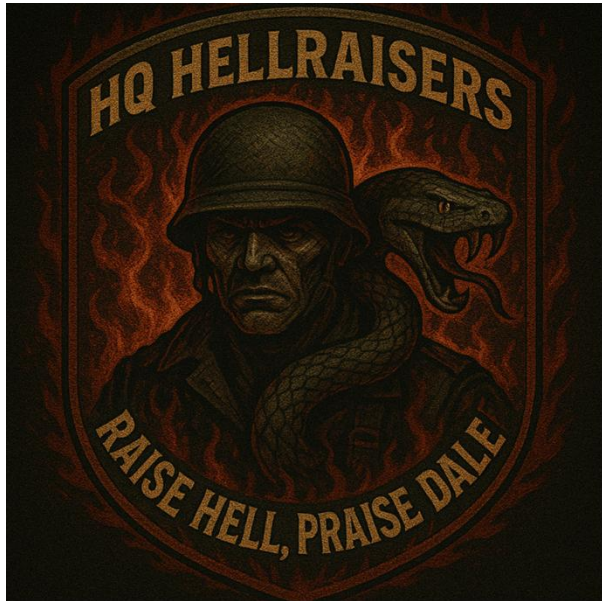


Headquarters HELLRAISERS Board Study Guide



This board study guide is NOT designed to be the sole resource for Soldiers to study.

Soldiers still MUST dig into the regs and study that way as well.

This serves as a supplement for reading into the regs and will help guide a Soldiers in the right direction.



Creed of the Noncommissioned Officer

No one is more professional than I. I am a Noncommissioned Officer, a leader of soldiers. As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as "The Backbone of the Army."



I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.



Competence is my watch-word. My two basic responsibilities will always be uppermost in my mind; accomplishment of my mission and the welfare of my soldiers. I will strive to remain tactically and technically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role. All soldiers are entitled to outstanding leadership; I will provide that leadership. I know my soldiers and I will always place their needs above my own. I will communicate consistently with my soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.



Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals.



Noncommissioned Officers, Leaders!



SOLDIER'S CREED

I am an American Soldier.

I am a warrior and a member of a team.

I serve the people of the United States, and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills.

I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy, the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.

Biography:

Good morning (the rank of the president of the board) and members of the board, my name is (rank full name). I was born in (city and state) and am (age) years old. I have a (spouse) and (number of kids). I joined the army in (month and year). I went to Basic Combat Training at (duty station with state). Upon completion of Basic Combat Training, I went to Advanced Individual Training at (duty station with state) where I became a (MOS with nomenclature). I was then stationed at (duty station with state) where I (served or am serving as) a (MOS nomenclature) for the (unit). (Continue as necessary for each duty station you have been assigned to)

Some of my short-term goals are: (Add at least 2)

And some of my long-term goals are: (Add at least 2)

Pending any questions, this concludes my bio.

Unit history:

When was 410th Military Police Company constituted?

May 15, 1945

What was the initial title of the company?

Bravo company

What was bravo company's original mission?

They were called to active service to relieve the 175th infantry and was initially responsible for escorting prisoners from Australia Establishing a POW stockade in New Guinea conducting on order missions, VIP security, and crowd control operations.

Where did 410th MP CO serve in WWII, and the Korean War?

Philippines and Japan

When did Bravo company relocate to Fort Hood TX?

FEB 21, 1955

When was Bravo company re-designated as 410th MP CO?

Bravo company was deployed in Vietnam in October 1966 to 1972 where upon re-designated as 410th MP CO

What are some other countries that 410th MP CO has deployed to?

Panama, US Virgin Islands, Kuwait, Honduras, Bosnia, Cuba, Qatar, Iraq, Afghanistan, US Southwest Border,

Some operations that the 410th Military Police Company are:

Atlantic Resolve, Iraqi Freedom, Enduring Freedom, JTF Panama, JTF Bravo Honduras, Hawk Eye US Virgin Islands.

Name the 410th lineage and honors (awards):

Joint Meritorious Unit Award, Meritorious Unit Commendation With Streamer Iraq 2004, Meritorious Unit Commendation With Streamer Iraq 2006-2007, Army Superior Unit Award with Streamer with Streamer 1994-1996 And the Army Superior Unit Award 2020

Military Leadership:

What ADP covers Army Leadership and The Profession?

