



US Navy Civil Engineer Corps Collegiate Corner



July 2022

Collegiates and New OCS Selectees,

We are in the middle of the summer months and hopefully you are enjoying some well-deserved time off to rejuvenate and enjoy the great weather. For those of you in the North, take advantage of the outdoors while you can because this won't last forever. For those of you in the South, hopefully the temperatures aren't so stifling that you're spending all of your time in the comfort of your air conditioning. For those of you fully ensconced in summer classes or internships, keep the faith! Your hard work will soon pay off as you approach graduation and are welcomed into Officer Candidate School. Few Americans will ever get the privilege of experiencing OCS and the satisfaction of becoming commissioned officers in the United States Navy. You are among those few. Keep working hard and preparing yourself for the task at hand. We look forward to seeing you out here in the fleet soon.

- CEC Accessions Team

LEADERSHIP TRAITS

Previously, you learned about the Marine Corps leadership traits and the qualities all leaders should embody and aspire to. Now, you will expand your knowledge to the Principles of Naval Leadership. I challenge you to take what you are learning and apply it to your leadership roles in your project assignments, student organizations, and community connections.

Train Your Unit as a Team

- Study, prepare and train thoroughly, endlessly.
- Encourage unit participation in recreational and military events.
- Do not publicly blame an individual for the team's failure or praise just an individual for the team's success.
- Ensure that training is meaningful, and that the purpose is clear to all members of the command.
- Train your team based on realistic conditions.
- Insist that every person understands the functions of the other members of the team and the functions of the team as part of the unit.



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CAREER FOCUS

Navy and Marine Corps Rank Structure

As an officer in the Civil Engineer Corps, you will find yourself working with members of multiple branches of service. There are numerous billets in the CEC where our officers report to, and/or lead, active duty personnel in the Marine Corps, Air Force and Army. It's important to understand the different ranks and titles within the branches, and be able to properly and respectfully address those service members you are surrounded by.

Because of our shared history, Naval Officers work most closely with the United States Marine Corps. In fact, virtually all Marine Corps installations have a Navy CEC officer serving as the Public Works Officer tasked with overseeing all facilities management, planning and construction at the base. The Public Works Officer serves as the Staff Engineer for the Installation Commanding Officer, and advises him or her on all matters involving land, facilities and environmental matters. In some cases, Public Works staff may have numerous Marines in their chain of command, both junior and senior. Below is a chart displaying the enlisted ranks of both the Navy and Marine Corps.

	NCO (Non-Commissioned Officer)					SNCO (Staff Non-Commissioned Officer)				
MARINE	no insignia									
	Private (Pvt)	Private First (PFC)	Lance Corporal (LCpl)	Corporal (Cpl)	Sergeant (Sgt)	Staff Sergeant (SSgt)	Gunnery Sergeant (GySgt)	Master Sergeant (MSgt) First Sergeant (1stSgt)	Master Gunnery Sergeant (MGySgt) Sergeant Major (SgtMaj)	Sergeant Major of the Marine Corps (SgtMajMC)
	E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9	
NAVY	no insignia									
	Seaman Recruit (SR)	Seaman Apprentice (SA)	Seaman (SN)	Petty Officer Third Class (PO3)	Petty Officer Second Class (PO2)	Petty Officer First Class (PO1)	Chief Petty Officer (CPO)	Senior Chief Petty Officer (SCPO)	Master Chief Petty Officer (MCPO) Force or Fleet Chief Petty Officer (FORMC) (FLTMC)	Master Chief Petty Officer of the Navy (MCPON)
	PO (Petty Officer)					CPO (Chief Petty Officer)				

In addition to the different ranks and insignias, please notice the paygrades, which run from left to right in order of seniority. A Private or Seaman Recruit would be considered an E-1 while a Master Gunnery Sergeant or Master Chief Petty Officer would be considered an E-9. CEC
























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officers may find themselves leading any number of Marines or Sailors throughout their careers, so it is vital that we are familiar with this nomenclature.

Below is a similar chart, focusing on the officer ranks of both the Navy and Marine Corps.

Company Grade Officer			Field Grade Officer			General Officer					
MARINE											
	Second Lieutenant (2ndLt)	First Lieutenant (1stLt)	Captain (Capt)	Major (Maj)	Lieutenant Colonel (LtCol)	Colonel (Col)	Brigadier General (BGen)	Major General (MajGen)	Lieutenant General (LtGen)	General (Gen)	
	O-1	O-2	O-3	O-4	O-5	O-6	O-7	O-8	O-9	O-10	
NAVY											
	Ensign (ENS)	Lieutenant Junior Grade (LTJG)	Lieutenant (LT)	Lieutenant Commander (LCDR)	Commander (CDR)	Captain (CAPT)	Rear Admiral Lower Half (RADM)(L)	Rear Admiral Upper Half (RADM)(U)	Vice Admiral (VADM)	Admiral (ADM)	Fleet Admiral (FADM)
	Junior Officer			Senior Officer			Flag Officer				

Notice that unlike the enlisted personnel, Marine and Navy officers share rank insignia making it trickier to distinguish between the two in certain uniforms. As you spend more time working with members from each branch, you will hone your skills and be able to tell a Major from a Lieutenant Commander rather quickly and avoid any embarrassing situations.

