**Naval Reserve Officers Training Corps**

**University of Washington**



**MECEP / STA-21**

**INFORMATION HANDBOOK**

**2023**

Disclaimer: The information contained herein is intended as an overview of operations at NROTC University of Washington and is accurate on the date of publication. This information is subject to change and is not legally binding.

**Table of Contents**

Welcome Aboard Letter…………………………………………………………………………...2 Facts about NROTC University of Washington…...……………………………………………...3

The Regulations for Officer Development (ROD)……………………………………….……….4

NROTC Students………………………………………………………………………………….4 MECEP/OC Requirements………………………………………………………………………..6 Monetary Benefits…………………………………………………………………………………9 NROTC Policies…………………………………………………………………………………10 Change in Status…………………………………………………………………...……….……13 Unit Activities…………….……………………………………………………….……………..14

Typical Week………………………………………………………………………..……………16 Commissioning………………………….……………………………………………………….17 Nurse-Option Considerations………… ..……………………………...……………….……….18 Where to Live as an OC/ MECEP..……………………………………………………………....19 University Veterans’ Affairs Representatives……………………………………….…………...20 Resources………………………………………………………………………………………...21

**Welcome Aboard!**

Congratulations on your selection to the Naval Reserve Officers Training Corps (NROTC) program and admission to the University of Washington. Both are significant achievements and indicative of your academic and leadership potential. We look forward to having you join Husky Battalion this fall.

The NROTC Program was established in 1926 to provide a broad base of citizens knowledgeable in the arts and sciences of Naval Warfare. In the beginning, there were six NROTC units located at the University of California at Berkeley, Georgia Institute of Technology, Northwestern University, Harvard, Yale, and the University of Washington (UW). More than 3,700 men and women have preceded you in our program and gone on to be great leaders in our Navy and Marine Corps, and contributed greatly to our Nation.

For you, the first NROTC event will be New Student Orientation (NSO) in mid-September. NSO is an indoctrination period where you will begin to form important relationships within your class, as well as acclimate to the professional and demanding military culture that fuels Husky Battalion. In addition to completing administrative and in-take training required to activate your scholarships, NSO traditionally includes physical training, a swim qualification, close order drill, and finishes with you being sworn in to the NROTC Husky Battalion. Please inform your family I will be hosting a question and answer session during NSO, where I will provide some information about our program and address any questions or concerns they may have.

Two quick points and one caution: My staff will be reaching out to you over the next few weeks to coordinate these administrative requirements, and it is imperative you respond to my staff’s emails promptly so you don’t experience any administrative delays. I know some of you may have extenuating circumstances, so please continue to communicate any questions you have about your particular situation to my staff. Finally, I caution you to prepare yourselves physically, as well as mentally. As NROTC students, you will be required to meet Navy and Marine Corps fitness standards upon reporting to Husky Battalion.

Congratulations again on your acceptance to the University of Washington and the UW NROTC program. I am confident the next four years will be tremendously rewarding as you work toward a bachelor’s degree and a commission in the United States Naval service. Please do not hesitate to contact the unit at (206) 543-0170 if you have any questions or concerns.

Sincerely,

Allen D. Adkins

Captain, US Navy

Commanding Officer

**Facts about NROTC at the University Washington**

This NROTC unit was one of the first six established in the United States in 1926. A significant aspect of what makes Husky Battalion the best is the superior academic environment provided by the University of Washington. The availability of degree programs in all major scholastic fields, supported by outstanding facilities, has made a lasting contribution to the education of officers in today’s Navy and Marine Corps.

NROTC is about more than just getting a college degree. The NROTC program puts great emphasis on training for leadership roles. Military drill is regularly conducted for this purpose. Additionally, each student gets ample opportunity to improve their leadership skills through Battalion staff and collateral duty positions. Other opportunities to lead and participate in the unit include intramural athletic teams, the Northwest Navy NROTC competition, field days, formal military balls, duty watches, and field exercises. All of these activities help form a strong culture of camaraderie and teamwork among the Husky Battalion students that they take with them to the Fleet. The term “student” applies to all Midshipman, Officer Candidates, and Marines pursuing a commission via the NROTC program. All students are members of Husky Battalion and are required to participate in Battalion activities. Exceptions to this policy will be considered on a case by case basis.