ADP 6-22

What is the Army's definition of leadership?

Leadership is the activity of influencing people by providing purpose, direction, and motivation to accomplish the mission and improve the organization.

In your own words what is the definition of leadership or what leadership is to you?

Insert your definition of leadership and what it means to you.

What are you doing to improve the organization?

Give your answer..

What is the Leadership Requirements Model?

The model identifies core competencies and attributes applicable to all types and echelons of Army organizations. It formulates the moral and ethical foundation of an Army leader.

What is the BE KNOW DO?

The BE KNOW DO is what creates the LRM.

BE: Character and Presence

Know: Intellect

DO: Leads Develops and Achieves

What are the three leader Attributes?

Character, Presence and Intellect

What are the three leader Competencies?

Leads, Develops and Achieves

What is the most important Attribute?

(insert what Attribute be able to justify your answer)

What is the most important Competency?

(insert what Competency be able to justify your answer)

What are the 3 levels of army leadership?

Direct, Organizational and Strategic

What is direct leadership?

Individual small group and task oriented Direct leadership is face to face or first line leadership where subordinates most consistently interact with direct leaders

What is Organizational leadership?

Organizational systems and processes, Organizational leaders exercise leadership through subordinate leaders responsible for leading the various originations that make up the larger organization

What is Strategic leadership?

Global, Regional, National and Societal Strategic leaders include military and civilian leaders at the major command through DOD levels guides and integrates multiple organizational level units Influences several thousand to hundreds of thousands of people.

What are the Army Values?

Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal Courage

What is the golden triangle?

The golden triangle consists of Leaders, Family and Friends.

How do you build trust in your team/squad/platoon?

Give your answer..

What are the components of Character?

Army Values, Empathy, Warrior Ethos/Service Ethos, and Discipline. Fully supports SHARP, EO, and EEO

What are the components of Presence?

Military and professional bearing, Fitness, Confidence, Resilience

What are the components of Intellect?

Mental agility, Sound judgement, Innovation, Interpersonal tact, Expertise

What are the components of Leads?

Leads others, Builds trust, Extends influence beyond the chain of command, Leads by example, Communicates

What are the components of Develops?

Creates a positive command/workplace environment, Fosters esprit de corps, Prepares self, Develops others, Stewards the profession

What are the components of Achieves?

Gets results

Leaders have three principal roles in developing others. What are they?

Counseling, Coaching, and Mentoring

What is Counterproductive Leadership?

Counterproductive leadership is the demonstration of leader behaviors that violate one or more of the Army's core leader competencies or Army Values, preventing a climate conducive to mission accomplishment.

Weapons:

What is your primary weapon?

M4

What is BRM2?

Basic Rifle Marksmanship 2, which is engagement skills trainer

What are the four fundamentals of rifle marksmanship?

Sight picture, breathing, trigger squeeze, steady position

What Training Circular covers the rifle and carbine?

TC 3-22.9

What does PMI stand for?

Preliminary Marksmanship Instruction

What are the four rules of weapon safety?

1. Treat every weapon as if it is loaded
2. Never point the weapon at anything you do not intend to destroy

3. Keep finger straight and off the trigger until ready to fire
4. Ensure positive identification of the target and its surroundings

What are the three phases of shot process?

Shot, pre shot, post shot

What are immediate actions?

A quick fix in the event of a stoppage TAPS= Tap rack reassess

What are remedial actions?

Effort to determine the cause of a stoppage or malfunction and attempt to clear the stoppage once it has been identified SPORTS=Slap, Pull, Observe, Release, Tap, Shoot

What is a malfunction?

Any break or failure of one of the eight cycles of function

What are the 8 cycles of function?

Feeding, Chambering, Locking, Firing, Unlocking, Extracting, Ejecting, Cocking.

What does ACOG stand for?

Advanced Combat Optical Gunsight

BUIS stands for?

Back-Up Iron Sights

What are the characteristics of an M4 carbine?

