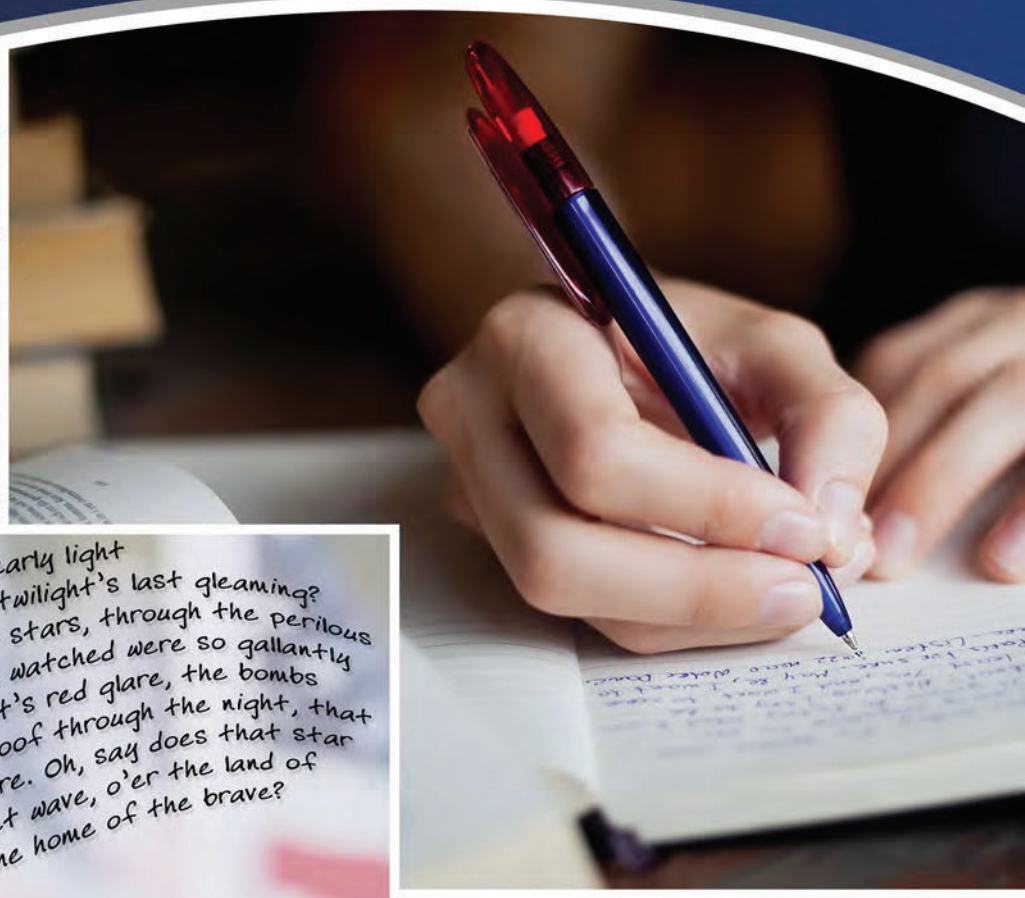
ARMY JROTC

LEADERSHIP 1

Education and Training

UNIT 1: LET 1 - THE EMERGING LEADER



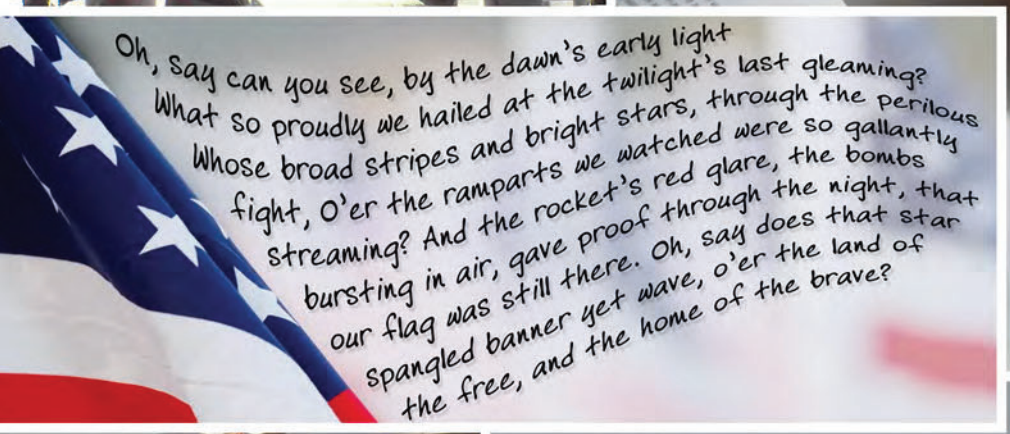


Table of Contents

CHAPTER 1 – JROTC Foundations

LESSON 1: INTRODUCING JROTC

Introduction 5
What You'll Do in JROTC 5
JROTC in Your School 6
Army JROTC History 8
Army JROTC Purpose and Program Outcomes 9
Mission, Challenges, and Benefits 9
JROTC Curriculum..... 11
Community Service 12
JROTC Core Abilities 12
Conclusion..... 13

LESSON 2: JROTC: THE ORGANIZATION AND TRADITIONS OF SERVICE PROGRAMS

Introduction 15
Organization of JROTC Programs 16
Lines of Responsibility and Authority in JROTC Programs 22
The JROTC Battalion.....23
Uniform Wear and History.....27
Purpose of Uniform Wear, Restrictions, and Standards.....30
Proper Care and Maintenance of Each Piece of the Uniform.....34
Cadet Appearance and Grooming Standards.....35
Army Ranks and Grade Insignia 36
Placement of Uniform Awards, Insignias, and Decorations.....38
Components of Individual Award Categories 42
Award Criteria 43
Conclusion.....48

LESSON 3: CUSTOMS AND COURTESIES IN JROTC

Introduction 51
The United States Flag 52

LESSON 3: CUSTOMS AND COURTESIES OF JROTC *(cont'd)*

National Anthem 53
Ceremonies, Customs, and Courtesies 55
Displays of Respect 59
How to Perform the Hand Salute 60
When to Salute and Come to Attention 61
Personal Salutes 63
Conclusion 65

LESSON 4: SOCIAL ETIQUETTE AND MANNERS

Introduction 67