The governing document for the NROTC program is the NSTC M-1533.2 (series) Regulations for Officer Development (ROD). While this handbook and other instructions offer guidance on a variety of subjects, the ROD remains the definitive guide for NROTC students and instructors.

As active duty students applying to the University of Washington, it is highly recommended that you reach out to UW’s Student Veteran Life (SVL) organization. SVL offers free assistance to active duty applicants. SVL’s volunteers are experts at translating military experiences and accomplishments into effective college applications. More details on page 20.

**The Regulations for Officer Development (ROD)**

The ROD is the governing administrative document for the NROTC program nation-wide. UW NROTC operations are outlined in the battalion SOP, but that document is unique to UW and supplemental to the ROD. This handbook will outline the current day-to-day life, and the unit SOP will define the unit’s specific means of training, but the ROD will be the highest echelon of guidance and regulation. As you prepare to join the UW NROTC program, it is imperative that you understand where to find information within the ROD to clarify any confusion or policy.

This document restates many points that are included in the ROD and the SOP for your quick-access and convenience, but it is on the individual to understand that changes or clarifications to either the ROD or the SOP will take precedence over any policy mentioned in this handbook.

**NROTC Students**

Upon graduation, all students are commissioned as Ensigns in the United States Navy or Second Lieutenants in the United States Marine Corps.

1. **Midshipmen (MIDN)**. Midshipmen consist of Scholarship and College Program students.

a. **Scholarship Program:** Students are awarded scholarships on the basis of a highly competitive annual selection process. Selectees are appointed MIDN in the Naval Reserve and are provided tuition, fees, and textbooks for four years at the government’s expense. In addition, they receive a monthly stipend and summer training pay. These students participate in a summer cruise (training) every summer until they graduate.

b. **College Program:** These students participate in the NROTC Program without a scholarship. Completion of the program culminates in a commission in the Navy or Marine Corps Reserves. The program is designed primarily for students who desire to obtain a commission but either missed the opportunity to apply or were not selected for a scholarship. The College Program is similar to the Scholarship Program with the exception that students pay for their own tuition, housing, fees, and textbooks. Students in the College Program will receive Naval Science textbooks and uniforms at no cost. College Program students may compete each year for selection of NROTC controlled scholarships based on their academic and military performance in the NROTC Unit up to their junior year of college. Students interested in the College Program apply directly through the NROTC Unit.

i. **Advanced Standing:** After their sophomore year of college, College Program students not selected for scholarship are screened for Advanced Standing. If selected to continue in the NROTC Program, students on Advanced Standing will receive a monthly stipend during their junior and senior years. They will be commissioned upon graduation.

c. **Marine Option:**  A MIDN who seeks to be commissioned as an officer in the United States Marine Corps following graduation. A limited number of Scholarship or College Program slots are available for students who wish to enter the NROTC Program as Marine Corps Option MIDN. For students who decide on a Marine Corps commission after joining NROTC, transferring to the Marine Option will result in a modification of the curriculum and the final summer training period.

d. **Navy Option** – A MIDN who seeks to be commissioned as an officer in the United States Navy following graduation. For students who may decide on a Navy commission after joining NROTC, transferring to the Navy Option will result in a modification of the curriculum and the final summer training period.

e. **Nurse Option** – A MIDN who pursues a degree in nursing and who seeks to be commissioned as an officer in the Navy Nurse Corps. At UW NROTC, these students attend classes at Seattle University (SU) along with Naval Science courses and NROTC obligations at UW.

2. **Officer Candidate (OC).** Students who are currently enlisted in the United States Navy and were selected to the Seaman to Admiral-21 (STA-21) Program are assigned to NROTC units upon completion of the Naval Science Institute. These students wear a uniform similar to that of MIDN and are referred to as “Officer Candidate (OC).” They must complete their degree requirements within three years, including summer school sessions. OCs receive full Active Duty pay, allowances, and benefits according to their current enlisted pay grade, and $10,000 per year toward tuition expenses. OCs in the Nuclear Target Option or “STA-21(N)” program are required to enter a Naval Nuclear Propulsion Program (NNPP) after commissioning.

