# Veterans Upward Bound Log **VUB June Newsletter**



## **VUB Student Highlights**

Congratulations to all VUB Graduates!!!



Join us in Congratulating both Russell Wampler and Anthony Biggs on completing the Motorcycle Mechanics Certificate at CCCC.

**Campbell University Campus Tour**



VUB Students enjoyed a tour of Campbell University and learned everything that CU has to offer!

Summer Classes are Here!

**CCCC LEE CAMPUS**

**MATHEMATICS REFRESHER COURSE**:                             June 11 – June 20, 2019  
**Instructor:** TBA  
**LOCATION: CCCC LEE CAMPUS, CFC (Fitness) Room 814**  
**DAYS:**Tues/Thurs  
**TIME:**6:30-8:00 pm     
               
**LITERATURE AND COMPOSITION REFRESHER COURSE**:  July 9 – July 18, 2019  
**Instructor:** TBA  
**LOCATION: CCCC LEE CAMPUS, CFC (Fitness) Room 814**  
**DAYS:**Tues/Thurs  
**TIME:**6:30-8:00 pm     
   
**BASIC COMPUTER SKILLS REFRESHER COURSE**: August 6 – August 15, 2019  
**Instructor:** TBA  
**LOCATION: CCCC LEE CAMPUS, CFC (Fitness) Room 811**  
**DAYS:**Tues/Thurs  
**TIME:**6:30-8:00 pm     
  
**INTRO TO SPANISH REFRESHER COURSE**:                      July 23 – August 1, 2019  
**Instructor:** TBA  
**LOCATION: CCCC LEE CAMPUS, CFC (Fitness) Room 814**  
**DAYS:**Tues/Thurs  
**TIME:**6:30-8:00 pm

**WTTC NORTHERN CAMPUS**

**MATHEMATICS REFRESHER COURSE**:                             June 11 – June 20, 2019  
**Instructor:** Phillip A. Ershadi  
**LOCATION: WTCC NORTH CAMPUS (VETERANS CENTER)**  
**DAYS:**Tues/Thurs  
**TIME:**6:30-8:00 pm     
  
**BASIC COMPUTER SKILLS REFRESHER COURSE**: August 6 – August 15, 2019  
**Instructor:** TBA  
**LOCATION: WTCC NORTH CAMPUS (VETERANS CENTER)**  
**DAYS:**Tues/Thurs  
**TIME:**6:30-8:00 pm

To Register for Classes Use this Link: [REGISTER TODAY](https://forms.gle/ZctaVi37TPGkfAib6)



Water safety is everyone's responsibility.   
Follow these safety tips to ensure a day on the water is both fun and safe.

1. **Wear proper attire:** Inexperience swimmers can safely enjoy the water by wearing a U.S. Coast Guard approved flotation device, such as a life jacket.
2. **Swim in monitored areas:** Lifeguards prevent many potential water related accidents. Whether you swim at the beach or the pool, make sure to swim in well marked and monitored areas.
3. **Watch your head:** Head and spinal injuries occur most often in shallow water. Stay safe; avoid diving into shallow or murky water.
4. **Avoid alcohol use:** Don't drink and swim. Alcohol impairs one's judgement, coordination and ability to stay warm.
5. **Teach children to swim:** Drowning is one of the most common cause of accidental death among children. Learning to swim is not only fun, but is a lifesaving skill.
6. **Take a friend:** Always swim with a buddy. Even experienced swimmers can tire or get muscle cramps.
7. **Active supervision:** Keep eye out on children around water. Stay within reach.

**Did you know CCCC now has Veteran Student ID's?**

Swing by the library (Lee main campus) and get yourself a new ID. You will need proof of Military Service (DD 214, VA card, or DL with Veteran Status).

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**Dates to Remember:**

**June 11 – June 20, 2019** -MATHEMATICS REFRESHER COURSE (WTCC-NORTH)  
**August 6 – August 15,2019**: BASIC COMPUTER SKILLS REFRESHER COURSE (WTCC-NORTH)  
**June 11 – June 20, 2019**: MATHEMATICS REFRESHER COURSE(CCCC)           
**July 9 – July 18, 2019:** LITERATURE AND COMPOSITION REFRESHER COURSE (CCCC)   
**August 6 – August 15, 2019**: BASIC COMPUTER SKILLS REFRESHER COURSE (CCCC)

**July 23 – August 1, 2019**: INTRO TO SPANISH REFRESHER COURSE(CCCC)

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