An M4 rifle is a 5.56mm, Magazine fed, gas operated, air cooled, shoulder fired weapon. It weighs 7.5lbs. with a 30-round magazine

What is the Max range of an M4?

3600 meters

What is the Max effective range?

500 meters (target) 600 meters (area)

What is the Muzzle velocity?

2,970 FT/SEC

How do you get into the proper prone unsupported firing position?

Point, Post, Sprawl

What Training Circular covers M249?

TC 3-22.249

What are the characteristics of an M249?

Is a 5.56mm, gas operated, air cooled, belt or magazine fed, automatic weapon that fires from the open bolt.

What is the maximum range of an M249?

3,600 meters

What is the maximum effective range for an area (bipod, Tripod)?

Bipod 800 meters Tripod 1000 meters

What is the maximum effective range for a target or point (bipod, Tripod)?

Bipod 600 meters Tripod 800 meters

What is the standard load for an M249?

1,000 rds. 200 rd. drums

M249 is cleared, loaded and fired from the open position

M249 is fired from 3 positions, what are they?

Shoulder, hip and underarm

What are the components of an M249

Operating rod, barrel, handguard, buttstock, buffer, trigger, gas cylinder, bipod, receiver

What Training Circular covers the m240?

TC 3-22.240

Describe the M240:

Is a belt fed, air cooled, gas operated, fully automatic machine gun which fires 7.62mm from the open position

What is the sustained rate of fire?

100 rounds per min fired at 6-9 round burst and 4-5 seconds between bursts

What is a rapid rate of fire for the m240?

200 rounds per min at 10-13 round burst with 2-3 seconds in between bursts

What is cyclic rate of fire?

650-950 rounds per min

What is the maximum range for an M240?

3725 meters with a maximum tracer burn-out of 900 meters

What is the maximum effective range for area or target?

Tripod 1100 meters bipod 800 meters

What is the maximum effective range for point target?

Tripod 800 meters bipod 600 meters

Counseling:

What document covers counseling?

ATP 6-22.1

What are counselings used for?

Counseling is the process leaders use to guide subordinates to improve performance and develop potential. Counseling provides clear, timely, and accurate information concerning individual performance compared to established criteria. Also to bolster and encourage good behavior and discourage negative behavior. To set standards. To highlight good deeds and bad deeds.

What are the 3 types of counselings?

Event oriented, performance and professional growth

What are the four steps in conducting a counseling?

Identify, preparation, execution, follow up

What are the 3 approaches of counseling?

Directive, non-Directive, Combined

When you receive a new soldier into your unit/team/squad what should they receive?

A reception and integration counseling

How long do you have as a leader to issue them a reception and integration counseling?

10 days

What a few components should be in a Reception and Integration (initial) counseling?

- Organizational history, structure, and mission.

- Organizational standards (such as discipline, maintenance, training, and fitness).
- Organizational policies.
- Chain of command familiarization.
- NCO support channel familiarization.
- Key leader contact information.
- Soldier programs within the organization, such as Soldier of the Month/Quarter/Year and educational and training opportunities.
- Security and safety issues.
- On- and off-duty conduct.
- Off-limits and danger areas.
- Personnel procedures.
- Initial and special clothing issue.
- On- and off-post recreational, educational, cultural, and historical opportunities.
- Support activities functions and locations.
- Foreign nation or host nation orientation, as applicable.
- IDPs (see AR 350-1 for requirements and FM 6-22 for ways and means to implement).
- Welcoming a team member back from any extended absence (reintegration).
- Other items of interest as determined by the leader or organization.

What form is used for Counseling?

DA Form 4856

What is OARS and how do you use it during counseling?

OARS forms the basis for a disciplined listening and speaking style – the building blocks of productive conversations.

Open questions

Affirmations

Reflections

Summaries

I use OARS to have a structured approach to counseling and to best facilitate conversation during the counseling.

What does SMART stand for when setting goals?

Specific

Measurable

Achievable

Realistic

Time-Bound

Give an example of a SMART goal?

Give your answer..

What do you believe is the most important part of the counseling process and why?

Give your answer..

What is Coaching?

Coaching is development technique used for a skill, task or specific behavior.

Coaching is a technique that relies primarily on guiding people through open-ended questions to enhance or advance their capabilities or specific behaviors.

