April 2015
2014-2015, Issue 8

Veterans Voice
Northern Virginia Community College, Alexandria Campus

Sexual Assault Awareness Month

Presidential Proclamation -- National Sexual Assault Awareness and Prevention Month, 2015

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA A PROCLAMATION

As Americans, we each have the power to shape our country’s course and contribute to the extraordinary task of perfecting our Union. For more than two centuries, progress has been won by ordinary citizens -- women and men who joined arms and marched toward justice. This month, we are once again reminded that we can change our culture for the better by standing together against the quiet tolerance of sexual assault and refusing to accept the unacceptable.

Nearly one in five women in America has been a victim of rape or attempted rape. Every year, too many women and too many men are sexually assaulted and abused. This is an affront to our basic decency and humanity, and it must end. Sexual assault harms our communities, weakens the foundation of our Nation, and hurts those we love most. For survivors, the awful pain can take years to heal -- sometimes it never does. When an individual’s possibilities are limited by the scars of violence and abuse, our country is deprived of enormous potential. Sexual assault takes a collective toll on all of us, and it is everyone’s responsibility not only to speak out, but also to take action against this injustice.

More than two decades ago, then United States Senator Joe Biden did both. At a time when many victims were stigmatized or left to suffer in silence, he authored the Violence Against Women Act, which would forever improve the way our country responds to sexual assault and domestic violence. In the decades since, our Nation has built on that progress. We have taken strides toward changing the way people think about sexual misconduct, making it clear that every person has the fundamental human right to be free from sexual assault and domestic violence.

Thanks to the work of advocates, community leaders, public servants, and courageous survivors who shared their stories, our Nation has come an incredibly long way. But from schools to military bases and throughout all communities in America, we must do more to end the crime of sexual assault. My Administration has made this a priority since day one, beginning with the establishment of the first-ever White House Advisor on Violence Against Women. And we will keep fighting as long as it takes.

We have taken action to strengthen our criminal justice system, uphold the civil rights of victims and survivors of sexual assault, and ensure that all people can live free from sexual violence. Now in its second year, the White House Task Force to Protect Students from Sexual Assault is helping schools live up to their obligations to educate students in safe environments. We continue to address the impact of sexual assault on persons living with or at risk for HIV/AIDS. I have also made clear that violence and abuse have no place in the finest military this world has ever known. And last fall, we launched the “It’s On Us” campaign to let people know everyone has a role to play in preventing and effectively responding to sexual violence.

It’s on parents and caregivers to teach their children to respect and value others. It’s on teammates, classmates, and colleagues to recognize sexual misconduct and intervene to stop it. It’s on all of us to work for the change we need to shift the attitudes and behaviors that allow sexual assault to go unnoticed, unreported, and unpunished. During National Sexual Assault Awareness and Prevention Month, let us commit to being part of the solution and redeedicate ourselves to creating a society where violence is not tolerated, survivors are supported, and all people are able to pursue their fullest measure of happiness without fear of abuse or assault.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim April 2015 as National Sexual Assault Awareness and Prevention Month. I urge all Americans to support survivors of sexual assault and work together to prevent these crimes in their communities.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of April, in the year of our Lord two thousand fifteen, and of the Independence of the United States of America the two hundred and thirty-ninth.

BARACK OBAMA
"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."

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# REFLECTIONS

We continue with personal reflections from student Veterans who attend NVCC Alexandria. These reflections will be part of a series that we hope can offer a glimpse of the experiences that some Veterans have faced while serving in the United States Armed Forces.

