



Pitt

Office of
Veterans Services

February Newsletter

Upcoming Events

Volunteer Event- Hazelwood Foodbank

9 a.m.-1 p.m., Saturday, Feb. 1, Spartan Center 134 E. Elizabeth St. Pittsburgh, PA 15207. Wanting to give back to the community? Join students from SVA as they volunteer at the Hazelwood Foodbank! This event requires registration and can be done by clicking [here](#). Volunteers are responsible for their own transportation.

VA Pittsburgh Healthcare System Blood Drive

9:30 a.m.-3 p.m., Friday, Feb. 7, Pittsburgh VA Medical Center- University Drive C Pittsburgh, PA 15240-1003. Save lives and receive something sweet! Donors will receive a \$10 rewards gift card from Vitalant. To schedule an appointment to donate, go to vitalant.org and search with the account code UW0230003 or search by zip code. This is not an OVS sponsored event.

SVA Chapter Meeting- Officer Elections

1:30 p.m., Friday, Feb. 14, McCarl Center Lounge. Interested in becoming a leader in SVA? Run to be an officer! Positions open for election are as follows: President, Vice President, Treasurer, Communications and Secretary.

Names must be submitted no later than Feb. 14. At this meeting, students who are in the running for officer positions will be given an opportunity to speak about why they would be a good fit for the position(s). Voting will take place from 2/17-2/27 and results will be announced on 2/28. Please reach out to Aaron Novak at amn133@pitt.edu for more information.

Chipotle Fundraiser

4-8 p.m., Monday, Feb. 17, 3510 Forbes Ave. Pittsburgh, PA 15213. Join the Student Veterans of America at Pitt Chapter for a night of Chipotle! 25% of event sales are donated back to the club. Order online for pickup using code Q4GFJKY or show the attached flyer in restaurant. This flyer is only good at the Forbes Ave Chipotle. For more information, please contact Rahul Patel at rap176@pitt.edu.

Financial Wellness Presentation

1-2 p.m., Tuesday, Feb. 25, McCarl Center Lounge & Zoom. Partnering with the Office of Financial Wellness, "Understanding Credit" is the second topic of the Office of Veterans Services financial presentations helping to prepare for life after college. Presentations will be held the last Tuesday of each month. Presentations are hybrid and can be joined via Zoom if students cannot attend in person. Sign-ups are required and can be done by clicking [here](#). **If there are zero sign-ups for the presentation, it will be cancelled.** Open to OVS students only, not a campus wide event.

SVA Chapter Meeting

1:30 p.m., Friday, Feb. 28, McCarl Center Lounge. Results for Officer elections will be announced.

Campus Events

Overcoming Test Anxiety with the UCC

Noon- 1 p.m., Tuesday, Feb. 4, Virtual. Hosted by the University Counseling Center, this workshop will focus on navigating test anxiety. Student will learn strategies on how to manage anxiety, including cognitive strategies, distraction techniques and self-care. Learn more about this event by visiting the campus calendar or by clicking [here](#).

Interviewing Skills Workshop

12 p.m., Thursday, Feb. 20, Virtual. Need to brush up on your interviewing skills? Need some newfound confidence? Join us virtually to learn how to interview with confidence and how to ask potential employers the correct follow-up questions. Presenter for this event will be Natasha Williams. For more information, or to register, visit the campus calendar by clicking [here](#).

Pitt Day of Giving (PDOG)

All day, Tuesday, Feb. 25, University of Pittsburgh. Join us in donating to our student group, Student Veterans of American at the University of Pittsburgh, and help them compete against other campus organizations to have the largest donor count overall! Each donation to the club is a tally at the donor total at the end of the 24-hour mark. Other student events will happen on campus throughout the day. More information will be provided via email.

Ask a Therapist- Virtual

Looking for support or guidance? "Ask a Therapist" is a free, drop-in service where Pitt students can have a confidential, 15-minute consultation with a therapist from the University of Pittsburgh Counseling Center. Whether you need help with a specific issue, want to learn about our services or just need some tips for managing your emotional well-being, we're here for you! To sign up, or find a date, visit the campus calendar by clicking [here](#).

Benefits Information

Spring 2025 Benefits Information

Information regarding chapter benefits for the Spring 2025 semester can be found by clicking [here](#).

Switching from Chapter 31 to Chapter 33

Information regarding the switch between Chapter 31 (VR&E) and Chapter 33 (Post 9/11 GI Bill) can be found by clicking [here](#).

Sports

- **Track & Field at Penn State National Open:** All day, Saturday, Feb. 1.
- **Swimming & Diving vs. Ohio State:** 10:15 a.m. & 12:10 p.m., Saturday, Feb. 1.
- **Wrestling vs. Duke:** 12 p.m., Saturday, Feb. 1.
- **Men's Basketball at Wake Forest:** 12 p.m., Saturday, Feb. 1.
- **Women's Basketball vs. Virginia:** 7 p.m., Sunday, Feb. 2.
- **Men's Basketball vs. Virginia:** 7 p.m., Monday, Feb. 3.
- **Women's Basketball vs Boston College:** 6 p.m., Thursday, Feb. 6.