3. **Marine Enlisted Commissioning Education Program (MECEP).** The Marine equivalent to Officer Candidates, MECEPs are outstanding enlisted Marines selected by the United States Marine Corps for an opportunity to complete a degree and apply for a commission as a Second Lieutenant. MECEP Marines are fully integrated into the NROTC Unit while they pursue college degrees. These students wear their Marine uniforms and are referred to by their current enlisted rank. Marines receive full Active Duty pay, allowances, and benefits, and are eligible to use their veterans’ education benefits to pay for college.

**MECEP/OC Requirements**

MECEP/OC student requirements fall into three categories: Academic, Physical, and Professional. The ROD has further details concerning these requirements, and the staff company advisors are available to discuss these.

**1. Academic**

Students shall keep their NROTC company advisors fully informed about all matters pertaining to performance, degree progress, and changes to their degree completion program (DCP). Students will pursue a Bachelor of Arts (BA) or Bachelor of Sciences (BS) degree in the least amount of time required, while maintaining a 12-18 credit hours each quarter (different requirements for summer quarter). Credit hours associated with NSCI classes do not factor into this credit hour requirement. OCs are required to attend both sessions of summer school to graduate on time. MECEPs and OCs must attend all classes and must inform their advisor of any absences. Absences from NSCI classes will be coordinated with the instructor and reported to the student’s chain of command. Grade Point Average (GPA) and other academic requirements are detailed in the ROD. GPA and curriculum requirements vary according to each student’s particular commissioning program. For example, STA-21(N) OCs must maintain a minimum GPA that is different from non-nuclear OCs. Students must receive approval from the chain of command prior to any changes in their academic major. The following classes are required for commissioning and must be integrated into each student’s degree plan.

**MECEPs:**

1. NSCI 321 Evolution of Warfare – offered during fall quarter at UW.

2. NSCI 323 Fundamentals of Maneuver Warfare – offered during Spring quarter at UW.

**OCs:**

1. 6.0 semester hours of calculus. Math 124 and 125 usually fulfill this requirement, unless a student’s math placement scores elevate them to higher-level math courses. AP credits may apply to this course requirement. See the ROD for further details.

2. 6.0 semester hours of calculus-based physics. Physics 121 and 122 usually suffice.

**Both MECEPs and OCs:**

1. NSCI 110 Naval Science Laboratory – must be taken every quarter.

2. NSCI 201 Leadership and Management.

2. NSCI 402 Naval Leadership and Ethics – must be taken after NSCI 201, preferably during the Winter quarter prior to graduation.

3. English, National Security Policy/American History, and World Culture/Regional Studies classes – discuss specifics with your advisor. See the ROD for further details.

**2. Physical Training (PT)**

All students are required to maintain a high level of physical fitness while enrolled in the program. Company and Battalion PT will be conducted on Monday and Wednesday mornings at 0630 and end by 0730. Marines and Marine-options have an additional day of PT typically on Friday mornings. Keep in mind that traffic conditions vary in the Seattle area and will not be used as an excuse for missed events and classes. In addition to regular PT, Marines and Marine-options will conduct multiple hikes ranging from 4 to 12 miles throughout each year. These hikes are typically held on Friday mornings.

**MECEPs:**

As an officer in the United States Marine Corps, one is expected to lead from the front. Minimum Physical Fitness Test (PFT) standards reflect this tradition. While enrolled as a MECEP or Marine Option Scholarship student, students are advised to maintain a score of 265 or higher on the PFT, with a 3 mile run time of 22 minutes or less. Two PFTs will be administered during the fall and Spring quarters: an inventory PFT in the first two weeks and a final PFT in the last 2 weeks. The final PFT will be entered into the Marine’s official record if it is during the official reporting period. We encourage all new students to start working out regularly prior to arriving at the unit. Similar to the PFT, the Combat Fitness Test (CFT) is administered twice during the fall quarter, with the final score run in the Marine’s record.

**OCs:**

All OCs are required to pass the Physical Fitness Assessment (PFA) with a good low or better for their age bracket. Similar to the PFT, the PFA will be administered twice a year, regardless whether there is one due for that cycle. The battalion will PT twice a week: Mondays as a company, and Wednesdays as an entire battalion. PT muster time varies between 0615 and 0630 and is concluded by 0730.

