



Counseling Services

Agenda for Veteran Wellness Checks

Administer Stress Assessment (Perceived Stress Scale) and score	10 minutes
Discuss why we are doing Veteran Wellness Checks	10 minutes
Make the Connection website Student veteran (www.maketheconnection.net/events/students-higher-education) (Additional video would be the one of David, about 3 minutes)	5 minutes
Why might stress be particularly high for veterans? (Counselor review research, articles in folder)	10 minutes
Stress Management Tips (handout)	10 minutes
Using Resources on Campus Review services of various offices: Disability Services, Career Services, Academic Success Center/Tutoring, and Counseling Services	5 minutes
Local VA Resources Belief systems that could stand in their way of getting the service they need	5 minutes

Q & A