

Spring 2025 Continuity

Job Title: Inspector General (IG)

Immediate Chain:

→ Wing Commander

Area of Responsibility:

- As IG, I was in charge of monitoring morale and welfare of the wing. This meant that I checked in constantly with cadets in person and over Slack to help them through any issues they were having, personally or in ROTC.
- Cadets would bring issues up to me, which I then disseminated to Command Staff, and I would work with Cadre as necessary to ensure the cadets and situations were taken care of.
- As IG it is also your job to make sure the Wing Commander and Deputy are acting within their roles and bounds of their positions.
- IG Feedback at LLAB's
- Provide advice to all of Command Staff, especially if the issues relate to respecting their chain and communicating properly, etc.
- Ultimately, this job is what you make of it and the focus can change based on what is important at the time.

Weekly Flow:

- I was in charge of weekly mental health checks, which included sending out reminders every Sunday and then checking in with any cadet that marked that they were struggling.
- **I would talk to any cadets who marked "red" at PT at the beginning of the week to see if they needed any immediate help.** I'd reach out to cadets who indicated "yellow" either through slack or in person throughout the rest of the week.
- These checks consistently took a few hours per week, both reading responses and helping cadets.
- At the beginning of the semester, I addressed the entire GMC then POC classes about my role, which led to the IG submission form for cadets to ensure their voices were heard. This was a more sporadic tasker, but is still important to be checked regularly.
- At weekly Command Staff meetings, I made sure that everyone knew the issues that cadets in the wing were currently facing, and worked with the team to find solutions if the issues were pertinent to the whole wing.

<p>Struggles I Experienced:</p> <ol style="list-style-type: none"> 1. There were a few cadets with serious personal issues that neither I nor the cadet could change, which left us both somewhat at a loss but still negatively affected. Regardless, in these situations, it is critical to still be there for the cadets. 2. You can provide as much input and advice as you'd like, but at the end of the day, there is only so much you can do. People won't always want to listen. 3. Not all cadets will feel comfortable bringing up issues to you. This can be difficult because you want to help, but can't. 	<p>How Did I Address the Struggles?</p> <ol style="list-style-type: none"> 1. Take everything one step at a time, talk to Cadre since they can provide support that you as IG cannot, and do your best to be kind and help them with whatever you can. Regular check-in's can be a good and easy way to let a cadet know you are still there and that they aren't alone. 2. Get advice from Cadre and try to help them as much as you can, but realize that sometimes it is best to let them work through the difficulties. (Cadre are always happy to help, especially when most things you're dealing with are confidential, they are a good resource to use). 3. First, understand that no matter how hard you try, you can't expect everyone to come to you. Just continue to do your thing and help where you can.
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<p><u>Advice:</u></p> <ul style="list-style-type: none"> ● Find a way to take time off. This is a tough job because nearly everyone has problems that you didn't know about that are affecting their mental health. If you are only focused on helping others, your own mental health will degrade and then you can't help others as much. ● Learn how to set boundaries, since cadets will take all the time that you give them. While it is extremely important to ensure every issue is taken care of proportionally to its severity, some cadets will keep taking more and more of your time with relatively silly matters. ● Record all interactions that you have with cadets. Always start a paper trail to ensure that if any issues are recurring, you have the paperwork to back it up. ● You are the eyes and ears for the detachment. Continue to be observant at all PMT events and around the det, and watch for anything that may be of concern.
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Resources/Links:

Mental health form -

https://docs.google.com/forms/d/1ZUhRlaccYPn4r1VN_IsyZZpDEvsiV2ROtnOiSWrtFOA/edit

IG submission form -

<https://docs.google.com/forms/d/1QzvsKBgU8pT7tHwbAuW1eJbbqRjV8sCtORIpRjM4Xgc/edit>

IG POC Round Up Slide

<https://docs.google.com/presentation/d/1GsY5mEcIIRobkwU8TErczKUGRSHkv5LaC9OYYRazCOY/edit?usp=sharing>

Contact Information:

Name: Julia Scott

Phone number: (210) 294-4782

Email: juliascottj2@gmail.com