Those who do not meet the prescribed requirements will be placed on the Fitness Enhancement Program (FEP) with remedial PT, which will require an additional PT Friday mornings.

**3. Professional**

MECEPs and OCs are expected to demonstrate a high level of professionalism while a member of the NROTC unit. Each Tuesday, students in the battalion are required to wear the proper uniform of the day. The prescribed uniform will usually be either Service C/B or MARPATs for Marine and Marine-options and Service Khakis or NWU for OCs and MIDN. All students are required to remain in the uniform of the day during normal working hours from 0630 to 1630. This is to remind the student that first and foremost they are still a Marine or Sailor and must uphold all Navy and Marine Corps standards while enrolled in the unit.

As enlisted Sailors and Marines within the NROTC battalion, MECEPs and OCs are expected to lead by example. There is no elevated status given to active duty members compared to MIDN. They are held to the same standards as MIDN and are expected to take battalion billets, participate actively in NSCI Lab, and attend PT the same as would be expected for MIDN. However, because Marines and Sailors are mixed into the Husky Battalion with MIDN, there is an opportunity to leverage the maturity and experience of OCs and MECEPs to provide mentorship and leadership to those new to the military. MECEPs and OCs can be looked upon as a source of information and guidance by MIDN, such as during drill practice or when planning to PCS. While MECEPs and OCs maintain their rank while enrolled in NROTC, there will be times when a junior Marine or MIDN will be issuing orders and instructions to those senior. It is imperative that these orders be followed as these billets are designed to build leadership skills and confidence for those in billets.

 **Monetary Benefits**

Active duty students will receive Active Duty pay based on rank and Time in Grade. You will also receive pay such as Basic Allowance for Housing (BAH) for the Zip Code 98195, as well as Basic Allowance for Subsistence (BAS).

MECEP students are personally required to pay for their education. However, students are encouraged to use the GI bill, seek out available scholarships, and/or apply for student loans if necessary.

STA-21 OCs will receive $10,000 a year. This breaks down $2,500 per quarter. OCs are highly encouraged to apply for in-state residency and apply for the 50% off tuition waiver. You can find the applications on <https://www.washington.edu/veterans/> then go under forms, click [Tuition Waiver for Service Members – Undergraduate](https://apps.concert.uw.edu/sign/va/VA%20UG%20WVR/default), and [Residency Form](https://apps.concert.uw.edu/sign/va/VA%20RES/default). Be sure to follow up with an email as they can miss and even delay processing the documents. With these waivers, $2,500 is more than enough to cover tuition costs. It also leaves roughly $300 to cover book costs.

**NROTC Policies**

The following is a summary of guidance and requirements set forth in the ROD. These policies apply to all students of the NROTC program, as well as to staff interaction with both NROTC students and parents. Additional policies regarding changes in student status will be discussed in the Change of Status section of this handbook.

**1. Citizenship:**

Students participating in the NROTC program are required to be U.S. Citizens. Those students who enter the program with a dual citizenship must relinquish their non-U.S. citizenship prior to commissioning. Be prepared upon check-in to provide certified copies of documents proving citizenship and/or birth records, both original and English translation if applicable.

**2. Drug Policy and Urinalysis:**

Upon enrollment in the NROTC program and randomly thereafter, all students will be tested for use of illegal drugs. **In the event that a student tests positive for illegal drugs, a Performance Review Board (PRB) and Non-Judicial Punishment (NJP) will be immediately convened, and the student will be recommended for disenrollment.** As an active duty component of the Battalion, OCs and MECEPs are required to stand as urinalysis observers when needed.

**3. Interaction with Advisors:**

One distinct advantage of the NROTC program is that students have dedicated active duty commissioned officers – Marine Officer Instructor (MOI) or respective Assistant Professors of Naval Science (APNS) – as their advisors at the NROTC unit. Students shall keep their NROTC advisors fully informed about all matters pertaining to performance, degree progress, and changes to their degree completion program. MOIs and APNSs (advisors) teach classes, check degree plans, confirm that program requirements have been or will be completed, verify class schedules, aid in nuclear program interview preparations, and advise students on academic and other matters as necessary.