What is Mentoring?

Mentorship is the voluntary developmental relationship that exists between a person of greater experience and a person of lesser experience that is characterized by mutual trust and respect. Mentoring occurs when the mentor provides a less experienced leader with advice and counsel over time to aid professional and personal growth.

What is a Performance Counseling?

Performance counseling is the review of a subordinate's duty performance during a specified period. Performance counseling communicates standards and is an opportunity for leaders to establish and clarify the expected values, attributes, and competencies. Leaders should always counsel subordinates for exceptional as well as substandard duty performance.

What is a Professional Growth Counseling?

Professional growth counseling includes planning for the accomplishment of individual and professional goals. During the counseling, leader and subordinate conduct a review to identify and discuss the subordinate's strengths and developmental needs and to create an IDP that builds upon those strengths and addresses the developmental needs.

What is an Event Oriented Counseling?

Event-oriented counseling involves a specific event or situation. It may precede events such as participating in promotion boards, attending training courses, preparing for parenthood, or preparing for deployment or redeployment.

Physical Readiness Training & H2F:

What FM covers Physical Readiness Training and H2F?

FM 7-22

What are the 3 principles of conducting Physical Training?

Precision, Progression, Integration

What are the 5 domains of physical training?

Physical Readiness, mental readiness, sleep readiness, nutritional readiness, and spiritual readiness.

What does H2F stand for?

Holistic Health and Fitness

What is H2F?

Designed to enhance Soldier readiness and lethality, optimizing their physical readiness and non-physical readiness while minimizing injury.

What is periodization?

Planning of long and short-term readiness training and testing in preparation for combat.

What are the 6 components of physical readiness?

Muscular strength, Hypertrophy, Muscular Endurance, Aerobic Endurance, Anaerobic Endurance, Power

What are the preoperatory drills?

Bend And Reach, Rear Lunge, High Jumper, Rower, Squat Bender, Windmill, Forward Lunge, Prone Row, Bent Leg Body Twist, Pushup

How do you turn a rectangular formation into an extended rectangular formation?

Command of execution is bold

Fall in – Extend to the left march – arms downward move- left face - extend to the left march – arms downward move – right face – from front to rear count off – even numbers to the left uncover

What are the stretches of the recovery drill?

Overhead arm pull, rear lunge, extend and flex, thigh stretch, single leg over, groin stretch, calf stretch and hamstring stretch

You have a Soldier who is lagging during group PT, they just can't keep up even though they are trying their hardest. How would you address this situation?

Give your answer..

Army Body Composition Program:

What AR covers the ABCP?

AR 600-9

Where do you measure a male and female?

Through the naval level with the marching service

What is considered month to month satisfactory progress within the ABCP?

Loss of 1% body fat and or 3-8 lbs per month

What if two female NCO's are not present when taping a female Soldier?

There needs to be a female observer if they are not of the rank of SGT or above they will only observe and two male NCO's will conduct the measurements.

After being placed onto the ABCP, how soon does the Soldier have to provide their Soldier Action Plan to the commander? What is a Soldier Action Plan?

14 days / A Soldier Action Plan is a detailed, measurable, and progressive plan to get the Soldier off of the ABCP.

After being placed onto the ABCP, how soon must the soldier meet with a PCM/Dietician?

30 days

What two documents must the Soldier have with them when meeting with the PCM/Dietician?

Commander's request for counseling and the Soldier Action Plan

Who is exempt from taping?

Soldiers who score a 465 on the AFT, with an 80 or more in each event.

You have a Soldier struggling to get off the ABCP, what would you do to ensure their success?

Give your answer..

NCOERS:

What AR and DA PAM cover NCOERS?

AR 623-3 and DA PAM 623-3

What form is a NCOER generated on?

DA Form 2166-9-1 (E-5)

DA Form 2166-9-2 (E-6)

DA Form 2166-9-3 (E-7 and Above)

How many different types of NCOER's are there?

8

What are the 8 types of NCOER's?

Annual, extended annual, change of rater, 60-day rater option, 60-day senior rater option, TDY NCOER, relief for cause, complete the record

How many non-rated codes are there?

