

Mustang



University

COURSE LISTING

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COURSE DESCRIPTIONS

ABCs of Resiliency

0.5 credit

COURSE DESCRIPTION: Explores how thoughts control behavior

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Accessing Higher Education: An Overview

1 credit

COURSE DESCRIPTION: This course will guide you through the variety of decisions involved in choosing a degree program, funding, and completing the admissions process. The expected outcome is you will create a customized plan for a successful transition to a higher education institution.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person

POC: Mr. Josh Schirner (A&FRC)

Contact Info: 784-5440

Special Instructions: PLEASE BRING A COMPUTER AND MOUSE LOCATION: Bldg. 787, room 7 (building behind main Education center by UMUC/CTC college offices) DRESS CODE: Civilian Business Casual

REQUIRED ITEMS

1. Results from Military Occupation Code (MOC) Crosswalk Gap Analysis (from MOC participant guide)
2. Verification of Military Experience and Training (VMET) (from <http://www.dodtap.mil>)
3. Military transcripts (CCAF or Joint Service Transcript) and other educational transcripts -(unofficial)
4. Individual Transition Plan (ITP)
5. Computer and mouse

Adventure Dining: An Overview

0.5 credit

COURSE DESCRIPTION: We will introduce you to an off-base restaurant frequently visited by the locals. Pay as you go.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-Person

Maximum Class Size: 15

POC: Tok Hui (Ducky) Kim (A&FRC)

Contact Info: 784-5440

Special Instructions: Bring 30,000 Won for your meal and transportation cost.

Alcohol Education: An Overview

0.5 credit

COURSE DESCRIPTION: An interactive, in-person class to help educate individuals on the biological and cognitive effects of alcohol. This class will also teach individuals how to be aware of the adverse effects of binge drinking, as well as dangers such as alcohol poisoning. Lastly, this class will offer participants helpful skills and strategies to avoid these dangers and make good choices when they do choose to drink.

Target Audience: Anyone wanting to learn more about alcohol education; open to Active Duty, spouses, GS & NAF employees

Delivery Options: In person

Maximum Class Size: 20

POC: Osan AB ADAPT Clinic

Contact Info: 784-2149

Special Instructions: None

Anger Management: An Overview
0.5 credit per session (max 4 credits)

COURSE DESCRIPTION: Participants learn to recognize and identify anger reactions, the anger cycle, the thought process and its' effect on anger and managing communication during conflict.

Target Audience: All Ages

Delivery Options: In-person, 1x weekly (course will be every other session/change out with Stress Management)

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Applied Suicide Intervention Skills Training (ASIST)
2 credits

COURSE DESCRIPTION: teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

Target Audience: DoD Card Holders over the age of 16.

Delivery Options: In-person 2-day course.

POC: Keylah Colteryahn Kiel, MSW, MA

Contact Info: 784. 3692; keylah.colteryahn_kiel@us.af.mil

Special Instructions: none

Balance Your Thinking
0.5 credit

COURSE DESCRIPTION: How to avoid thinking traps

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under "Resiliency Training" on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Basic Korean Language Workshop: An Overview

0.5 credit

COURSE DESCRIPTION: Learn common expressions and phrases to survive in off-base activities. Lunch time, one hour class

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person

POC: Ms. Tok Hui (Ducky) Kim (A&FRC)

Contact Info: 784-5440

Special Instructions: none

Career Technical Training: An Overview

1.5 credits

COURSE DESCRIPTION: The Technical Training track addresses such topics as selection of a reputable career and technical training school, the application process from start to finish, how to use certification finder Web tools and other internet resources that identify licensed occupations, and a military occupational code translator.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In Person, 2- day course

POC: Mr. Josh Schirner (A&FRC)

Contact Info: 784-5440

Special Instructions: If you have a computer you are encouraged to bring it for your convenience

Chapel Programs

Credits: varies: contact the Administrator

COURSE DESCRIPTION: The Chapel offers various classes for singles and couples addressing communication skills, financial management, as well as a myriad of resiliency events.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In Person

POC: <https://www.facebook.com/OsanABChapel>

Contact Info: 784-5000

Check Your Playbook

0.5 credit

COURSE DESCRIPTION: Helps you to understand why you do what you do.