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**“A Marine’s Reflections”**

By Veteran, USMC Infantryman, 4 ½ yrs. service, 2 deployments,

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I was at the end of a very long day. It consisted of measuring the length and width of doorways and staircases in order to move cumbersome furniture through them without damage. The pay was minimal, the labor backbreaking and finger mashing. As one can imagine, working for a professional moving company does not provide the physic benefits of serving one’s country. The work was monotonous – depressing. I would often day dream about my days spent in the Marine Corps. I had purpose, comradery and pride. I struggled to maintain perspective and remind myself that I was going to school and just needed to pay the rent. Yet I felt like I had done myself a disservice. When I was a child, I dreamed about taking part in history. I had grown up overseas where the past is often tangible and the attitudes and the culture of a people are a direct reflection of historical events. This is something that is often lost on Americans – our history is so short in comparison to much of the world. We seem to be locked in perpetual movement our national attitude always striving for change – no matter if it is retroactive. I reminded myself that I had taken part in one of those historical moments that would last in the psyche of the American people. Now it seemed that I was retrograding, doing monotonous and meaningless labor without any real consequence.

In my reflections, I remembered my time in Afghanistan in 2010. I remember the firefight, the long patrols, the wounded and the dead. It was by no means pleasant, absent the glory I read about in the history books. It was naïve of me to believe that glory would be involved, but I still had purpose and was fulfilling my desire to take part in history. My job was to help the people of Afghanistan – lofty goal in hindsight. I had fought in a land where countless warriors before me had fought...and died. Everything that was important to me then is no longer of serious consequence when being a student or a professional mover. I wondered when my next meal would come, when I would get a full four hours of sleep. I would spend every moment of my day worrying about my next step – would it be the step that rips my body to pieces like some of the other marines in my platoon? Now I worry about my car insurance or homework assignments. My greatest fears are not shared by those around me, they seem to have such small concerns. I have lost one of the greatest qualities about being an American – such blind confidence in isolation from the rest of the world and lack of fear. For average American, the Taliban are becoming a remote and less real threat. Yet I know very well that they are real and determined. Civilians that walk around ignoring this – or worse denying this fact – only do so because they have not seen what the service men and women around them have seen.

So as I return from a day of moving furniture I find consolation in the books that I have read. I remind myself how special it is to know what the great authors were writing about when they spoke of distant wars. Rudyard Kipling’s tales of soldiering and comradery are more real to me than they are to others. So even though I am only a student and mover, I remind myself that I have taken part in history. In my own small way, I have made the world a safer place for the families that I help move.

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College Terminology

At this [link](http://www.nvcc.edu/future-students/college-terminology/) is a list of academic terms commonly used in NOVA printed materials, on the NOVA website, and by faculty and staff. Use this list of college terms and their definitions to help you decipher what publications and/or people are referencing.

The following is one of the terms that is defined in this list.

**Articulation** - NOVA and the VCCS have special agreements with more than fifty four-year colleges and universities. These joint agreements define the way courses, programs or entire categories of programs transfer to another institution and may include admission guarantees.

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**Thank You for Your Service**
**UPCOMING ACADEMIC CALENDAR REMINDERS**

**Overall**
- 6 – 10 April: Academic Advising Week
- 18 May: Summer 2015 classes begin.

**16-Week Session**
- 27 April-3 May: Last week of classes

**Second 8-Week Session**
- 18 April: Last day to withdraw without grade penalty.
- 10 May: Classes & examinations end

**Summer Semester Sessions**
- 31 March: NOVAConnect Registrations begins.

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**Interviewing Skills Career Workshop** (two dates)

Prepare for the Alexandria Spring 2015 Job Fair! Your first interview with an employer can be one of the most important steps in the career process. In this workshop, we will discuss important interviewing techniques and strategies to get the job that you want.

**DATE:**
- Tuesday, April 7
- Thursday, April 16

**TIME:**
- 2:00PM to 4:00PM

**LOCATION:**
- AA 196

**PRESENTER:**
- Counseling Department

To register, copy and paste URL into your web browser to access the registration page by date:

http://novainterviewworkshopapril7.eventbrite.com

http://novainterviewworkshopapril16.eventbrite.com

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**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 *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 that 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.

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**BAH Requirements**

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<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>
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<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>
</tr>
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**NOVA Alexandria Spring 2015 Job Fair**

**DATE:** Tuesday, April 21  
**TIME:** 10:00AM-1:00PM  
**LOCATION:** Schlesinger Concert Hall

Come to the NOVA Alexandria Campus Job Fair to network, seek job/internship opportunities, and learn about employment resources available to you! Bring copies of your resume and dress professionally. Participating employers will be announced in early April 2015 on the registration web page.