16

What are some common nonrated codes?

E- for 30 or more consecutive days

P- Unable to perform assigned duties to include convalescent leave

S- Student

T- TDY less than 90 Calander days

What does the rating chain consist of?

Rated Soldier, Rater, Senior Rater, Supplementary Reviewer

When will a supplementary Reviewer be required?

When the raters in the rating chain are not in the rank of O-3 or higher /CW2 or higher/
CSM or SGM

Equal Opportunity:

What AR covers EO?

AR 600-20, Chapter 6

What are the 2 types of EO complaints?

Formal and Informal

What is an Informal complaint?

A complaint that a soldier or family member DO NOT wish to file in writing

What is a Formal complaint?

A complaint that a soldier or family member DO wish to file in writing

What form is used to conduct a Formal complaint?

DA Form 7279

How long does a soldier have to file a Formal complaint?

60 Days

What is the difference between an EOL and EOA?

An EOL is at the company level, and acts as a liaison for the EOA. An EOA works at BDE level and can take formal complaints.

What are the 6 protected categories of EO?

Race, Religion, skin color, Sex/Gender, national origin, sexual orientation

What is the difference between hazing and bullying?

Hazing: The act of negatively impacting a person to get them to be a part of a group, without violating the 6 protected categories of EO. *Initiation rituals*

Bullying: The act of ostracizing an individual to keep them out of a certain group, violating one of the 6 protected categories of EO.

First Aid:

What TC covers First Aid?

TC 4-02.1

What is TCCC?

Tactical combat casualty care

What are the three phases of TC3?

Care under fire, tactical field care, tactical evacuation care

What are the different types of burns?

Chemical, Thermal, Laser, Electrical

What steps are in care under fire?

Return fire - get to cover or go to prone – do your call outs (return fire, get to cover, perform self-aid), gain fire superiority - bound/move to the service member – perform a visual blood sweep - apply hasty tourniquet (if applicable) - get them off the X

What steps are in tactical field care?

Conduct MARCH

Massive Hemorrhaging - Conduct blood sweep, remove clothing, address gross hemorrhage

Airway – Perform a head tilt chin lift or jaw thrust, listening for irregular breathing while looking at their abdomen for a rise and fall with each breath - visual inspections of inside the mouth for blockage – address and airway complications

Respiratory – If clothing is not removed yet, remove it from the torso – perform visual inspection for gross deformity – treat any immediate life threats – rake the torso – treat any immediate life threats – log roll the casualty – visually inspect and rake the back – treat any immediate life threats – if required, apply pelvic binder, roll casualty back down onto the hypothermia blanket

Circulation – Check bilateral radial pulses, if radial is not present, check carotid – convert hasty tourniquets to deliberate tourniquets and if able, to pressure dressings

Hypothermia – Ensure casualty is fully inside the blizzard blanket, use Ready Heat if available, cover all areas of the body with the Hypothermia Prevention and Management Kit (HPMK)

What are the 9 lines in the 9-Line MEDEVAC?

1. Location of pick-up site (L)
2. Radio frequency, call sign, and suffix (F)
3. Number of patients by precedence (P)
4. Special Equipment required (E)
5. Number of patients by type (T)
6. Security of pick-up site (S)

7. Method of marking pick-up site (M)

8. Patient nationality and status (N)

9. NBC contamination/Terrain description (N)

Use the mnemonic “Low Flying Pilots Eat Tacos, Some Make Nasty Nachos”

You are operating in mountainous terrain with steep slopes. What type of special equipment will you require? What is its brevity code?

Hoist / Bravo

You are calling a 9-Line MEDEVAC for a patient. When you get to line 5 you must call up whether they are “Litter” or “Ambulatory”. What determines if they are one or the other?

Litter casualties cannot walk on their own power and require a litter to be moved to the EVAC platform / Ambulatory casualties are able to walk, even with assistance, to the EVAC platform

Using appropriate radiotelephonic procedures how would you transmit the following numbers? 0, 3, 4, 5

“Zero” “Tree” “Fower” “Fife”

The precedence provides the supporting medical unit and controlling headquarters with information that is used in determining priorities for committing their evacuation assets.