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

Maximum Class Size: none

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Chinese Class

1 Credit

Course Description: Come learn the basics of Mandarin from our volunteer.

Target Audience: Service Members and their families.

Delivery Options: In person

POC: USO Osan Bldg 916

Contact Info: DSN 784-0469

Special Instructions: Class is free. Register in person, via phone, or through Facebook. Materials are provided.

Couples Communication: An Overview

0.5 credit per session (max 4 credits)

COURSE DESCRIPTION: Participants learn the basics of good communication including the value of listening and validating each other.

Target Audience: Couples

Delivery Options: In-person, 1x weekly (per session)

Maximum Class Size: 20 Participants (Max 10 Couples)

POC: Family Advocacy Program

Contact Info: 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Credit Report Review (1-on-1): An Overview

1 credit

COURSE DESCRIPTION: Accessing your full FICO® Score profile once per year for any of the 3 bureaus at A&FRC with an individual appointment

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person

POC: Ms. Lindsay Kennedy (A&FRC)

Contact Info: 010-2993-0194; PFC.Osan.USAF@zeiders.com

Special Instructions: none

Cultural Trips: An Overview

1 credit

COURSE DESCRIPTION: We will guide you via public transportation to a local venue such as markets, malls, movie theaters, historical venues, etc. where you will have time to venture out on your own to explore Korean culture.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person

POC: Tok Hui (Ducky) Kim (A&FRC)

Contact Info: 784-5440

Special Instructions: Meet at the 7 Eleven prior to event time (varies). Bring a minimum of 30,000W for lunch, transportation, and shopping.

Entrepreneurship Training: An Overview

2 credits

COURSE DESCRIPTION: Service members pursuing self-employment in the private or non-profit sector will learn the challenges faced by entrepreneurs, the benefits and realities of entrepreneurship, and the steps toward business ownership.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person with online course follow up

POC: Mr. Josh Schirner (A&FRC)

Contact Info: 784-5440

Special Instructions: none

Fatigue Countermeasures: An Overview

0.5 credit

COURSE DESCRIPTION: Ever wonder why you get sleepy after lunch? Or why you get cold if you're working nightshift? Come learn about the things that influence your circadian rhythm, how to adapt to new schedules, how to establish a healthy bedtime routine for restful sleep, and what you can do to feel more refreshed and alert when you need to be.

Target Audience: Everyone

Delivery Options: In person briefing

POC: Aerospace & Operational Physiology

Contact Info: DSN 784-3020

Special Instructions: Contact Aerospace & Operational Physiology to set up.

Fitness Center Classes

(0.5 credit for each different class type for a maximum of 8 classes/4 credits)

COURSE DESCRIPTION: The Fitness Center offers every kind of class imaginable: Extreme Conditioning, Spin classes, Zumba, Barre, Brazilian Jiu-Jitsu, Muay Thai (kickboxing), Hap Ki Do, Circ-HIIT, Tae Kwon Do and much much more!

Target Audience: everyone

Delivery Options: In person

POC: <https://www.51fss.com/fitness/>

Contact Info: 784-5568

Special Instructions: none

Free Tour of Seoul

1 credit

COURSE DESCRIPTION: This is a FREE day trip to Seoul to see historical sites, tour the landmarks and sample the local food options. Includes lunch and dinner.

Target Audience: everyone

Delivery Options: in person.

POC: Mr. Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Tour is offered on rotating Saturdays during spring, summer and fall. Contact the POC for schedule and to sign up. Oh, and it's FREE!

Good Listening and Responding

0.5 credit

COURSE DESCRIPTION: Skills needed build, strengthen, and maintain relationships.

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Gratitude

0.5 credit

COURSE DESCRIPTION: How developing Gratitude supports a health life.

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Healthier Fast Food: An Overview

0.5 credit

COURSE DESCRIPTION: If “you are what you eat” then how many of you are fast, easy and cheap? This class shows you how to manage the damage of fast food.

Target Audience: All

Delivery Options: In-person class

POC: Lisa Roof (Health Promotions)

Contact Info: lisa.roof.1@us.af.mil

Special Instructions: If you eat fast food keep at least a five day journal and bring it to class.

How to Choose Healthy Relationships: An Overview

0.5 credit per session (max 4 credits)

COURSE DESCRIPTION: Participants will examine belief systems and their effect on relationships, as well as discuss unhealthy relationships, what to avoid, relationship games and traps that frequently occur.