**Point of Contact:** Crystal Young, Career Counselor (cyoung@nvcc.edu). To register for the Job Fair copy/paste this link into your web browser: https://nvccjobfair2015.eventbrite.com
Ten Attributes for a Successful Job Search
[Text excerpted from Military OneSource article]

Whether you are looking to start your first career, continue your career in a new location, or enter a new career field, there are certain skills that can be of value to potential employers regardless of industry. These skills are often referred to as transferable skills. When searching for employment, it is crucial for you to identify these skills, incorporate them into your resume and refer to them in your job interview.

Ten common transferable skills have been identified below to help you get started.

1. **Flexibility**
   Unfortunately for job seekers, today's market is one that favors employers rather than employees. Employers are able to take their pick of many qualified individuals. An ideal candidate is one who is willing to be flexible to meet the needs of the employer. Be prepared to take on additional tasks and learn new skills. Avoid saying, "That's not in my job description." In an interview, you can stress your ability to adapt by pointing to specific examples of when you have taken on more work to meet a deadline or handled a task that is above and beyond your typical day-to-day responsibilities.

2. **Technical literacy**
   Basic computer skills, particularly word processing, and working with spreadsheets and email, are necessary in almost every workplace environment. Note that community colleges often offer instructional classes for broadly used computer programs. If you feel that your skills could use some brushing up, you might want to look into taking a class or two. Additionally, free training on commonly used software, such as the Microsoft Office products, are available online.....

3. **Communication skills**
   Don't discount the value of being able to write and speak effectively. Spelling and grammar errors can make both the individual and the company look hurried and unprofessional, and no company wants to be perceived as such by a customer. Poor speaking skills can also convey a lack of professionalism....

4. **Multitasking abilities**
   A reality of today's economy is that many companies are looking for ways to drive down costs. In an effort to do so, employers want to maximize the productivity of every employee. They are seeking employees who are able to handle a variety of tasks with limited supervision. Therefore, it is crucial that you have the ability to multitask, managing your time and priorities. If you've worked in a fast-paced, deadline driven environment in the past, be sure to bring it up during your interview. Also mention any circumstances in which you completed multiple projects during the same time frame.

5. **Creativity**
   Creativity is not limited only to various design fields. Employers want to hire individuals who bring a fresh perspective to the table and think outside of the box...

For the full article, go to Military OneSource website [here](#).

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**College Safety -- Sexual Assault**

NOVA Police will respond promptly to any report of sexual assault that occurs on any NOVA Campus. Sexual assault or abuse of any kind will not be tolerated at the College. All students, faculty and staff who have been subjected to any form of sexual assault or abuse on campus are encouraged to report the incident to NOVA Police immediately. If the incident occurred off campus, it should be reported to the police department in that jurisdiction. If you need help contacting an external police department you can call the NOVA Police non-emergency line at 703.764.5000. You may also contact NOVA Sexual Assault Services at 703.338.0834 if you need accompaniment to a police station or for further information.


**Sexual Assault Community Resources & Support Services**

The following community resources offer free and confidential services and support to those impacted by sexual assault, abuse or violence:

- **NOVA Sexual Assault Services**
  24-Hour Phone Line: 703.338.0834
  [nova.sas@nvcc.edu](mailto:nova.sas@nvcc.edu)

- **Alexandria Sexual Assault Center**
  24-Hour Hotline: 703.683.7273

- **Fairfax County Office for Women & Domestic and Sexual Violence Services**
  24-Hour Hotline: 703.360.7273

- **Loudoun Citizens for Social Justice/LAWS**
  24-Hour Crisis Line: 703.777.6552
  [Sexual Assault Services: 703.771.9020](http://lcso.org/services/sexual-assault/)

- **Sexual Assault Victims' Advocacy Service (SAVAS)**
  24-Hour Helpline: 703.368.4141

[NOVA Victims’ Rights Provisions (2014)](#)
[NOVA Rights of Students and Employees Accused of Sexual Misconduct](#)