For this reason, correct assignment of precedence cannot be overemphasized; over classification may result in an increase in evacuation which could burden the AHS.

What specifically merits the use of the URGENT designation?

“Is assigned to emergency cases that should be evacuated as soon as possible and within a maximum of one hour in order to save life, limb, or eyesight and to prevent complications of serious illness and to avoid permanent disability”

You and your squad are on patrol and take contact. Your point man is down and clearly bleeding. What is your first action?

Return fire.

You are in Tactical Field Care and are completing your casualty assessment. During your blood sweep, you find a large evisceration pouring out of their stomach. What do you do?

Continue with my blood sweep and MARCH-PAWS assessment. It is a distracting injury.

You gain fire superiority and rush to the fallen Soldier. You notice bleeding coming from the right leg. What do you do?

Apply a hasty tourniquet.

What is a hasty tourniquet?

A hasty tourniquet is used on the “X”, it is as high and tight as possible, and over clothes.

You suspect your patient has sustained a spinal injury, how would you open their airway?

Jaw thrust method.

What is your first action when treating burns?

Stop the burning process:

If the burning source is WET or LIQUID, I will FLUSH WITH COPIOUS AMOUNTS OF WATER

If the burning source is DRY, I will BRUSH THE DRY SOURCE OFF OF THE CASUALTY

If the burning source is a FIRE, I will REMOVE THE CASUALTY FROM THE FIRE / PUT OUT THE FIRE

If the burning source is ELECTRICAL, I will REMOVE THE CASUALTY FROM THE ELECTRICAL SOURCE WITH A NON-CONDUCTIVE MATERIAL

If the burning source is LASER, I will REMOVE THE CASUALTY FROM THE LASER BEAM/SOURCE/GENERAL AREA

What is the difference between a CASEVAC and a MEDEVAC?

A CASEVAC is a non-medical evac platform that is being used for CASEVAC.

Ex: An NTV being used as evac platform

A MEDEVAC is a medical evac platform, outfitted with medical equipment, for the sole purpose of performing medical evacuations.

Ex: An FLA being used as evac platform

Operations:

What does ADP 5-0 cover?

The Operations Process

What are the 8 Troop Leading Procedures?

Receive The Mission

Issue The WARNORD

Make Tentative Plan

Initiate Movement

Conduct Recon

Complete The Plan

Issue OPORD

Supervise And Refine

What are the METT-TC factors?

What is the **Mission**

What is known about the **Enemy**

How will the **Terrain** and weather affect the operation

What **Troops** are available

How much **Time** is available

Sponsorship:

What AR covers The Total Army Sponsorship Program?

AR 600-8-8

What is S-Gate?

S-Gate provides vital information for incoming soldiers ie: their sponsor contact info
welcome letter, useful weblinks, and regulatory information

What DA Form is used for sponsorship?

DA Form 5434

How soon after the DA Form is received should a sponsor be assigned?

10 days, unless the sponsorship is declined

What are the general rules for appointing a sponsor?

Equal rank/grade or higher, same sex, and familiar with the unit or activity and community

What are the elements of the sponsorship?

DA Form 5434

Welcome letter

ACS Relocation Readiness Services

Reception, Orientation, and In-processing

Enlisted Separations:

What AR covers Enlisted Separations?

AR 635-200

What grade is a soldier reduced to when being recommended for separation under other than honorable conditions?

E-1

What must happen before a soldier with access to sensitive material can be discharged?

Give the soldiers information to G2/security manager

What happens if the separation authority does not order separation?

Proceedings will be filled at that headquarters and the Soldier's commanding officer will be notified and the Soldier will PCS, if possible

What must be taken before initiating separation action against a soldier?

Adequate counseling and rehabilitation measures

What are some different types of chapters?

8 - Pregnancy

9 - Substance abuse

13 - Unsatisfactory performance

14 - Patterns of misconduct

18 - Failure to meet ABCP standards

Wear and Appearance of the Military Uniform:

What AR and DA PAM covers Wear and Appearance of the Military Uniform?

AR and DA PAM 670-1

What is the minimum length a female ponytail can be?

A females minimum ponytail length is 1"

What are the maximum fingernail lengths for males and females IAW AR 670-1?