Target Audience: All Ages & Relationship Status (Married, Single, Divorced)

Delivery Options: In-person, 1x weekly

Maximum Class Size: 15-20 Participants (Can include singles and/or couples)

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Korean Cooking Class

1 Credit

Course Description: Come learn how make Korean Cucumber Kimchi. Class is Free. Adults and older children only.

Target Audience: Service Members and Family (older children only)

Delivery Options: In person

POC: USO Osan Bldg 916

Contact Info: DSN 784-0469

Special Instructions: Register in person, via phone, or through Facebook. All materials are provided.

Free Korean Crafting Class

1 credit

Course Description: Come decorate a tissue box. Class is Free. Family friendly.

Target Audience: Service Members and Family

Delivery Options: In person

POC: USO Osan Bldg 916

Contact Info: DSN 784-0469

Special Instructions: Register in person, via phone, or through Facebook. All materials are provided.

Individualized Project

1-5 credits

COURSE DESCRIPTION: You design an individualize project that benefits the community.

Target Audience: Everyone

Delivery Options: TBA

POC: Chet Garretson

Contact Info: 784-9892; chet.garretson@us.af.mil

International Cooking Class: An Overview

0.5 credit

COURSE DESCRIPTION: Volunteer chefs plan and cook with you to teach how to make various cuisines and share the recipes so you can recreate them at home.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person

POC: Tok Hui (Ducky) Kim (A&FRC)

Contact Info: 784-5440

Special Instructions: Age 13 and above. Free.

Interpersonal Problem Solving

0.5 credit

COURSE DESCRIPTION: A tool for building and maintaining strong alliances.

Target Audience: everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Korean Immersion Program

1 credit

COURSE DESCRIPTION: 1-day cultural and language immersion program hosted by Pyongtaek University. Combines a variety of classroom and experiential activities where participants learn about Korean history, culture and language. A Korean style lunch is served. The program is FREE.

Target Audience: everyone (not appropriate for children under 12)

Delivery Options: in person

POC: Mr. Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Offered weekdays only. Contact the POC for schedule

Master Resiliency Trainer Certification Course

5 credits

COURSE DESCRIPTION: Become a Master of Resiliency through this 40-hour In-residence course taught by the Air University.

Target Audience: everyone

Delivery Options: In person

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Must be first certified as an RTA. PACAF usually offers this course twice a year. Contact the POC for more info.

Mindfulness

0.5 credit

COURSE DESCRIPTION: Learn to strengthen awareness and openness.

Target Audience: everyone

Delivery Options: Web based or in person via RTA Certification

Maximum Class Size: none

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under "Resiliency Training" on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Mustang University Advisor Course

1 credit

COURSE DESCRIPTION: This 45-min class will instruct you on how to be a Mustang University Advisor. Learn how to create success for Mustang University students.

Target Audience: Must be a Master Resiliency Trainer or Bronze level of MU.

Delivery Options: In person

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Contact the POC for instructions.

Nutrition for Better Skin: An Overview

0.5 credit

COURSE DESCRIPTION: Your diet affects your skin, join us and learn how to “feed our face.”

Target Audience: All

Delivery Options: In-person class

POC: Lisa Roof (Health Promotions)

Contact Info: lisa.roof.1@us.af.mil

Special Instructions: You may submit a five day wellness journal for review in advance if you want tailored support.

Overview of Resiliency

0.5 credit

COURSE DESCRIPTION: Introduction to the concept of Resiliency

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Mr. Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Parenting Class: Dads 101: An Overview

0.5 credit per session (max 4 credits)

COURSE DESCRIPTION: Participants discuss fathering styles, the portrayal of fathers in social media, learn about child development, and gain insight into their partners' experience, and how to prepare for fatherhood.

Target Audience: Young Fathers, New Fathers

Delivery Options: In-person, 1x weekly (Offered once every quarter)

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Parenting Class: Parenting with Love and Logic: An Overview

0.5 credit per session (max 4 credits)

COURSE DESCRIPTION: Participants learn how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character.