Etiquette and Manners in Formal and Informal Settings 67
Proper Dining Etiquette 73
Social Invitation 80
Dining-in, Dining-out, and the Cadet Ball 85
Conclusion 89

CHAPTER 2 – Personal Growth and Behaviors

LESSON 1: THINKING MAPS®

Introduction 93
Types of Thinking Maps® 94
Conclusion 103

LESSON 2: SELF-AWARENESS

Introduction 105
Natural Tendencies 105
Learning to Grow 105
The Process of Self-Discovery 106
Winning Colors® 107
Balance is Key to Your Success 110
Conclusion 111

LESSON 3: APPRECIATING DIVERSITY THROUGH WINNING COLORS®

Introduction 113
We're All Different 113
Seek First to Understand 114

LESSON 3: APPRECIATING DIVERSITY THROUGH WINNING COLORS® *(cont'd)*

Awareness-Enhancing Behaviors 114
Effective Communication 117
Winning Colors® Power Words 118
Conclusion 121

LESSON 4: THINKING AND LEARNING

Introduction 123
Thinking and Learning 123
Active Learning 124
Critical and Creative Thinking 125
Objective Versus Subjective Viewpoints 126
Elements of the Learning Process 128
Learning Preferences and Intelligences 130
The Dunn & Dunn Learning Preferences 131
Kolb's Experiential Learning Model 132
Multiple Intelligences 134
Expanding Your Learning Preferences and Intelligences 138
Conclusion 141

LESSON 5: READING FOR MEANING

Introduction 143
Preparation and Purpose for Reading 144
Reading Comprehension Strategies 146
Vocabulary Comprehension 150
Expanding Your Vocabulary 154
Building Comprehension and Speed 155
Conclusion 157

