



Pitt

Office of
Veterans Services

March Newsletter

Upcoming Events

SVA Chapter Meeting- Officer Announcements

CANCELLED, Friday, Feb. 28th, McCarl Center Lounge. This meeting has been cancelled due to students traveling for spring break. Officer positions will be announced via the student group GroupMe and various socials.

Volunteer Event- Hazelwood Foodbank

9 a.m.-1 p.m., Saturday, March 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.

SVA Chapter Meeting

1:30 p.m., Friday, March 14, McCarl Center Lounge.

Resume Workshop & Professional Headshots

11:00 - 1:00 pm., Wednesday, Mar. 19, Posvar Hall - McCarl Center Lounge & Conference Room 1429. Meet with Carol Balk, Career Consultant, to discuss and ask questions regarding resumes or cover letters, specifically for Military connected individuals. A headshot backdrop and light will also be available for professional use, free of charge. Headshots will be taken on your phone. No appointments will be necessary, walk-in only.

UCC Presentation

2:00 - 2:40 pm., Friday, Mar. 28, Posvar Hall - McCarl Center Lounge. Partnering with the Office of University Counseling Center to present what services the UCC has available to students, self-help tips, and group therapy options. The presentation will be held during the SVA meeting. Open to OVS students only, not a campus wide event.

Campus Events

Meditation Mondays at Heinz Chapel

12:00 - 1:00 pm., Every Monday until the end of the semester, Heinz Chapel. Join us every Monday at noon for an hour of recorded guided and sound meditation among the beautiful gothic architecture and stained-glass windows. Heinz Chapel also offers quiet hours each Monday from 4:00-6:00pm for study, prayer or reflection.

Ask a Therapist

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](#).

Dress for Success: Closet to Career

10:00 - 1:00 pm, Wednesday, Mar. 12 & 26, Cathedral of Learning, 35th Floor Conference Room. This clothing drive and swap event is where professionals and job seekers can donate or pick up new and gently used business attire—perfect for interviews, work, and beyond! Go to the 35th Floor of the Cathedral of Learning to browse for new clothes while earning HOCC credit.

Salary Negotiation - Adulting with the FED Series

6:00 pm, Wednesday, Mar. 12, 121 Alumni Hall. Please join the Financial Wellness Center and the Federal Reserve Bank on March 12, 2025. The Federal Reserve Bank will be on campus at 6pm to discuss Taxes and Cost of Living. [Register here.](#)

Budgeting your Paycheck - Adulting with the FED Series

6:00 pm., Wednesday, Mar 19, 121 Alumni Hall. Please join the Financial Wellness Center and the Federal Reserve Bank on March 19, 2025. The Federal Reserve Bank will be on campus at 6pm to discuss Budgeting Your Paycheck. [Register here.](#)

Taxes and Cost of Living - Adulting with the FED Series

6:00 pm., Wednesday, Mar 26, 121 Alumni Hall. Please join the Financial Wellness Center and the Federal Reserve Bank on March 26, 2025. The Federal Reserve Bank will be on campus at 6pm to discuss Taxes and Cost of Living. Registration below. [Register here.](#)

Sports

- **Track & Field at ACC championships:** All day, Saturday, Sunday & Monday, March 1-3.
- **Swimming & Diving at Georgia:** Prelims @ 10 a.m., Finals @ 5p.m., Saturday, March 1.
- **Baseball at UNC Greensboro:** 2 p.m., Saturday, March 1.
- **Men's Basketball at Louisville:** 6 p.m., Saturday, March 1.
- **Women's Soccer vs. Kent State:** 6 p.m., Saturday, March 1.
- **Softball at Louisville Slugger Invite:** 7:30 p.m., 10 p.m., Saturday, March 1.
- **Swimming & Diving at Georgia:** Prelims @ 10 a.m., Finals @ 4 p.m., Sunday, March 2.
- **Baseball at UNC Greensboro:** 1 p.m., Sunday, March 2.
- **Women's Basketball at Wake Forest:** 2 p.m., Sunday, March 2.
- **Softball at Louisville Slugger Invite:** 7:30 p.m., Sunday, March 2.
- **Women's Lacrosse vs. Niagara:** 3 p.m., Monday, March 3.
- **Baseball at UNC Asheville:** TBD, Tuesday, March 4.
- **Men's Basketball at NC State:** 7 p.m., Wednesday, March 5.
- **Baseball at East Tennessee State:** 3 p.m., Friday, March 7.
- **Softball at North Carolina:** 5 p.m., Friday, March 7.
- **Women's Lacrosse vs. California:** 12 p.m., Saturday, March 8.
- **Baseball at East Tennessee State:** 2 p.m., Saturday, March 8.
- **Softball at North Carolina:** 2 p.m., Saturday, March 8.
- **Men's Basketball vs. Boston College:** 6 p.m., Saturday, March 8.
- **Wrestling at ACC Championships:** TBD, Sunday, March 9.
- **Softball at North Carolina:** 12 p.m., Sunday, March 9.
- **Baseball at East Tennessee State:** 1 p.m., Sunday, March 9.
- **Women's Gymnastics vs. West Virginia:** 2 p.m., Sunday, March 9.
- **Swimming & Diving vs NCAA Diving Zones:** All day, Monday-Wednesday, March 10-12.

