



Military Resource Center

**Green Zone Training:
How To Connect With A
Checked-Out Veteran**

Green Zone Training Module 5



Overview

In this module, you will learn to recognize the signs of a “checked out” veteran, how to engage with them in an education setting, and the tools you can provide to reconnect them with campus support resources.



How To Connect With A Checked-Out Veteran

Section One: Signs of a Checked-Out Veteran

Common Causes for Veteran Student Disengagement

- 01** Transitioning from Military life to Civilian Life
- 02** Difficulty relating to traditional students, or feelings of isolation on campus

- 03** Personal responsibilities or financial obligations
- 04** Physical or mental health challenges

What Disengagement Might Look Like

You might notice certain behaviors such as:

- Self isolating from other students and peers
- Limited eye contact or short responses
- Appearing fatigued or distracted
- Overworking and overly ambitious as an avoidance strategy
- Overly positive or optimistic outlook to avoid processing difficult emotions



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Section Two: Recognizing Opportunity for Connection



Recognizing the opportunity to connect

Faculty and Staff play a key role because they are often the first to notice when a veteran is experiencing emotional distress in an academic setting.

They are also the first point of contact when a Veteran is considering withdrawing from classes.

Things to Remember when planning to engage with a Checked-Out Veteran

- Refrain from assumptions about attitude or military service
(Disconnected $\neq$ Lazy)
- Be supportive, not intrusive
- Focus on making connections rather than diagnosis
- Recognize the student's strengths and discipline



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Section Three: Starting the Conversation

What NOT To Do

- Asking about combat or traumatic experiences
- Making assumptions about PTSD
- Comparing their experiences to civilian stress
- Saying things like “you’ll be fine” or “just push through”

Best practices:

01 Listen Actively

03 Lead with Observation

02 Choose the Right Moment

04 Offer Support and Resources

Available Support and Resources

If appropriate, connect them with campus services such as:

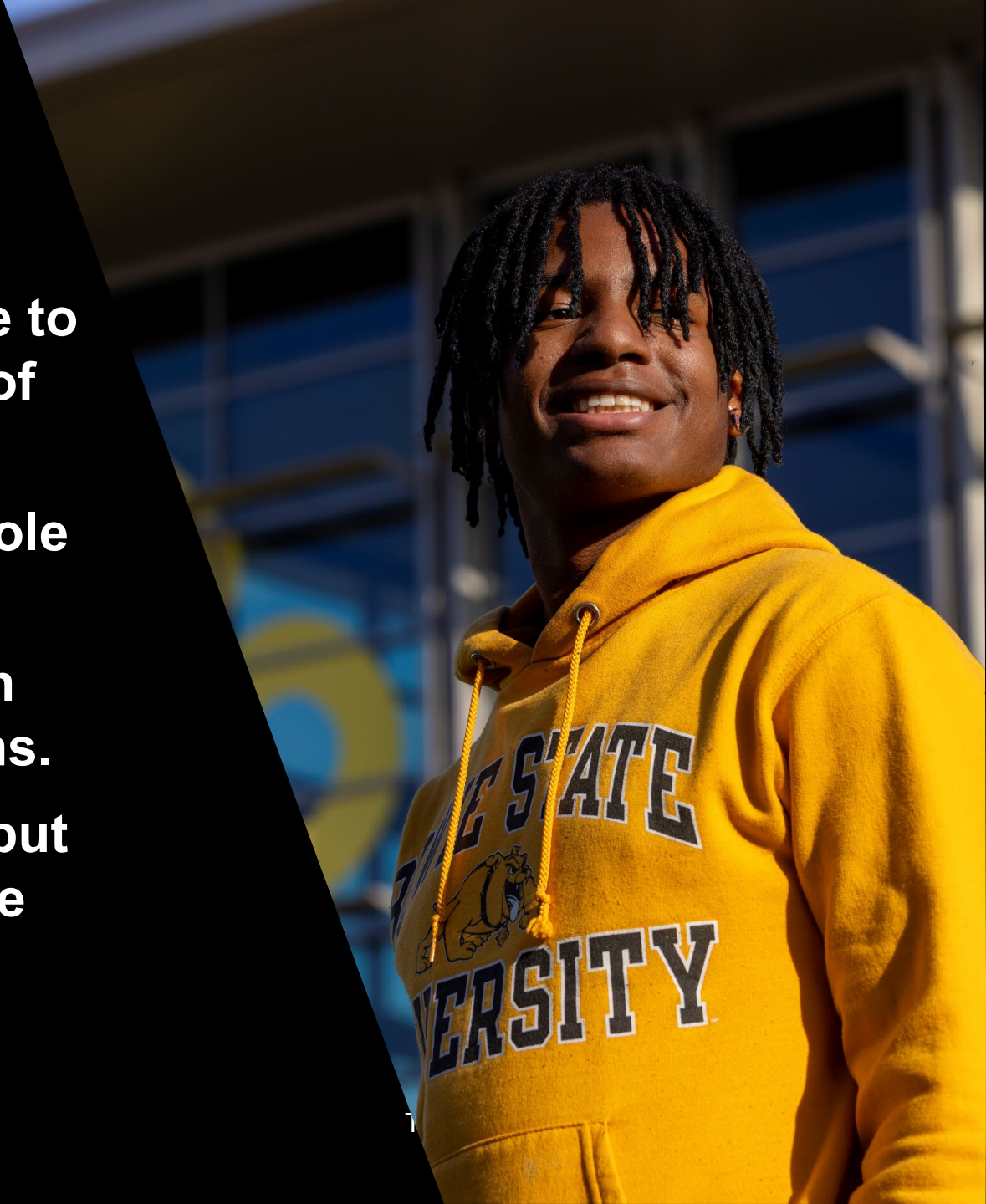
- Military Resource Center
- Veteran Affairs certification staff
- Counseling services
- Academic advising
- Tutoring or academic support

PsychArmor: How to Connect with a Checked-Out Veteran



Key Takeaways

- Veteran students may disengage due to transition challenges rather than lack of motivation.
- Faculty and staff can play a critical role by noticing changes and reaching out.
- Simple, respectful conversations can reconnect a student to support systems.
- The goal is not to solve every issue but to connect the student with appropriate resources.



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THANK YOU