 The student is required to complete the following:

 · A minimum of two meetings with their advisor per quarter.

· Provide their advisor with an up-to-date class schedule

· Provide their advisor with a degree completion plan (DCP) that is signed by the student’s university academic advisor

 · Keep their advisor aware of issues–academic or otherwise–that are affecting the student’s work, studying, or event participation

· Inform their advisor prior to dropping any class

· The advisors’ doors are always open to students. Students may stop by or schedule appointments in person, by phone, or by email.

The APNSs at the unit consist of at least one submariner, one surface warfare officer, and one aviation officer. For nuclear options, the submarine officer will be your point of contact until you are assigned a company.

**4. NROTC Unit UW/SU Tattoo Policy**

Upon enrollment in the NROTC Program, all students are required to sign a statement of understanding regarding the current Navy/Marine Corps Officer Program Policy concerning tattoos, branding, and ornamentation. In addition, a Tattoo Screening Form is required in order to document the full extent of all current tattoos, brands, or body ornamentation.

**The current Marine Corps policy concerning Tattoos, Branding, and Ornamentation is contained in the Military Personnel Procurement Manual, Officer Procurement (MCO P1100.73\_) , the Marine Corps Uniform Regulations (MCO P1020.34\_) and MCBUL 1020 (dtd 29Oct21).**

**5.** **Check-In Procedures**

Schedule a meeting time with your sponsor to determine when to arrive.

When your check-in date is approaching, you should have already been in touch with your sponsor for some time.

Check-in will be initially conducted in the Admin Office. Check-in time is between 0800 and 1400, Monday-Friday.

-MECEPs will wear the Service Alphas.

-OCs will check in wearing their service dress blues/summer whites depending on the season.

Please call ahead to ensure that the appropriate staff will be present or if checking in before 1400 is not possible.

The Admin Office is located in Clark Hall on the second deck, room 201. Enter through the front of the building, up the steps to the second deck, turn right, then enter the office immediately to the right. It is clearly labeled. Bring all documentation from NSI (for OCs) and CAC. Be prepared to fill out all required paperwork for PCS, travel claims, etc.

Schedule a campus tour with your sponsor or any of the current MECEPs/OCs/MIDN.

You will receive a command check-in sheet with required tasks to be completed within 30 days of arrival.

After checking in with Admin, MECEPS must check in with the unit’s Assistant Marine Officer Instructor (AMOI). Please call ahead to arrange an appointment

-Gunnery Sergeant Hendrix: (206) 221-4290

In addition to checking in at Clark Hall, MECEPs will need to check in at Joint Base Lewis-McCord. Your sponsor will provide more detailed information.

 -(253) 968-7156 or (253) 988-1071

**6.** **Leave Procedures**

MECEP/OCs are full time students. As such their appointed place of duty is class**.** The XO is the approving officer for leave requests. Absences must be coordinated separately between the student and the instructor of the course to be missed. Emergency leave and other issues can be discussed with company advisors on a case by case basis. MECEPs and OCs should plan to take the bulk of their leave during winter intersession or during the summer months in between summer and fall quarter. Directions for special request chits are found in the unit SOP. Absences from battalion events generally require a special request chit unless leave is determined to be necessary.

**Changes in Status – Academic/Aptitude/Medical**

The following is a summary of guidance and requirements set forth in the ROD. It is not all-inclusive. During the course of a student’s college career, unforeseen circumstances may arise that affect his/her status as a MECEP/OC student. Disposition of each student’s case is determined on an individual basis.

**1. Performance Review Board (PRB)**

This is a three to five-member administrative board convened by the CO and chaired by the XO as the senior member assigned to review the performance of a student. The PRB may recommend a change in student status. A PRB may be convened for poor academic or aptitude performance, significant degradation to physical condition, inability to meet program requirements prior to the prescribed deadlines, a positive drug test, or other reasons as the CO dictates. In the case of Non-Judicial Punishment, the PRB is a separate process. Most PRBs end with a student being placed into a “Warning” or “Probation” status.