Target Audience: Parents

Delivery Options: In-person, 1x weekly (per session) *Parenting classes rotate each session

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Parenting Class: Surviving Your Adolescent: An Overview

0.5 credit per session (max 4 credits)

COURSE DESCRIPTION: Learn a wide variety of the necessary skills to set behavioral limits, encourage decision-making, and communicate with teens.

Target Audience: Adolescent/Teenage Parents

Delivery Options: In-person, 1x weekly (per session)

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Peak Performance Program (P3): An Introduction

1-4 credits (1 credit for initial training session, 0.5 credits for each fitness class attended, 1 credit for a teach-back session)

COURSE DESCRIPTION: Want to feel better and improve your fitness? Peak Performance Program (P3) is a self-directed five day per week training plan that covers mobility, cardio and conditioning, running drills, and core training.

Target Audience: All

Delivery Options: In-person class

POC: Lisa Roof (Health Promotions)

Contact Info: lisa.roof.1@us.af.mil

Special Instructions: Wear workout clothes and bring water and a towel.

Physical Resiliency

0.5 credit

COURSE DESCRIPTION: Learn the link between physical and mental well being.

Target Audience: everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Resiliency Training Assistant Certification Class

3 credits

COURSE DESCRIPTION: 3-day in-residence certification as an Air Force Resiliency Training Assistant.

Target Audience: Everyone

Delivery Options: In person

POC: Mr. Garretson

Contact Info: chet.garretson@us.af.mil

Résumé Review (1-on-1): An Overview

0.5 credit

COURSE DESCRIPTION: Get a second review of a completed résumé and tips on how to maximize your chances to make it past the first HR selection for the interview.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-Person, Email, Telephone, Videoconference

POC: Ms. Allison Blake (A&FRC)

Contact Info: 784-5440

Special Instructions: Provide us with a job posting to compare your application. Send at least a week prior to the job closing date

Retirement Options (1-on-1): An Overview

0.5 credit

COURSE DESCRIPTION: Review your financial plans with a certified Accredited Financial Counselor® to assess financial needs post military and full retirement

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person

POC: Ms. Lindsay Kennedy (A&FRC)

Contact Info: 010-2993-0194; PFC.Osan.USAF@zeiders.com

Special Instructions: none

Safety: Human Error

2 credits

Course Description: Ever wonder why workplace mishaps happen or repeat? Are people just stupid, or is there more to the story? Stop blaming workers for mishap and start correcting hazards that will have a lasting impact. The Human Error course is designed to explore the depths of human error in Air Force mishaps and instructs on how to uncover hidden opportunities for hazard elimination.

Target Audience: Military, DoD Employees

Delivery Options: In-person 2 hour class

POC: SMSgt Jakob Kurtz, 51 FW Safety Superintendent

Contact Info: 784-7619; jakob.kurtz@us.af.mil

Special Instructions: none

Smooth Move: An Overview

0.5 credit

COURSE DESCRIPTION: This workshop provides pre-departure and destination information on relocation and travel entitlements, base and community information, financial concerns, employment opportunities and much more.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-Person

POC: Ms. Sujin McClintock (A&FRC)

Contact Info: 784-5440

Special Instructions: none

Soju Think You Can Drink: An Overview

0.5 credit

COURSE DESCRIPTION: An interactive class designed to encourage responsible behavior and prevent alcohol related incidents. Instructors will teach prevention strategies specific to the environment in Korea.

Target Audience: Active Duty

Delivery Options: In person

POC: Osan AB ADAPT Clinic

Contact Info: 784-2149

Special Instructions: Recommend wearing civilian attire.

Spiritual Resiliency

0.5 credit

COURSE DESCRIPTION: Identify the beliefs that sustain our sense of well-being.

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Sponsorship Training: An Overview

0.5 credit

COURSE DESCRIPTION: Provide Sponsorship training to Squadron Unit assigned sponsors.

Target Audience: Military/Civilian sponsors for incoming personnel to Osan AB

Delivery Options: In-Person

POC: Ms. Sujin McClintock (A&FRC)

Contact Info: 784-5440

Special Instructions: none

Spouse Orientation / Heartlink: An Overview

0.5 credit

COURSE DESCRIPTION: A great opportunity to meet base representatives and ask questions regarding a variety of base services. In addition, you will learn about A&FRC services, NEO and Korean Culture. Excellent opportunity to meet other spouses new to Osan.

