

VA



U.S. Department of Veterans Affairs

VITAL

VETERANS INTEGRATION TO ACADEMIC LEADERSHIP

STUDENT VETERAN SERVICES

I left the military in January 2016, and while I knew that I wanted to go to school, I was anxious about the transition. I was out of school for five years, and I was worried that I would face significant academic challenges. I started my studies at LaGuardia Community College and I transferred to Columbia University in the Fall of 2017.

I was comfortable being at community college, but I was worried about a transition to Columbia since I was entering a completely new environment. Since I had been introduced to VITAL in LaGuardia CC, I reconnected with Dr. Yvette Branson once I transferred. She told me about the VITAL work-study program, and I was eager to become part of VITAL.

VITAL enabled me to meet and interact with veterans around campus. Knowing people with a similar background makes it easier to adjust to the new environment. VITAL connects student veterans through New York City and provides various resources and workshops which help with the transition to school and stress management. I encourage you to reach out and learn about VITAL.

For more information about VITAL or to learn how to connect to other student veterans, please contact Dr. Yvette Branson at Yvette.Branson@va.gov