**a. Warning – Academic/Aptitude.** Students will be placed in a warning status for an sub-standard aptitude or academic performance (e.g., low GPA below standards). Warning status may require mandatory monitored study periods, workout hours, a weekly meeting with the MOI/APNS, and additional actions as directed. Students will be notified in writing of the terms of their warning and the actions required to be removed from it.

**b. Probation – Academic/Aptitude.** Students can be placed on probation for a sub-standard aptitude or academic performance. Students will be notified, in writing, of the terms of their probation and the actions required to be removed from probation. Failure to complete these actions will result in a Performance Review Board and a possible recommendation for Leave of Absence (LOA) or Disenrollment.

**2. Misconduct:**

Misconduct that results in a conviction at NJP or Court Martial will likely result in disenrollment from the program.

**Unit Activities**

MECEP/OC students in the NROTC program will participate in many different activities throughout their time at the unit. This section will discuss a few of these activities. As active duty military members, MECEP/OC students may be tasked to drive the duty vans to and from the unit for official command functions. Any student who is late or misses a battalion event is considered to be in an unauthorized absence (U/A) status and may be officially counseled.

**Student Clubs**

Participation in professional clubs is intended to provide direction with regard to future career possibilities upon receipt of a commission.

**1. Submarine Club.** The Submarine Club is responsible for the indoctrination of all students interested in the Nuclear (Surface & Submarine) Navy. This organization assists the instructors in the screening and preparation of students applying for the Navy Nuclear Program.

**2. Surface Warfare Officer (SWO) Club**. The Surface Warfare Club, also known as the SWO Club, is responsible for the indoctrination of all students interested in pursuing a Navy career as a Surface Warfare Officer.

**3. Compass and Chart Society.** C&CS is a student-run organization that manages the Ship's Store supply and funds special events like holiday parties and company funds.

**Student Teams**

**1. Color Guard and Drill Team.** The UW NROTC Unit hosts a Battalion Color Guard and Drill Team. The Color Guard performs at military and civilian functions throughout the year, including parades, ceremonies, demonstrations, and local sports events. All fourth class MIDN with a GPA of 2.5 or higher are required to join either Drill Team or Color Guard for one school year.

**2. Sailing Team.** UW is the only NROTC unit that has an active sailing team that participates in regular day sails, weekend trips, and races. A student serves as the sailing team captain.

**3. Iron Owl.**  UW NROTC sends a team annually to the Iron Owl competition. It is a special warfare-oriented competition designed to test teams’ endurance, mental fortitude, and physical abilities.

**Annual/Quarterly Events**

**1. Veterans Day/Salute to Service Game for UW Football.** Each fall, the Army ROTC, Air Force ROTC and our NROTC battalion join UW and the veteran community in a Veterans Day ceremony on campus. The ROTC programs are also recognized by UW athletics during the Salute to Service football game. This event includes ROTC students marching onto the field for the national anthem during the UW home football game closest to Veterans Day.

**2. Navy and Marine Corps Birthday Ball.** A formal event held each Fall quarter on or around the services’ birthdays. The celebration is facilitated by students for students and the veteran community in commemoration of the branches in which they serve.

**3. Field Exercises.** Marines and Marine Option MIDN conduct quarterly Field Exercises (FEXs) to practice skills and knowledge taught in Bulldog Class. Any MECEP’s prior experience with field training is leveraged to mentor and assist Marine Option MIDN during these events. FEXs are generally held over the weekend and range from two to three days.

**4. Northwest Navy.** Northwest Navy (NWN) is an inter-collegiate NROTC competition between four schools in the Pacific Northwest. Competitions include events like volleyball, tug-of-war, drill, PFT, endurance course, etc. This takes place over a weekend during the Spring quarter, and the host unit rotates each year.

**5. Joint Service Review and Awards Ceremony.** The Joint Service Review (JSR) is conducted at University of Washington during Spring quarter. The ROTC units conduct a formal military parade for their respective COs, distinguished military guests, and officials from the University. The Spring Awards Ceremony is held in conjunction with the JSR. Deserving MIDN, MECEPs, and OCs receive awards for outstanding performance, academic achievements, and community service. Families and friends are invited to this event.