All personnel will keep fingernails clean and neatly trimmed. Males will keep nails trimmed so as not to extend beyond the fingertip unless medically required and are not authorized to wear nail polish. Females will not exceed a nail length of 1/4 inch as measured from the tip of the finger.

What type of eyeglasses and sunglasses are permitted IAW AR 670-1? Be specific.

Conservative civilian prescription eyeglasses are authorized for wear with all uniforms.

Conservative prescription and nonprescription sunglasses are authorized for wear when in a garrison environment, except while indoors. Personnel will not wear lenses or frames that are so large or so small that they detract from the appearance of the uniform. Eyeglasses or sunglasses that are trendy or have lenses or frames with conspicuous initials, designs, or other adornments are not authorized for wear.

Soldiers may not wear lenses with extreme or trendy colors, which include, but are not limited to, red, yellow, blue, purple, bright green, or orange. Lens colors must be traditional gray, brown, or dark green shades.

According to AR 670-1, "All personnel will maintain a high standard of professional dress and appearance." And "Soldiers must project a military image that leaves no doubt that they live by a common military standard and uphold military order and discipline." – this also encompasses jewelry while in uniform. Explain to me the specifications for common adornments and jewelry items such as watches, wristbands, rings, and earrings.

"Soldiers may wear a wristwatch, a wrist religious or identification bracelet, and a total of two rings (a wedding set is considered one ring) with Army uniforms, unless prohibited by the commander for safety or health reasons. Soldiers may also wear one activity tracker, pedometer, or heart rate monitor. Any jewelry or monitors Soldiers wear while in uniform or civilian clothes on duty must be conservative... Soldiers are authorized to wear only one item on each wrist while in uniform or in civilian clothes on duty."

“Females only are authorized to wear earrings with the service, dress, mess, and evening mess uniforms... Earrings may be screw-on, clip-on, or post-type earrings in gold, silver, white pearl, or diamond. The earrings will not exceed 6 mm or 1/4 inch in diameter, and they must be unadorned and spherical. When worn, the earrings will fit snugly against the ear. Females may wear earrings only as a matched pair, with only one earring per ear lobe.”

You have a Soldier who routinely breaches AR 670-1. They say they don't understand why it matters if they can still accomplish their job to standard. You must bring them into compliance and instill an understanding of why standards and discipline matter.

How would you do that?

Give your answer..

Military Awards:

What AR covers Military Awards?

AR 600-8-22

What are the highest awards during peace and war time?

Peacetime – The Soldiers Medal

Wartime – The Medal of Honor

Second highest award – Distinguished Service Cross

What is the time frame for recommending a Soldier for an award?

2 years

Who is the approving authority for an AAM and ARCOM?

AAM – BN CDR

ARCOM – BDE CDR

What does a bronze oak leaf cluster represent?

One additional award

What does a Silver Oak leaf cluster represent?

5 additional awards

Who can recommend a Soldier for an award?

Anyone can recommend an award for anyone.

Army Suicide Prevention Program:

What are some early warning signs for suicide?

Selling precious possessions, recent financial issues/divorce/ legal trouble, odd behavior, expressions of hopelessness/trapped/shame, abrupt substance abuse, etc.

What AR covers the Army Suicide Prevention Program?

AR 600-63

Primary prevention and BH promotion are strategic opportunities to influence overall well-being and promote a healthy, ready force. Effective prevention strategies build awareness, increase efficiency, and reduce the need for psychiatric and psychological treatment, as well as improving overall well-being and often improving the outcomes of other medical conditions. What are the three cornerstones of effective strategies to promote optimal behavioral health?

Strengthening individuals, strengthening communities, reducing structural barriers to health

Your Soldier begins abruptly acting out of character and starts to have a decrease in job performance. You sit down to counsel the Soldier and they express suicidal ideations. How would you handle that?

Give your answer..

Sexual Harassment / Assault Response and Prevention:

What does the "I A.M." stand for in the I A.M. Strong program?

Intervene, Act, Motivate

What AR covers the SHARP program?

Effective 11FEB25, AR 600-52

If you witnessed a sexual harassment or assault, how would you respond?

Give your answer..