Target Audience: Spouses Military/DoD/Contractor personnel at Osan AB

Delivery Options: In-Person

Maximum Class Size: 30

POC: Ms. Sujin McClintock (A&FRC)

Contact Info: 784-5440

Special Instructions: none

Strengths

0.5 credit

COURSE DESCRIPTION: How to identify and use your signature strengths.

Target Audience: everyone

Delivery Options: Web based or in person via RTA Certification

Maximum Class Size: none

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under "Resiliency Training" on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Stress Management / Awareness: An Overview

0.5 credit per session (max 4 credits)

COURSE DESCRIPTION: Participants learn to identify stress, ways to manage stress, relaxation skills and changing negative self-talk.

Target Audience: All Ages

Delivery Options: In-person, 1x weekly (course will be every other session/change out with Anger Management)

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

USAJOBS Federal Resume / Workshop: An Overview

0.5 credit

COURSE DESCRIPTION: Learn to navigate the complex USAJOBS hiring process, efficiently search for jobs, and apply for federal service. Also, tips on making your application stand out, what documents are needed, and how to receive job email alerts. Explores the Application Manager and check your application status.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-Person

POC: Ms. Allison Blake (A&FRC)

Contact Info: 784-5440

Special Instructions: Min 5 attendees

Values Based Goals

0.5 credit

COURSE DESCRIPTION: Develop goals that provide a sense of purpose.

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under "Resiliency Training" on the MU site. Go through the slide deck. Perform the written exercise as evidence of completion. Or complete the Resiliency Training Certification for more points.

Volunteer during any base event

1 credit

COURSE DESCRIPTION: Volunteer to support a base event.

Target Audience: everyone

Delivery Options: In person

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Volunteer to support a base event. Email the MU POC that you have signed up to volunteer. After the event is completed, email the POC as to how you supported the event.

Volunteer For a Fitness Center Event

1 credit

COURSE DESCRIPTION: Volunteer to support an event at the fitness center

Target Audience: everyone

Delivery Options: In person

POC: <https://www.51fss.com/fitness/>

Contact Info: 784-5568

Special Instructions: Contact fitness center for details

Wellness Basics: An Overview

0.5 credit

COURSE DESCRIPTION: Being healthy doesn't have to be difficult. Join us and learn a few tips on making the healthy the choice your default choice.

Target Audience: All

Delivery Options: In-person class

Maximum Class Size: 15

POC: Lisa Roof (Health Promotions)

Contact Info: lisa.roof.1@us.af.mil

Special Instructions: Bring pen and paper, you will be working on at least one behavior change in class.

Volunteer Victim Advocate Training: An Overview

5 credits

COURSE DESCRIPTION: Volunteer Victim Advocates (VVA) are trained and credentialed Airmen that support victims of sexual assault. VVAs offer victims information, emotional support, and assist with finding other resources available to them. In order to become a Volunteer Victim Advocate, you must meet the following requirements:

1. Enlisted: E-4 and above, 21+ years of age; Officer: O-2 and above,
2. Be in a career field that is not ineligible (Security Forces, Medical with direct patient care, First Sergeants, Commanders, etc.),
3. Submit all required documents timely and be interviewed,
4. Successfully complete Initial Victim Advocate Training (40-hour course),
5. Submit National Organization for Victim Assistance (NOVA) application timely,
6. Have at least three months remaining at Osan Air Base after receiving NOVA credential.

Once credentialed by NOVA, all advocates will:

1. Pull on-call duty (Wednesday – Wednesday) per a set schedule – and be willing to be on-call during Wing down days and/or holidays as needed,
2. Attend monthly training/advocate meetings,
3. Participate in Sexual Assault Awareness & Prevention Month activities (April),
4. Commit to completing 32 hours of continuing education every two years as required to remain credentialed.

Target Audience: Enlisted: E-4 and above, 21+ years of age; Officer: O-2 and above

Delivery Options: 40 hour in person course taught quarterly

POC: 1Lt Margaret Thomas & Sandra Beecher (SARC)

Contact Info: 784-2832/5057 or 51FWCVK@us.af.mil

Special Instructions: If you meet the above requirements, and believe you can commit the time required, please send us an email and we will send you an application. You can also visit our Facebook page here: <https://www.facebook.com/OsanSAPR>