

Enrolling in Military Science Guidance

- 1) **Enroll in a section of Military Science (Army ROTC) 102 for the Fall 2018 semester.** There are several different sections. You should be able to find one that fits your schedule. If not, please see Mr. Dowling (armyrotc@mail.wvu.edu) for guidance. Military Science is a two-credit class that counts toward GEF (6) credit, counts toward your GPA and also counts toward the credits you need to graduate (usually 120-128).
- 2) **Take Physical Education (PE) 110 and participate in the three weekly Physical Training (PT) sessions.** PT is conducted Mondays, Wednesdays and Fridays for ROTC cadets that are fully participating in the program. PE 110 is an elective that you can take for credit twice. It technically only meets on Wednesdays, but cadets also conduct PT on Mondays and Fridays. Wear comfortable workout clothes, but also be prepared to go outside for a run (hat, gloves sweatshirt and/or Under Armour style gear) depending on the season. PT starts at 6:15 a.m. in the Auxiliary Gym adjacent (left hand side of the building as you look at it from the Beechurst PRT) to the main gym floor on the ground level of Stansbury Hall. PT lasts about an hour, which will give you time to go home to get cleaned up for class or you can utilize the locker room facilities in Stansbury. PT is ability based and is designed to improve your physical fitness and your APFT score/standing. It is not designed as a “smoke session” to weed people out of the program. Getting bigger, stronger and faster are the primary goals of physical training. Parking is available at Stansbury Hall until 8 a.m.
- 3) **Keep Thursdays afternoons open on your schedule. We conduct Leadership Lab every Thursday afternoon from 2:30-6:30 p.m.** Dress comfortably but be prepared to go outside as well. Lab starts at 2:30 in the Auxiliary Gym adjacent (left of) to the main gym floor on the ground level of Stansbury Hall, but we'll often travel off-site in government transportation to take advantage of local resources (outdoor space, Guard Armory for equipment usage). Get there 10-15 minutes beforehand, if possible. Wear sturdy and comfortable shoes (no open-toed shoes).

Recommendation: PT and Leadership Lab are both voluntary if you are not contracted. You have the personal option to just enroll in Military Science (MILS) 101 and not participate in PT or Leadership Lab. However, in order to truly experience Army ROTC to see if it is right for you, it is important for you to experience all aspects of the program before deciding whether or not to contract. We highly encourage first-year students to fully participate in MS 101, PT (3x/week) and Leadership Lab. Also, we are only allowed to contract 23 cadets for each school year and we have more cadets interested in contracting than we are able to contract, which means some interested students will not be offered a contracting opportunity to become an Army officer. Unfortunately, that's out of our control, but it is a reality. The students who fully participate (take the Military Science courses, regularly attend PT and Leadership Lab) are demonstrating their commitment to becoming an officer, which will be factored into the order of merit list when decisions are made concerning contracting opportunities. By fully participating in all three aspects of the program, in addition to taking advantage of other Army ROTC opportunities (service learning, volunteering for details, color guard, etc.), you are building your brand and are developing a reputation as someone who is serious about becoming an Army officer and leading other Soldiers.