The Navy and Marine Corps are like siblings within the Department of the Navy family. Throughout your career as a Naval Officer, you will find yourself regularly interacting with Marines both enlisted and officer. The earlier you get a handle on the rank structure of each, the better off you will be. You DO NOT want to be the candidate that shows up to OCS and refers to your Gunnery Sergeant Drill Instructor as a Staff Sergeant.



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Summer Safety

Simple risk management before engaging in summer activities can help keep Sailors, family members, and YOU safe. This link below has some safety tips on how to stay safe while enjoying the different activities:

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer>

Swimming

Whether it's an ocean, a lake or a pool, swimming is one of the most enjoyable activities during the hot summer months. It is also one of the most dangerous. Please follow the tips below to keep yourself, and those around you, safe.

- Always use the buddy system by swimming with a friend.
- Swim at places that have lifeguards when possible.
- Always check local weather condition and warnings before swimming. Avoid dangerous conditions like thunderstorms or strong currents.
- According to the Center for Disease Control and Prevention, among adolescents and adults, alcohol use is involved in up to 70 percent of deaths associated with water recreation. Be a responsible drinker and avoid drinking alcohol before and during water activities.

Cycling

Whether you are riding your bike recreationally or as part of your daily commute, it's a great way to get some exercise during the summer. Please pay attention to the tips below to keep yourself cycling safely.

- Helmets greatly reduce the risk of brain injury. Always wear a helmet.
- When riding during non-daylight hours, always wear reflective clothing, a headlight, and add a rear reflector to your bike.
- Ride with the flow of traffic.
- Follow the rules of the road, and obey all traffic signals and signs.
- Use directional hand signals when turning.

Enjoying the Sun

Getting a healthy dose of sunlight each day is a great way to enjoy the weather and get the vitamin D your body requires. Pay attention to the tips below to make sure you enjoy the sun responsibly.

- Wear sunscreen with an SPF of at least 15. Be sure to reapply your sunscreen as directed.
- Exercise in the shade to stay cool.
- Wear protective clothing such as hats and sunglasses to minimize the effect of the sun's rays.



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- Lower your risk of catching Lyme disease or West Nile virus by wearing proper mosquito repellents, especially when you will be in wooded areas.
- Reduce the risk of developing a heat-related illness by knowing the signs of dehydration and staying hydrated. Keep water or sports drinks on hand if you know you will be out in the heat for an extended amount of time.
- Avoid consuming alcoholic and caffeinated beverages before and during outdoor activities because they increase your risk of becoming dehydrated.

ACCESSIONS OFFICER FOCUS

Lieutenant Andrea Gal



We'd like to also take the opportunity to welcome Lieutenant Andrea Gal to the team as the new North Region Accessions Officer. LT Gal is a native of Poway, California. She attended the University of California at Berkeley where she graduated in 2005 with a Bachelor of Arts Degree in Architecture. In 2013 she earned a Masters of Architecture from the Newschool of Architecture



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& Design in San Diego, California. She commissioned as an Ensign from OCS in Newport, Rhode Island in 2015.

LT Gal's previous tours include Construction Manager, Production Officer and Facilities Engineering and Acquisition Division Director at NAS Kingsville, TX, Construction Manager and Lead Contracting Officer Naval Base Kitsap.

LT Gal recently transferred from Naval Mobile Construction Battalion FIVE in Port Hueneme, CA, where she served as the Assistant Operations Officer, Charlie Company Commander and Detachment Papua New Guinea Officer-In-Charge.

Lieutenant Gal has achieved Acquisition Level I and Public Works Level II, she is a Registered Architect. Her military decorations include a Navy Commendation Medal, Navy and Marine Corps Achievement Medal, and the Military Outstanding Volunteer Service Medal. Welcome Andrea!

HEALTH CHALLENGE

Navy Physical Readiness Test

Max Push-ups 2 minutes

Max timed plank

1.5 mile run

https://www.mynavyhr.navy.mil/Portals/55/Support/21stCentury Sailor/Physical/Guide-5_PRT_FEB2022.pdf?ver=CH9nw2wgri-8uS07FbIBlQ%3d%3d



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ACCESSIONS TEAM CONTACT INFORMATION

We will soon welcome LT Andrea Gal aboard as the new CEC North Accessions Officer. LT Gal is currently scheduled to check onboard full-time in late July 2022.

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incoming late July
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