



# US Navy Civil Engineer Corps Collegiate Corner



October 2015

CEC Collegiate Student,

As you prepare for midterm exams and anxiously await much needed holiday breaks, take a moment to reflect on the lasting return that this short-term investment will yield starting the instant you graduate. To help you manage your level of stress through the remainder of your academic career and into your naval officer career, an excerpt of the Navy's Operational Stress Control training is provided in the pages below.

All of us on the CEC Accessions Team stand by to support you with any questions or comments you may have along the way. We look forward to you joining the ranks!

- CEC Accessions Team

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## LEADERSHIP TRAITS

The Marine Corps uses fourteen traits in defining what qualities all leaders embody and aspire to. In addition to the core Navy values of Honor, Courage, and Commitment, each month we will briefly discuss one of the leadership traits.

**Bearing:** the general way you conduct and carry yourself. Your manner should reflect alertness, competence, confidence, and control.

Leadership is largely a matter of paying attention. To develop bearing, you should, not only hold yourself to the highest standard of personal conduct, but also remain cognizant of your actions and inactions and how they are perceived by others. Bearing is demonstrated by your ability to control your tone and gestures so that emotional extremes do not show in your actions. A leader who does not appear worried or flustered provides a calming sensation to a group in the midst of a stressful environment.

Never be content with meeting only the minimum requirements.

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## CAREER FOCUS

### Operational Stress Control

[http://www.med.navy.mil/sites/nmcphc/Documents/LGuide/op\\_stress.aspx#top](http://www.med.navy.mil/sites/nmcphc/Documents/LGuide/op_stress.aspx#top)

Stress affects everyone and your responses to stress are normal, expected, and predictable. The dangers arise when prolonged stress is left unmanaged or ineffective, repetitive reactions are used to treat the stressors.



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As a naval officer, you should understand that you are the key to making the Navy a place where Sailors and civilians realize it is okay to seek out help. If you see someone experiencing stress-related problems, you should talk to them to find out the root cause of the problem and help them resolve it.

The Navy defines stress as “the process by which we respond to challenges to the body or mind.” Anything can cause stress and there is no single solution that will work for everyone. A 2010 poll from Navy Personnel Command listed the top stressors for Navy officers to be:

- Lack of personnel
- Unpredictability of operations
- Lack of time for home responsibilities
- Increased workload
- Not enough time to complete tasks at work

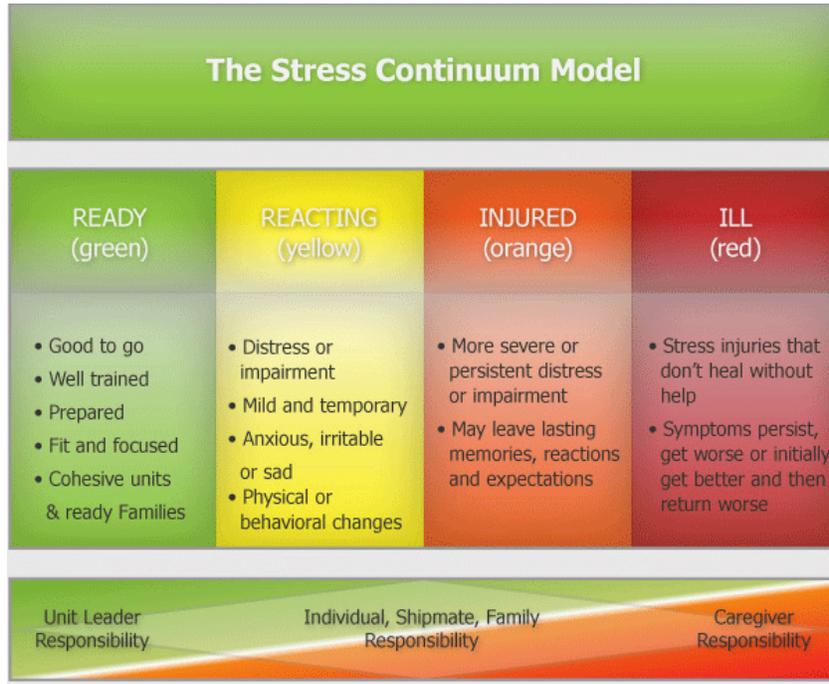
By using the Five Core Leader Functions, you will be able to take action on behalf of your Sailors to promote their resilience or ability to cope with challenges and achieve the Operational Stress Control’s two primary objectives: preserve force readiness and preserve individual health and well-being. The below five functions form a continuous cycle and are not always performed in order.



The below Stress Continuum Model is a tool that is used to help identify the different levels of stress. You should use this model to help prevent your personnel’s stress from manifesting into damaging effects. Consider the four, color coded zones in terms of a traffic light, where green is good to go, and red means stop. Yellow and orange are progressive warning lights between go and stop. The model also shows the expected outcome in each zone.



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In addition to the Stress Continuum tool, several resources are available to help personnel dealing with operational stress. These resources will help Sailors find ways to mitigate stressors or treat existing injuries associated with stress. Your personnel are your most valuable resource and they should be treated as such.

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Happy 240<sup>th</sup> Birthday!

<http://www.history.navy.mil/browse-by-topic/commemorations-toolkits/navy-birthday.html>

The Navy is celebrating 240 years of readiness and this year's theme is: Ready Then, Ready Now, Ready Always. Please read the Chief of Naval Operations birthday message to the Fleet released on 09 Oct 2015.

Happy Birthday Team!

As I mentioned in my first message to the fleet, our ships, submarines and aircraft form the muscle and bones of the Navy, but the heart and soul of our Navy is you, our people.

On 13 October, we honor and celebrate two hundred and forty years of proud, committed Americans raising their right hand to become Sailors and defend our country. Every day around the world, our people can be found on, under, and over the sea. You are smart, resourceful and



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committed Americans who want to be part of something special - to be part of our high-performing Navy Team. You are a formidable force.

Our Navy team is fueled by integrity, creativity, and toughness. Together we are greater than the sum of our individual parts. Together, we are ready to fight and win at sea.

It is because of this teamwork, fused together by common bonds of Honor, Courage, and Commitment, that we will continue to be the greatest Navy in the world.

To all our Sailors, Navy civilians, proud families, and Veterans around the globe, Happy Birthday and thank you for your service.

Released by ADM J. M. Richardson, Chief of Naval Operations.//

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