty service member is invited to be a member of the SVN. Contact the officers, studentvetsalexandria@gmail.com.
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.

“New Appreciation …”
by Staff Sergeant / E-5—U.S. Air Force Active Duty—9 years / Current Air Force Reservist

The first two weeks I was in Montana I refused to unpack because I was adamant on getting out of there, but I quickly adjusted. I am grateful for the discipline, growth, hunger, tenacity, and self-awareness that I’ve acquired from the military. That’s why I look at success as only a matter of time and not as an issue of capability. The biggest contribution to my, hopefully, success is my training from the military. It gave me a “can do” mentality.

Whenever an obstacle arises or there is an issue in my way, I just plow through it. There aren't many situations where I have the option of dealing with a matter because I didn't feel like it. As the oldest of seven, I have to be the example at all times, and I accept that position with pride. If you ask any of my siblings, they will tell you that I can be pretty opinionated, but it's all because I love them and want the best for them. A philosophy that I live by is "I'll never be bigger than my family," and what that means is no matter the success that may come my way, I will always need that sense of family.

I come from a very structured household and with the discipline instilled in me by my father, the military fine-tuned it. Growing up I resented my father for being so hard on my brothers and me, but as I've grown, I've called him countless times just to say thank you. My father is the strongest man that I know, but he always found a way to show us that we were loved. Moments such as boot camp, extensive military training, or temporary duty assignments, I reflect on the strength of my father and power through the obstacle. It was quite the epiphany when I realized that it was my hero who molded me into a hero!
**Academic Calendar Reminders**

**16 Week Session (FA-14)**
- 3-9 Dec: Last week of fall classes
- 10-16 Dec: Final exam week

**Second 8 Week Session (FA-14)**
- 16 Dec: Classes & exams end

**16 Week Session (SP-15)**
- 17 Nov: open registration begins
- 30 Dec: Last day to add name to Wait List
- 12 Jan: Classes begin

**First 8 Week Session (SP-15)**
- 12 Jan: Classes begin

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**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>
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<tr>
<td>16-Week Session</td>
<td>7 Cr or more</td>
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<td>16-Week Session</td>
<td>6 Cr or less</td>
<td>NO BAH</td>
</tr>
<tr>
<td>8-Week Session</td>
<td>6 Cr</td>
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**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**

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.

**Start Strong—On-Time Registration**

NOVA has a new [On-Time Registration](#) policy. All students must register by 11:59 p.m. the day before the session begins. Please note that the session may begin before your first day of class. There will be no late registration and students will not be permitted to add/swap classes once the session has begun. Any schedule adjustment after the session has begun requires permission of the academic dean.

You may still drop a course, but if registration has closed, you will not be able to add a new class during the same session; you will have to wait until the next session. The same is true for swaps. If you want to swap a course, you will need to select a course in a future session. The difference between a semester and a session at NOVA is: A semester refers to an academic term. Each year we have three semesters: Fall, Spring, and Summer. A session refers to the number of weeks within a semester during which a course is scheduled to meet. NOVA offers several different sessions each semester to provide you with a variety of course and scheduling options. For example, in addition to the standard 16 and 8-week sessions, you might find sessions taught in 12 or 14 weeks. Consult the Schedule of Classes and your academic advisor for more information about scheduling options.

**Spring 2015 classes begin on January 12, 2015.** All students will be required to register by 11:59 p.m. the day before the session begins to meet the On-Time Registration requirement.

<table>
<thead>
<tr>
<th>If you enroll:</th>
<th>Tuition payment is due by:</th>
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</thead>
<tbody>
<tr>
<td>Through December 15</td>
<td>By 5:00 pm December 16, or your classes may be dropped</td>
</tr>
<tr>
<td>December 16 or later</td>
<td>By 5:00 pm the next business day after you enroll, or your classes may be dropped</td>
</tr>
</tbody>
</table>
Things to Do If You’re Alone for the Holidays

By Laurie Stoneham

For a wide variety of reasons, many of us find ourselves alone for the holidays. With the emphasis on families and being with others, the holidays can be an especially lonely and trying time, even for those of us who are usually okay being on our own. But don’t worry, there are many things you can do to make the holidays a little less lonely when you’re alone.

- De-mythologize and adjust expectations.
- Be proactive... Get together with others and have some fun.
- Plan an outing.... Enjoy the outing with your group or by yourself.
- Pamper yourself.... Do whatever you enjoy doing.
- Help others. Volunteering at a mission or shelter for the homeless will help you feel connected.

For the full article, click here.

APA Reference