National Mentoring Month

National Mentoring Month is an annual, high-profile campaign in January to draw attention to the need for more volunteer mentors to help America’s young people achieve their full potential. However, mentoring is also a valuable resource through your academic and professional career. For veterans, the Student Veterans of America lists the American Corporate Partners program.

American Corporate Partners’ Nationwide Mentoring Program

American Corporate Partners (ACP) is a nonprofit organization dedicated to assisting veterans in their transition from the armed services to the civilian workforce. With the help of business professionals nationwide, ACP offers veterans tools for long-term career development through mentoring, career counseling, and networking opportunities.

ACP’s Veteran Mentoring Program connects Veteran Protégés with Corporate Mentors for a yearlong mentorship. Paired based on their career objectives and professional experience, Mentors and Protégés define the goals of their mentorship together and focus on a successful transition from the military to the civilian workforce. Mentors have a wide variety of professional expertise, including defense, education, finance, insurance, information technology, logistics, management, manufacturing, marketing and retail.

Over the course of the year, all matched pairs should have at least 12 significant discussions regarding the Protégé’s career objectives. These discussions can focus on topics ranging from résumé building and interview skills to networking and small business development. Mentors may participate in all of the discussions personally or arrange for colleagues to meet with their Protégé.

http://acp-usa.org/Mentoring_Program

Community Celebration of the Life of Dr. Joseph Windham

To honor the memory of our dear friend and colleague Dr. Joseph Windham, there will be a community Celebration of Life on Monday, January 5, 2015. The program will be held at the Schlesinger Center of the Alexandria Campus from 7:00 pm to 9:00 pm.

Dr. Windham, who was Assistant Dean and Professor of History, touched and influenced the lives of many of NOVA students during his 22 years as a dedicated faculty member. He will be missed greatly by his colleagues and friends here at NOVA.

For more information, contact 703.845.6156.
When high school was completed in 2006, I was already preparing myself through the transition from civilian to active military, not only physically, but mentally. I was not the overachieving school nerd in high school, and college was not a priority. Joining the Navy and learning anything, benefitted me tremendously. Not knowing the challenges that you’re faced with in the future can be not only intimidating, but interesting and rewarding as well.

After being honorably discharged from the military due to medical reasons, I found myself struggling to find a job. Everyone says “oh you’re a Veteran, and you can find a job easily,” which gives you that warm feeling of only false hope. I only had the money from savings to carry me over until unemployment kicked in. Even though unemployment helps out a little, it doesn’t cover the stress and anxiety you feel day in and day out while constantly searching for a job. The biggest reason I was not able to find a job was having the lack of experience. In order to transition smoothly in a civilian job, I would have had needed a job in the Navy that gave me easily accessible transition. Unfortunately, my job in the military had involved aviation weaponry. Clearly I didn’t want to have a job at an ammo depot of some sort, so I was looking for jobs related to business, which is what I had always dreamed of pursuing.

One stressful year passed on unemployment searching for countless jobs and not even a nibble of hope in obtaining an interview. After much debate and thinking to myself, “do I really want to go back to school” because school is not easy, and high school had given me academic nightmares. I needed a change if I wanted to better myself, not only for me, but for my future family. It was the year 2013, I made a decision to move to the East Coast and continue my education here at NOVA, then transfer to George Mason University. This was a very immense move with tons of barriers in the way, but I overcame the naysayers and started the change that will only help me in my future development.

The military taught me integrity, honesty, and the discipline to help lead my way through school and the amount of classes I have in order to accomplish the degree. School has had its up and downs, but sticking to it and learning and passing your classes will only help guide you to bigger and better things. Being in school also offers the advantage of landing future jobs at high end corporations and linking you to the networking community, which is what it’s all about. The internship opportunities play an integral part of being in school because it doesn’t matter if you have a degree if you don’t have the experience to go along with it. I remind myself that every day and am looking forward to an internship this summer. If you obtain a college degree without experience, you’re just a number in the pile of an interviewing folder. Nothing else will set you apart. College and the military both have joined together for me with the knowledge and customs associated with it in helping reach my goals in the future.
### Academic Calendar Reminders

**16 Week Session (SP-15)**
- 9 Jan: Last Day to Add Name to Wait List for 2015 Spring semester 16 Week
- 11 Jan: deadline to register
- 12 Jan: Classes begin

**First 8 Week Session (SP-15)**
- 9 Jan: Last Day to Add Name to Wait List for 2015 Spring semester First 8 week session
- 12 Jan: Classes begin

### BAH Requirements

<table>
<thead>
<tr>
<th>Semester</th>
<th>Total # of Credits</th>
<th>BAH %</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-Week Session</td>
<td>12 Cr</td>
<td>100%</td>
</tr>
<tr>
<td>16-Week Session</td>
<td>7 Cr or more</td>
<td>Pro-rated</td>
</tr>
<tr>
<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>
<td>100%</td>
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</tbody>
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### Transfer Planning

It's never too early to begin planning for a smooth transfer to another institution. The longer you wait to make a decision, the more you risk delaying degree completion. All students are advised to speak with a counselor before they enroll in classes.

