

# Mission Possible: Ball State's Student Veteran Newsletter

## Upcoming Events

- **Tuesday, December 6th at 7 PM:** Greek's Pizza Party hosted by SVO
- **December 13-16-** Finals week. To see your final exam schedule, please click [here](#).
- **December 17th:** Last day of Fall Semester
- **January 9th:** Spring Semester begins

### Five Questions With...

#### Dr. Kyle Kittleson

- 1.. Job Title:** Therapist at Ball State's Counseling Center
- 2. Services at BSU's Counseling Center?**
  - Individual Therapy
  - Group Therapy
  - Psychiatric Consultation
  - Outreach Services/Programming
  - Provide Referrals to Community Services
- 3. Common reasons for coming to the counseling center?**

The staff is dedicated to helping students cope with the concerns they have regarding their college experience, relationships, families, depression, anxiety, or any other mental health concerns students might be experiencing.

#### 4. How do you make an appointment?

Students can schedule an intake appointment by calling 765-285-1736 Monday through Friday 8:00am-5:00pm

#### 5. Advice to student veterans for a successful semester?

It is difficult to give advice that will work for everyone, but if I were to give advice to student veterans for a successful semester, I would say get involved on campus socially and academically. Make efforts to connect with the resources available to you on campus and strive for a balance in your life that includes academics, community involvement, friends, and family.

## Ball State University

### SVO partners with Marine Corps Toys for Tots Program

This year, Ball State's Student Veteran Organization (SVO) is partnering with the Alpha Psi Omega fraternity to participate in the U.S. Marine Corps Toys for Tots Program. This will be the third year these two student organizations have paired together for Toys for Tots. The ultimate goal of Toys for Tots is to collect new, unwrapped toys throughout the holiday season and distribute these toys as Christmas gifts to needy children in the community. Toys for Tots hope their contribution will send a message of hope to young children and motivate them to become responsible, productive, patriotic citizens and community leaders

Donation bins will be located throughout Ball State's campus including:

- Lucina Room 204 (Veterans Affairs Office)
- The Learning Center (3rd Floor, North Quad)
- Theater Department's Main Office
- Theater Department's Dance Office

SVO will also be hosting an end of the semester dinner at Greek's Pizza on Tuesday, December 6th at 7 PM. Dinner will be bought by SVO! We encourage all students who plan to attend this event to bring a small child's toy to the dinner to help support Toys for Tots.



If you are interested in attending dinner at Greek's Pizza or want to donate to Toys for Tots, please contact our SVO Officers:

**Kenneth Winner:**  
kcwinner@bsu.edu

**Blake Hoppes:**  
bahoppes@bsu.edu

**Alejandro Tamez:**  
avtamez@bsu.edu

### The "Basics": Test Anxiety Relief

Some anxiety can be energizing, but too much can be paralyzing. There are several ways to relieve test anxiety. Usually, relief can be achieved through a two-pronged approach of thorough study preparation and stress reduction exercised. Regarding the study preparations, getting a tutor through the

Learning Center can be a great help. Tutors are available for study skills improvement as well as in the content areas. Call the Learning Center at 285-1006 or stop by NQ 350. One simple technique which may be useful is a memory dump as soon as you get your test. Write down key

words, names, dates, acronyms, etc. on the back or the margins of your test. This way you have captured them and it relaxes you to move ahead with the test.