- **Baseball vs. Youngstown State:** 3 p.m., Wednesday, March 12.
- **Women's Lacrosse vs. Liberty:** 4 p.m., Wednesday, March 12.
- **Track & Field vs NCAA Indoor Championships:** All day, Friday-Saturday, March 14-15.
- **Baseball at Georgia Tech:** 6 p.m., Friday, March 14.
- **Softball at Florida State:** 6 p.m., Friday, March 14.
- **Men's Soccer vs. West Virginia:** 7:30 p.m., Friday, March 14.
- **Women's Lacrosse vs. Syracuse:** 11 a.m., Saturday, March 15.
- **Softball at Florida State:** 1 p.m., Saturday, March 15.
- **Baseball at Georgia Tech:** 2 p.m., Saturday, March 15.
- **Softball at Florida State:** 1 p.m., Sunday, March 16.
- **Baseball at Georgia Tech:** 2 p.m., Sunday, March 16.
- **Women's Gymnastics at Ohio State:** 2 p.m., Sunday, March 16.
- **Women's Gymnastics vs. Kent State:** 2 p.m., Sunday, March 16.
- **Women's Gymnastics vs. West Virginia:** 2 p.m., Sunday, March 16.
- **Baseball vs. Akron:** 3 p.m., Tuesday, March 18.
- **Swimming & Diving vs. NCAA Women's Championships:** All day, Wednesday-Saturday, March 19-22.
- **Baseball vs. Kent State:** 3 p.m., Wednesday, March 19.
- **Wrestling at NCAA Wrestling Championships:** All day, Thursday-Saturday, March 20-22.
- **Track & Field at USF Alumni Invitational:** All day, Friday, March 21.
- **Track & Field at Stan Romanowski Open:** All day, Friday, March 21.
- **Baseball vs. NC State:** 3 p.m., Friday, March 21.
- **Softball vs. Georgia Tech:** 6 p.m., Friday, March 21.
- **Women's Gymnastics vs. ACC Championship:** 2:30 p.m. & 7 p.m., Saturday, March 22.
- **Women's Soccer vs. North Toronto Nitros:** 9:30 a.m., Saturday, March 22.
- **Women's Lacrosse at Virginia:** 3 p.m., Saturday, March 22.
- **Baseball vs. NC State:** 3 p.m., Saturday, March 22.
- **Softball vs. Georgia Tech:** 3 p.m., Saturday, March 22.
- **Men's Soccer vs. Duke:** 12:30 p.m., Sunday, March 23.
- **Baseball vs. NC State:** 1 p.m., Sunday, March 23.
- **Softball vs. Georgia Tech:** 1 p.m., Sunday, March 23.
- **Women's Lacrosse at Temple:** 3 p.m., Tuesday, March 25.
- **Softball at Marshall:** 4 p.m., Tuesday, March 25.
- **Baseball at Penn State:** 5:30 p.m., Tuesday, March 25.
- **Swimming & Diving vs. NCAA Men's Championships:** All day, Wednesday-Saturday, March 26-29.
- **Women's Soccer vs. Saint Francis:** 7 :30 p.m., Wednesday, March 26.
- **Track & Field at Raleigh Relays:** All day, Thursday-Saturday, March 27-29.
- **Track & Field at Carnegie Mellon Invitational:** All day, Friday-Saturday, March 28-29.
- **Baseball at Boston College:** 3 p.m., Friday, March 28.
- **Softball at Boston College:** 3 p.m., Friday, March 28.
- **Women's Lacrosse at Boston College:** 12 p.m., Saturday, March 29.
- **Softball at Boston College:** 1 p.m., Saturday, March 29.
- **Baseball at Boston College:** 2 p.m., Saturday, March 29.
- **Women's Soccer vs. Youngstown State:** 6 p.m., Saturday, March 29.
- **Softball at Boston College:** 12 p.m., Sunday, March 30.
- **Baseball at Boston College:** 1 p.m., Sunday, March 30.
- **Men's Soccer at Maryland:** 1 p.m., Sunday, March 30.

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](#).

Resources

One-on-One Coaching Session with the Office of Financial Wellness

The Financial Wellness Center offers confidential and personalized financial coaching appointments. In a one-on-one setting, students can discuss their financial goals and learn about money management strategies and financial tools. Topics covered in financial coaching appointments include budgeting, saving, understanding credit, student loan repayment, and more. We do not offer tax advice, investment consulting, or sell financial products to students. We are available to help you navigate through your financial decisions and suggest resources to aid in your decisions.

Schedule an Appointment: <https://financialwellness.pitt.edu/schedule-appointment>

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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