Our counselors will help you to select a program of study, identify schools and understand the transfer requirements for the degree program at your school of choice. In addition, they’ll let you know which NOVA courses will transfer and help you to create a schedule based on those courses.

NOVA offers transfer programs that lead to an Associate of Arts (A.A.) or an Associate of Science (A.S.) degree for students who plan to transfer to a four-year institution to complete a Bachelor of Arts (B.A.) or Bachelor of Science (B.S.) degree. To help you plan for a smooth transfer to another institution, NOVA has two types of transfer agreements with many institutions - Guaranteed Admission Agreements and Articulation Agreements. To explore each type, click the buttons below.

Guaranteed Admission Agreements (GAA) secure your entrance into more than 40 area colleges and universities when you meet the agreement requirements. Be sure to check out the GAA website.

Articulation Agreements are partnerships between institutions that can help ensure the classes you take at NOVA will transfer to a college or university.

Contact your campus transfer counselor for assistance with transfer planning.

### 5 secrets of successful students

[Text excerpted from original article]

By Nicole O'Reilly-Barash | Published September 2, 2014

Success is not a term that can be easily measured as it means something different to each person. Some envision a successful student as one who has pristine grades. Others may picture someone who excels at every test, but more often than not, a successful student is one who is motivated, passionate and constantly learning, which is a goal anyone can reach. There's not a clear-cut formula for academic success, but there are a few ways to ensure that you make it through the semester without pulling your hair out.

1. **Focus on the end goal**
   Maybe you’re just starting school, or maybe you’re nearing graduation; either way, if you focus on where you’d like to be, it will be much easier to get there. The start of the semester is a great place to begin envisioning (and writing down) your goals. Start by thinking about where would you like to be at the end of this week. What about at the end of the semester? Having this conversation with yourself will not only make your path clearer, but it will also force you to get to know yourself a little better.

2. **Establish your priorities**
   Very few students have the luxury of simply being a student. Most have jobs, families, friends and hobbies outside of campus that will also suck up any extra time...An easy way to prioritize is by writing a to-do list. Put the items that are time sensitive at the top and work your way to the bottom. Once you see it all laid out in front of you, it’ll be easier to tackle... one item at a time.

3. **Take care of yourself**
   If you want to be able to concentrate in your morning classes, a few items are key: sleep, a good diet and exercise. Of course, student life often comes with late nights and early mornings, meals on the run, and lots of sitting, but the most successful students make time to take care of themselves.

4. **Participate in your education**
   Take control of your career as a student by participating in your education. This can be through interacting in your classes, mapping out your graduation plan (and beyond), getting involved in campus activities, or helping out fellow students.

5. **Ask questions**
   Whether this is raising your hand in class for clarification, asking advisors with help on planning the best educational path, or simply asking yourself what it is you want out of your schooling, be ready to inquire.
Alexandria Veterans & Military Student Resource Office

The *Alexandria 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 *VetSuccess on Campus Counselor* is an experienced Vocational Rehabilitation Counselor on the NOVA - Annandale and Alexandria campuses. This counselor serves as a “VA One-Stop Liaison” for Veterans, active duty military and their eligible family members who attend or plan to attend NOVA.

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.

### Adult Career Pathways

Adult Career Pathways (ACP) is a College program that offers adult students a support system specifically designed to assist them navigating the unique challenges they face while attending college. Participants receive ongoing support and guidance through each step of their college experience. The key to ACP’s success is its student-centered model, which builds an ongoing relationship between students and their counselors, faculty members and peers.

What makes this program unique is that ACP gives adult students who could otherwise find adult studies difficult to pursue access to NOVA. Students receive personalized assistance from a NOVA Career Counselor to help them achieve their career goals. Counselors continue to assist students pursuing their career plan for up to three years. Participants can access their counselor via phone, email, in-person at community locations, and on NOVA campuses.

The program is free to participating students.

**ACP Program Contact Information:**
E-mail: acp@nvcc.edu
Phone: 703.425.5245

### Prior Learning Assessment

Are you an adult learner who has gained college-level learning from your work and life experiences? You may be able to turn that learning into college credits with one of these credit-for-prior-learning methods:
- Credit by exam (CLEP, DSST, ABLE)
- Evaluated training programs/certificates (ACE, NCCRS, NOVA evaluated)
- PLACE portfolio development course (SDV 298)

For more information, you may arrange to speak with the Alexandria campus Prior Learning Assessment (PLA) advisor, Larry “Rusty” Schaefer, Adjunct Professor and PLA Advisor.

If you cannot make it to the campus and would like to know more about your opportunities for earning credit for prior learning, please email lschaefer@nvcc.edu or call 703.425.5835.

You can also find more information about the credit for prior learning options on the web page here.

### 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.