

# Muster:

## Guide for Veterans and Active-Duty Students

### Your Path at ASU

Welcome to Arizona State University! As a veteran or active-duty service member, you bring invaluable skills and experiences that enrich our community. We recognize that balancing academic, military, and personal responsibilities can be challenging. This guide provides tools, resources, and support to help you succeed during your time at ASU and beyond.

#### Key Tips for Academic Success

**Communicate with Your Instructors:**

Inform your professors if military duties or VA appointments might interfere with coursework. Most faculty members are willing to accommodate absences related to your service commitments.

**Use Your Military Experience:** Leverage your discipline, leadership skills, and time management abilities. These skills can give you an advantage for group projects, leadership opportunities, and academic performance.

**Set Realistic Goals:** Balancing school, work, family, and military commitments can be demanding. Establish achievable academic and personal goals each semester and review them regularly.

#### Tips for Navigating University Life

**Build Connections:** Engage with fellow veterans through the Office of Veteran and Military Academic Engagement, Pat Tillman Veterans Center or other student veteran organizations. There are several veteran student organizations that are interesting and fun. Ask about the Student Veterans of America organization or a school-affiliated veteran organization within your college.

**Seek Mentorship:** Connect with faculty or staff who have military backgrounds or are involved with veteran programs.

**Participate in Events:** Take part in ASU's veteran-related events and activities to network and build community.



Arizona State University

Office for Veteran and Military Academic Engagement

[vetengagement.asu.edu](https://vetengagement.asu.edu)

## Academic and Career Resources

**Academic Advising:** Meet with your advisor to create a personalized education plan that considers your military commitments. Advisors are here to support your journey and ensure you stay on track to graduate. Contact John McGuire, military/veteran advisor or visit ASU academic services.

### **Success Coaches (for Online Students):**

If you're studying online, connect with a success coach who specializes in supporting veterans and military members. They can help with time management, using online resources, and adjusting to virtual learning. [eoss.asu.edu](http://eoss.asu.edu)

**Career Services:** Take advantage of ASU's veteran-specific career services, which offer resume workshops, career counseling, and job placement assistance. [career.asu.edu](http://career.asu.edu)

## Student Support Services

**Pat Tillman Veterans Center:** Your hub for all veteran and military-related services. Stop by for assistance with VA benefits, academic advising, and more. [veterans.asu.edu](http://veterans.asu.edu)

**Office for Veterans and Military Academic Engagement (OVMAE):** Provides connections to scholarships, programming and experiences, such as Treks for Vets or Verses for Vets. Offers opportunities to network with other students and members of the community for support. [vetengagement.asu.edu](http://vetengagement.asu.edu)

**Student Accessibility and Inclusive Learning Services (SAILS):** If you need academic accommodations or support for a disability, reach out to SAILS for help. [eoss.asu.edu/accessibility](http://eoss.asu.edu/accessibility)

## Mental Health and Wellness

Your well-being is important. If you ever feel overwhelmed or need support, here are some resources:

**ASU Counseling Services:** Available for in-person and telehealth students. Reach out if you need to talk about academic stress, personal concerns, or transitioning to civilian life. [eoss.asu.edu/counseling](http://eoss.asu.edu/counseling)

**TELUS Health Student Support (360 Life Services):** Offers online support for mental health, fitness and well-being. [studentsupport.telushealth.com/asu](http://studentsupport.telushealth.com/asu)

**Veterans Suicide and Crisis Hotline:** For immediate support, call or text 988 and then press 1 (available 24/7).

**Counselor Training Center:** ASU students access mental health services for free, in-person or through telehealth. The CTC is part of the College of Integrative Sciences and Arts; go to [cisa.asu.edu/CTC](http://cisa.asu.edu/CTC), by phone at 480-965-5067 or email at [ctc@asu.edu](mailto:ctc@asu.edu). Services in Spanish available.

## Deployment or Training Obligations

If you are called to active duty, refer to the Deployment Accommodations Policy at ASU. Inform your professors and your academic advisor as early as possible so they can make necessary adjustments to your coursework. The Office for Veterans and Military Academic Engagement (OVMAE) can guide you through the process and ensure you maintain academic progress.

# Additional Resources

## ***Health and Wellness***

ASU Health Services: Access to primary care, counseling, and wellness services.  
[eoss.asu.edu/health](http://eoss.asu.edu/health)

Veterans Affairs Health Care Centers: Find information on health services and a center near you at [va.gov](http://va.gov) or call 877-252-4866 (602-277-5551 in Phoenix)

## ***Financial Support***

Military Family Relief Fund: Visit [dvs.az.gov](http://dvs.az.gov) or call 602-535-1215

GI Bill Assistance: The Pat Tillman Veterans Center can help you navigate GI Bill benefits and other financial aid.

## ***Food and Housing Support***

St. Mary's Food Bank: To find an organization that can provide free food assistance near you, visit [stmarysfoodbank.org](http://stmarysfoodbank.org).

U.S. Vets: Provides housing assistance. Call 602-717-6682 or go to [usvets.org](http://usvets.org)

Arizona Housing Coalition: Arizona Veterans StandDown Alliance events to assist with housing instability or homelessness. Find an event near you at [azhousingcoalition.org/avsa](http://azhousingcoalition.org/avsa)

211 Arizona: This is a statewide hotline that connects individuals with resources from housing to babysitting services, legal services to specific services for vets. Call 211 to connect.

## ***Employment and Career Support***

Arizona Coalition for Military Families (ACMF): Go to [arizonacoalition.org](http://arizonacoalition.org).  
Contact: 1-866-429-8387.

Goodwill Veteran Employment Assistance: For assistance with resume-building, interview skills, hiring events, and more. Go to [goodwillaz.org](http://goodwillaz.org) or call 602-216-3906.

We encourage you to reach out to the resources listed for additional support. If you should have questions or require further assistance, contact the Office for Veteran and Military Academic Engagement at 602-543-6911 or via email at [vetengagement@asu.edu](mailto:veterengagement@asu.edu). Reach out to the Pat Tillman Veterans Center via email at [ptvc@asu.edu](mailto:ptvc@asu.edu) or find the phone number for a campus location near you at [veterans.asu.edu](http://veterans.asu.edu).