**6. Community Service.** Volunteering for events is highly encouraged. There are multiple organized events throughout each semester, or students can volunteer for other outside projects in which they are interested. Projects in the past have included Bone Marrow Donor Registration, blood drives, Junior ROTC events, and the Special Olympics.

**Other Events**

The UW NROTC Battalion hosts several social functions each quarter, including: picnics, formal events, and intramural sports. These activities allow students to interact outside of the Unit and to build lasting ties. Additionally, graduating seniors participate in a “mess night,” which is a fun, formal dinner with their classmates and staff similar to a “dining in” held in the Fleet.

**Weekly Activities**

**1. Naval Science Classes.** All students shall attend the applicable NSCI courses, including Naval Science Laboratory (NSCI 110). MECEPs will also attend “Bulldog Class” with the MOI, AMOI, and Marine Option MIDN.

**2. Physical Training.** MECEPs, OCs, and MIDN shall attend PT sessions as discussed and as required by the chain of command. Students are encouraged to work out on their own, beyond these organized PT sessions.

**3. Meetings:** Students will conduct regular counseling with their advisors and may meet weekly with staff to discuss any applicable battalion billet responsibilities (ex. Student Battalion Commander or Company First Sergeant). Husky Battalion staff members also have weekly meetings, as do other organizations and teams within Husky Battalion.

**Duty Requirements**

**OOD/JOOD Duty:** All students participate in standing watch. The Officer of the Deck (OOD) and Junior Officer of the Deck (JOOD) are responsible for morning clean-up and morning/evening colors. All duties associated with OOD and JOOD usually occur generally between 0650 - 0800 and 1545 - 1700 on the day of duty.

**Typical Week for an Active Duty Student**

MONDAY 0620 - 0730 Company PT OC / MECEP

TUESDAY 0615 - 0745 NSCI Lab OC / MECEP

WEDNESDAY 0620 - 0730 Battalion PT OC / MECEP

THURSDAY 0730 - 0820 Bulldog Class MECEP

FRIDAY 0530/0620 - 0730 Company PT MECEP

**Commissioning**

In order to receive a commission, MECEP and OCs must graduate successfully and complete all academic, physical, and professional requirements specified by their service.

**Service Assignment**

All Navy students will compete for service assignments. MIDN and OCs will submit paperwork with their community assignment preferences prior to Fall quarter of senior year. Naval Services Training Command (NSTC) will convene a selection board to determine service assignments for all NROTC and US Naval Academy (USNA) MIDN, and the results of this board will be posted during the Fall quarter. Service assignments will be made based on students’ academic performance, aptitude, and personal preferences, in that order of priority. Every student will receive a Fitness Report (FitRep) twice a year. Ratings and rankings on these FitReps will be considered by NSTC during service assignment. The CO will also assign “PNS Points” to the records of students based on their FitReps. Greater PNS Points will increase a student’s chances of receiving their desired service assignments. OCs will continue to submit periodic Evals.

Students assigned to be Surface Warfare Officers (SWOs)will have the opportunity to choose their first ship assignments during the Winter quarter prior to commissioning. The records of all USNA and NROTC students selected for SWO will be considered in determining the order in which students are allowed to select from available ship assignments.

MIDN and OCs assigned to nuclear platforms (both submarine and surface) will undergo an interview process prior to commissioning. Students will consult the UW NROTC Nuclear Programs Officer for more details on this process and the necessary preparations.

**Commitment**

Upon commissioning, MECEPs incur a minimum of three years on active duty upon completion of MOS school while OCs incur a minimum of five years of active service. Certain warfare communities require a longer commitment (i.e., aviation, nuclear, etc.). All Marines will attend The Basic School (TBS) after commissioning.

**USMC Aviation Officers**

MECEPs and MIDN wishing to pursue a career as a Pilot or Naval Flight Officer (NFO) should inform the MOI as soon as possible but not later than 2 years prior to graduation. These students should begin studying for the Aviation Selection Test Battery (ASTB) and meet flight physical requirements. A limited number of Aviation Contracts are available to future Marine officers prior to commissioning. Those pursuing any other USMC MOS will compete for MOS assignment at TBS. Additional information should be solicited from the MOI and AMOI.