- **Softball vs. Kentucky & Morgan State:** 10 a.m. & 1 p.m., Friday, Feb. 7.
- **Wrestling vs. North Carolina:** 7 p.m., Friday, Feb. 7.
- **Women's Lacrosse at St. Bonaventure:** 11 a.m., Saturday, Feb. 8.
- **Softball vs. Southern Mississippi & Kennesaw State:** 11 a.m. & 6 p.m., Saturday, Feb. 8.
- **Men's Basketball at North Carolina:** 4 p.m., Saturday, Feb. 8.
- **Women's Gymnastics at NC State:** 4 p.m., Saturday, Feb. 8.
- **Softball vs. Tennessee:** 11 a.m., Sunday, Feb. 9.
- **Wrestling at Iowa State:** 2 p.m., Sunday, Feb. 9.
- **Women's Basketball at SMU:** 3 p.m., Sunday, Feb. 9.
- **Men's Basketball at SMU:** 9 p.m., Tuesday, Feb. 11.
- **Women's Lacrosse vs. Arizona State:** 1 p.m., Wednesday, Feb. 12.
- **Women's Basketball vs. Notre Dame:** 8 p.m., Thursday, Feb. 13.
- **Track & Field at Clemson Tiger Paw:** All day, Friday/Saturday, Feb. 14 & 15.
- **Track & Field at BU Valentine Invitational:** All day, Friday/Saturday, Feb. 14 & 15.
- **Swimming & Diving at Ohio State Winter Invite:** All day, Friday, Saturday and Sunday, Feb. 14-16.
- **Softball vs. UIW at University of Huston Tournament:** 11 a.m. Friday, Feb. 14.
- **Baseball vs. Eastern Michigan:** 1 p.m., Friday, Feb. 14.
- **Softball at Huston:** 5 p.m., Friday, Feb. 14.
- **Wrestling at Virginia Tech:** 7 p.m., Friday, Feb. 14.
- **Women's Gymnastics vs. North Carolina:** 7 p.m., Friday, Feb. 14.
- **Softball vs. UIW:** 11 a.m., Saturday, Feb. 15.
- **Men's Basketball vs. Miami:** 12 p.m., Saturday, Feb. 15.
- **Baseball vs. Eastern Michigan:** 1 p.m., Saturday, Feb. 15.
- **Softball at Houston:** 5 p.m., Saturday, Feb. 15.
- **Softball vs. Nevada:** 10:30 a.m., Sunday, Feb. 16.
- **Baseball vs. Eastern Michigan:** 12 p.m., Sunday, Feb. 16.
- **Women's Basketball vs. Virginia:** 2 p.m., Sunday, Feb. 16.
- **Swimming & Diving at ACC Championships:** All day, Tuesday, Feb. 18.
- **Women's Lacrosse vs. Penn State:** 4 p.m., Tuesday, Feb. 18.
- **Men's Basketball vs. Syracuse:** 7 p.m., Tuesday, Feb. 18.
- **Women's Basketball at Florida State:** 6 p.m., Thursday, Feb. 20.
- **Softball at UCF Knight's Classic:** 6 p.m., Thursday, Feb. 20.
- **Softball at UCF Knight's Classic vs. Quinnipiac:** 11:30 a.m., Friday, Feb. 21.
- **Softball at UCF Knight's Classic vs. Columbia:** 2 p.m., Friday, Feb. 21.
- **Baseball vs. Monmouth:** 3 p.m., Friday, Feb. 21.
- **Wrestling at Virginia:** 7 p.m., Friday, Feb. 21.
- **Softball at UCF Knight's Classic vs. Quinnipiac:** 9 a.m., Saturday, Feb. 22.
- **Softball at UCF Knight's Classic vs. Florida Gulf Coast:** 11:30 a.m., Saturday, Feb. 22.
- **Women's Lacrosse at Virginia Tech:** 12 p.m., Saturday, Feb. 22.
- **Baseball vs. Monmouth:** 2 p.m., Saturday, Feb. 22.
- **Men's Basketball at Notre Dame:** 2:15 p.m., Saturday, Feb. 22.
- **Baseball vs. Monmouth:** 12 p.m., Sunday, Feb. 23.
- **Women's Basketball vs. Clemson:** 1 p.m., Sunday, Feb. 23.
- **Women's Gymnastics at Cal:** 5 p.m., Sunday, Feb. 23.
- **Baseball vs. Bucknell:** 3 p.m., Tuesday, Feb. 25.
- **Men's Basketball vs. Georgia Tech:** 7 p.m., Tuesday, Feb. 25.
- **Women's Lacrosse at Stanford:** 3 p.m., Thursday, Feb. 27.
- **Women's Basketball at Syracuse:** 7 p.m., Thursday, Feb. 27.
- **Softball in Long Beach, CA:** 12 p.m., 2:30 p.m., Friday, Feb. 28.

- **Baseball at UNC Greensboro:** 4 p.m., Friday, Feb. 28.
- **Women's Gymnastics at Kent State:** 7 p.m., Friday, Feb. 28.

Resources

VA Student Hotline

888-442-4551

CHAMPVA

Open Monday through Friday, 8 a.m. to 7:30 p.m. ET
800-733-8387 (TTY: 711)

Office of Veterans Services

Office Hours

8:30 a.m.-4 p.m., Monday through Friday
1440 Posvar Hall

Contact Information

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