LESSON 6: STUDYING AND TEST-TAKING

Introduction 159
What Are Effective Study Habits? 159
Study Skills 162
Reading Textbooks 162
What Are Effective Study Habits? 165
Memorizing 169
Using Libraries and the Internet 170

LESSON 6: STUDYING AND TEST-TAKING *(cont'd)*

Preparing for Tests 171
Taking Tests 172
How to Answer Test Questions 172
Conclusion 175

LESSON 7: PERSONAL CODE OF CONDUCT

Introduction 177
Defining Values 177
Army Values 178
Ethics 181
Four Basic Rules of Ethics 182
Norms 182
Making Ethical Decisions 185
Personal Code of Conduct 185
Habits and Conduct 186
Conclusion 187

LESSON 8: PERSONAL GROWTH PLAN

Introduction 189
The Success Profiler® 190
Key Emotional Skills 191
Five Emotional Skill Dimensions 194
Conclusion 197

CHAPTER 3 – Team Building

LESSON 1: TEAM BUILDING AND DRILL

Vignette 201
Introduction 202
The History of Drills 202
Purpose and Objectives of Drill in JROTC 203
Conclusion 207

LESSON 2: STATIONARY MOVEMENTS AND MARCHING TECHNIQUES

Introduction 209
Stationary Movements 209

LESSON 2: STATIONARY MOVEMENTS AND MARCHING TECHNIQUES *(cont'd)*

Marching 213
Conclusion 219

LESSON 3: SQUAD DRILL

Introduction 221
Squad Formations 222
Marching the Squad 226
Forming a Column of Twos and Re-Forming 228
Conclusion 229

CHAPTER 4 – Decision Making

LESSON 1: MAKING DECISIONS AND SETTING GOALS

Introduction 233
Decisions and Goals 234
The Decision-Making/Problem-Solving Process 234
Why Set Goals? 235
The Benefits of Setting Goals 236
Conclusion 239

LESSON 2: ANGER MANAGEMENT

Introduction 241
Understanding What Causes Anger 241
How Anger Affects Your Body 242
Expressing Anger 242
Calming Anger 244
Reacting to Anger 244
Strategies for Managing Anger 245
Conclusion 247

LESSON 3: RESOLVING CONFLICTS

Introduction 249
Conflict and How It Affects Us 249
Causes of Conflict 250
Types of Conflict 250
Skills for Dealing with Conflict 252

LESSON 3: RESOLVING CONFLICTS *(cont'd)*

Options for Dealing with Conflict....252
Evaluating Consequences....254
Communication Skills....255
Strategies for Resolving Conflicts....256
Using Winning Colors® in Conflicts....259
Communication Keys....260
Conclusion....263

CHAPTER 5 – Health and Fitness

LESSON 1: UNDERSTANDING AND CONTROLLING STRESS

Introduction....267
Positive and Negative Stress....267
What Causes Stress?....268
Identifying Stress....269
How Your Body Responds to Stress....269
Prolonged Stress and Your Health....271
Positive Ways to Manage Stress....272
Your Stress Management Program....277
Conclusion....277

LESSON 2: CADET CHALLENGE

Introduction....279
The Challenge....279
The Exercises....281
Improving Your Scores....283
Basic Rules of Exercise....284
Building Health Skills....284
Conclusion....285

CHAPTER 6 – Service Learning

LESSON 1: ORIENTATION TO SERVICE LEARNING

Introduction....289
Orientation and Training....289

LESSON 1: ORIENTATION TO SERVICE LEARNING *(cont'd)*

Meaningful Service....290
Structured Reflection....290
Community Service versus Service Learning....291
Why Use Service Learning?....291
Conclusion....293

LESSON 2: PREPARING FOR SERVICE LEARNING

Introduction....295
Steps to Complete Service Learning....295
Component One: Choosing a Service Activity....296
Component Two: Planning the Service....297
Component Three: Training for the Service....299
Component Four: Executing the Service....300
Conclusion....301

Glossary....303
References for Images....315