**Nurse-Option Considerations**

The majority of unit events take place on or near the UW campus. However, all Nurse Option students attend Seattle University in our NROTC “cross-town” arrangement. All NSCI classes and the vast majority of NROTC events (Leadership Lab, PT, drill practice, etc.) are held UW. Seattle University is not too far from the UW campus, but Nurse Option students must consider that they will need to meet commitments at both campuses on any given day. Academic requirements are a priority, so maintain frequent and open communication with your advisor to obtain waivers to miss events or find alternatives as needed to prioritize nursing curriculum requirements.

**Where To Live As an OC/MECEP**

Currently, students are free to live wherever they choose while assigned to UW NROTC. If you are carrying out a PCS to UW NROTC, students are advised to live in close proximity to the NROTC unit and UW campus. If you are carrying out a PCA due to previously being stationed at Naval Base Kitsap-Bangor, Naval Station Everett, or Naval Station Bremerton, consider that almost all Battalion events take place on or near the UW campus. You will be required to attend these events, so ensure that you have reliable means of transportation. You will be required to be present at the University of Washington three to five days a week during the regular academic year and as early as 0615 (0530 on occasion for MECEPs). If you have an hour commute to the unit, this is no excuse to get out of unit functions or to be late for any reason. Where you choose to live is up to you and should be compatible with your school schedule and the requirements of the NROTC.

Furthermore, a typical class schedule will have students out of class just as rush hour traffic either begins or is already in full force. The time you choose to sit in traffic during your commute may negatively impact the amount of time you have to spend on schoolwork, sleep, or time with your family. It is up to you to decide what is best for you, based on your priorities, circumstances, and how long you wish to spend commuting to and from UW and the NROTC unit every day. Living close to UW will free up considerable time for you, but you may be accepting a higher cost of living and potential difficulties finding support for your families (e.g., good public schools, daycare, etc.). For further information on areas to live contact the APNSs, MOI, AMOI, or your sponsor.

As stated, students participating in the MECEP or STA-21 program will receive Basic Allowance for Housing under the 98195 zip code.

Once reporting in, you will be given 10 days of house hunting leave. If you take this special leave before detaching from your previous command you will not be allowed to take it again after checking in. Officer Candidates frequently take leave before checking in, then take house hunting leave immediately after checking in to take advantage of the lengthy break between NSI and the start of the Summer Quarter.

An Officer Candidate or MECEP will be authorized permissive temporary additional duty for house hunting after completing their initial check-in with the unit. The member will abide by all Navy or Marine Corps regulations regarding house hunting.

**University Veterans’ Affairs Representatives**

University of Washington’s Student Veteran Life is a veteran-founded organization that seeks to provide student veterans with community and representation on campus. Their objectives are as follows:

 1) Create centralized services and programming that supports student veterans and their dependents in their academic endeavors;

2) Grow and strengthen the veteran community and identity by cultivating a sense of pride in the sacrifices that student veterans have made in service to their country; and

3) Represent the unique position and needs of our veteran constituents.

**Hours of Operation (Subject to change based on staff availability)**

Monday – Thursday | 9:00 a.m. – 4:00 p.m.

Friday | 9:00 a.m. – 1:00 p.m.

Hours are subject to change based on staff availability.

Location: Husky Union Building Room 206

Phone: (206) 221-0830

Email: vetlife@uw.edu

Website: https://depts.washington.edu/vetlife/

**Resources**

 Life as an OC or MECEP student will be very different than what you are probably used to. The tempo that the unit operates at varies from mild to very busy depending on mandatory events that take place throughout the school year. There are several programs, institutions, and resources available to you as an active duty service member as well as as a UW student.

UW Counseling Center:<https://www.washington.edu/counseling/>

401 Schmitz Hall - Phone: 206-543-1240

Naval Base Everett Chaplain: 425-304-3342

Chain of command / NROTC Advisor

Mental Health:

<https://www.militaryonesource.mil/health-wellness/mental-health>

Navy/Marine Corps Public Health:

<https://www.med.navy.mil/sites/nmcphc/Documents/LGuide/op_stress.aspx>

Navy Medicine: <https://www.med.navy.mil/>