

Guide to success

Mustang



University

Mustang University was developed by the
Osan Community Action Team

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Overview: Mustang University provides opportunities for Osan personnel to grow as individuals and to connect with the community. The MU curriculum is comprised of over 70 activities in a mix of formal classroom, web based materials, and experiential activities. All DoD card holders are eligible to enroll. You can access the MU site via the Osan Home Page: <http://www.osan.af.mil/>

Enrollment: Complete the Enrollment form found in the back of this guide and forward to: chet.garretson@us.af.mil

You'll then be provided a link to complete a Resiliency Survey. The survey is anonymous and the results remain confidential.

Once your enrollment is submitted, you will receive an email confirmation and assigned an Advisor. Your copy of the enrollment form also serves to track the

activities you complete. You may make as many copies as needed to keep record of your effort.

Your enrollment never expires, simply work at your own pace. But expect to receive encouragement and gentle nudges from your Class Advisor to complete your education plan.

Earn Credits: The Course Catalog, listed on the MU home page, contains various classes and activities for which you can earn credit. Review the course listings, select the class or activity, and contact the POC to sign up.

We operate on the Whole Person Concept, meaning we encourage you to engage in a variety of activities. Good for you for going to the gym every day, but one goal of MU is to help broaden your experiences.

Once you've completed a class or activity, have the POC sign your work sheet, along with their email or phone contact. You can also validate completion with a receipt of fees paid or email confirmation from the POC.

Levels of Achievement:

10 Credits: Bronze: Certificate signed by Command Master Chief

20 Credits: Silver: Certificate signed by Command Master Chief

30 Credits: Gold: Certificate, Command Chief's Coin, and presentation ceremony

You must complete the requirements for one level before advancing to the next. Advancement to the next level is automatic, so there's no need to re-enroll. Simply make a copy of the form to track your progress from level to level.

Once you have earned at least 10 credits and have obtained validation, submit the completed enrollment form to chet.garretson@us.af.mil

Advisors: Upon admission to MU, you will be assigned a Class Advisor. These are certified Master Resiliency Trainers or other leaders in the community who will support and encourage your efforts. An Advisor can answer general questions about MU, help develop an education plan, and refer you to local resources.

Commonly Asked Questions

Q: What if I don't complete the work by my DEROS, can I continue at my next base?

A: No. MU is unique to Osan.

Q: Can I plan a project on my own and earn credit? How about volunteer work?

A: Yes and Yes. See the Course Catalog on how to earn credit for individualized projects and volunteer work.

Q: Is the MU catalog the only source of classes/activities for which I can earn credit?

A: No. Lots of classes/activities are offered at Osan that are not listed in the catalog. Contact the MU Administrator how on to earn credit for those activities.

Q: Do I need to keep my Advisor apprised of what I'm doing?

A: No or Yes. It depends on what works best for you. The Advisor is there to enhance your MU experience, they can be involved as much or as little as you want.

Q: Why were some of my volunteer efforts approved but not others.

A: Efforts that benefit the whole community are more likely to earn credit. Activities inherent to military service and expected of an AF leader are less likely, as you are rewarded in other ways. Ask the MU Administrator for further clarification.



Mustang University Enrollment Form Curriculum Worksheet



Name:

Email:

DEROS:

Unit:

Instructions: Use this form to track, plan, and organize your MU experience. To enroll, submit a copy of the enrollment form to the MU Administrator. You will then receive Resiliency Survey sent to your email to complete.

MU Level:

After enrollment is confirmed, fill in your completed classes and when you have at least 10 credits, submit to the Administrator. Classes are located on the MU home page. You may take any combination of classes or activities to earn credits. 10 credits are needed for Bronze Certificate, 20 for Silver, 30 for Gold.

Class:	Date Completed:	# of Credits:	Signature of Class/Activity POC and phone number or email/or Receipt

Mustang U Administrator (Signature) _____ **Date** _____

Advisor:

Osan Community Web Pages

<https://www.51fss.com/osan-social-clubs/>

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

<https://www.51fss.com/afrc/>

<https://www.facebook.com/OsanABAirmanFamilyReadinessCenter/>

<https://www.facebook.com/USOatOSAN/>

<https://www.facebook.com/OsanAmericanRedCross/>

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

<https://www.facebook.com/HumphreysMWR/>

<https://www.facebook.com/OsanABPassengerTerminal/>

<https://www.facebook.com/OsanPostOffice/>

<https://www.facebook.com/51FWOsanAB/>

<https://www.facebook.com/51MedicalGroup/>

Spouse Groups

<https://www.facebook.com/groups/132356246790904/?fref=nf>

<https://www.facebook.com/groups/255631652007395/>

Markets

<https://www.facebook.com/osanthriftshop/>

<https://www.facebook.com/groups/411255355611007/?fref=nf>

<https://www.facebook.com/groups/383912818378333/>

Guide to Korean Produce

<https://www.osan.af.mil/Units/Mustang-University/>

Travel

<https://www.51fss.com/odr-itt-trips/>

<https://www.51fss.com/odr/>

Fitness

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

<https://www.facebook.com/Osanhikingcommunity/>

ABC's of Resilience Course

<u>Activating Event</u>	<u>Thoughts</u>	<u>Emotions</u>	<u>Physical</u>

Balance Your Thinking Course

<u>Activating Event</u>	<u>Thought</u>	<u>Emotional</u>	<u>Physical</u>	<u>BYT Strategies</u>	<u>Revise Thoughts</u>

Check Your Playbook Course

<u>Activating Event</u>	<u>Thought</u>	<u>Emotional</u>	<u>Physical</u>	<u>Core Content</u>	<u>Change Your Play</u>

Good Listening & Responding Course

Good News:

My Response style:

Gratitude Course

3 Things in the past 24 hrs for which I am grateful:

Reflection Things in the past 24 hrs for which I am grateful:

- A. **Event-1:** This event was positive because

- B. **Event-2:** This event went well because

- C. **Event-3:** This event went well because

Interpersonal Problem Solving Course

<u>Define the Problem</u>	<u>Other Perspective</u>	<u>Generate Solutions</u>	<u>Evaluate Solutions</u>	<u>Choose a solution and seal the agreement</u>

Mindfulness Course

Time you felt stressed, anxious, or overwhelmed:

Overview of Resilience Course

What does Resiliency mean to you?

Physical Resilience Course

-To the best of your ability, write down what time you went to bed last night and woke up this morning.

-Which of the following do you need to do more of, or less of, for a better night's sleep:

Avoid napping during the day. It can disturb the normal pattern of sleep and wakefulness.

Exercise can promote good sleep. Vigorous exercise should be taken in the morning or late afternoon. A relaxing exercise, like yoga, can be done before bed to help initiate a restful night's sleep.

Food can be disruptive right before sleep. Stay away from large meals close to bedtime. Also dietary changes can cause sleep problems, if someone is struggling with a sleep problem, it's not a good time to start experimenting with spicy dishes. And, remember, chocolate has caffeine.

While alcohol is known to speed the onset of sleep, it disrupts sleep in the second half (REM sleep) as your body continues to metabolize the alcohol, causing arousal.

Ensure adequate exposure to natural light. This is particularly important for older people who may not venture outside as frequently as children and adults. Light exposure helps maintain a healthy sleep-wake cycle.

Establish a regular relaxing bedtime routine. Try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Don't dwell on, or bring your problems to bed.

Associate your bed with sleep. It's not a good idea to use your bed to watch TV, listen to the radio, or read.

Make sure that the sleep environment is pleasant and relaxing. The bed should be comfortable, the room should not be too hot or cold, or too bright.

Spiritual Resilience Course

Time you faced adversity/faced a challenge:

Capitalizing on Strengths Course

From the list provided, the three signature strengths I embody most of the time:

- **Think about a new way to use one of your Signature Strengths.**
- **Develop a plan to use the Strength.**

Values Based Goals Course

Part 1-Define Your Values:

Part 2 –Set Goals:

Part 3-Chart Your Course:

- Short Term Goal:

- Long Term Goal:

- Build a plan:



**Volunteer/Individual
Project/Activity Not
Listed Assessment
Example**

- Activity/date/time/place:** 5K Run for Life/29 Sep/0700-0800/Fitness Center
- Sponsor:** Suicide Prevention Program
- Sponsor POC and contact:** Lt Ahn; kevin.ahn.1@us.af.mil; 784-2148
- Goal of the activity:** Promote awareness of the Suicide Prevention Program
- Outcome of the activity:** 200 individuals participated in the run
- Your contribution:** Assisted with marketing, crowd control, sign up, road guard.
- What did you gain from this experience:** increased awareness of the Suicide Prevention Program; increased confidence in organizing base level events.
- Confirmation of participation:** Attach confirmation of your participation in this activity, i.e., email confirming you as a volunteer; email thread showing you as a volunteer, or have the POC sign this form.

(next page is the actual template)



**Volunteer/Individual
Project/Activity Not
Listed Assessment
Example**

-Activity/date/place:

-Sponsor:

-Sponsor POC and contact:

-Goal of the activity:

-Outcome of the activity:

-Your contribution:

-What did you gain from this experience:

-Confirmation of participation:

For the MU Administrator:

Credits awarded not to exceed 5:

Signature: