

A young woman in a USNavy uniform, including a white officer's cap with a gold band and a tan short-sleeved shirt with a name tag, is saluting with her right hand raised. She is standing in front of a large, blurred crowd of graduates in black caps and gowns. The background is bright and sunny.

NROTC Parent's Handbook

Information
about the Naval
Reserve Officer
Training Corps at OSU

OSUNROTC
Best in the West and the Rest

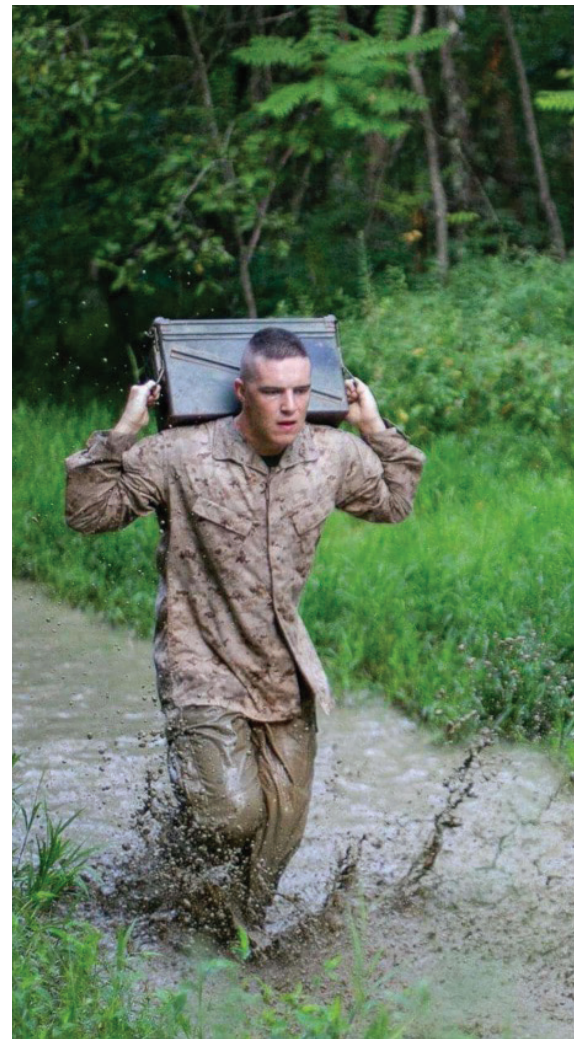


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NROTC Mission Statement

To develop midshipmen morally, mentally, and physically, and to imbue them with the highest ideals of duty, honor and loyalty, and with the core values of honor, courage and commitment in order to commission college graduates as naval officers who possess a basic professional background, are motivated toward careers in the naval service, and have a potential for future development in mind and character so as to assume the highest responsibilities of command, citizenship and government.



New Student Indoctrination

As a part of becoming a midshipman in the U.S. Navy, all midshipman candidates are required to complete New Student Indoctrination (NSI), a 3-week course that takes place onboard Recruit Training Command at Naval Station Great Lakes, IL. Travel to and from RTC Great Lakes is funded by the U.S. Navy. Naval Services Training Command (NSTC) and Oregon State NROTC will coordinate registration, dates, and travel with midshipman candidates. It is important that midshipman candidates respond in a timely manner to meet the registration deadlines.

NSI is designed to equip midshipman candidates with the basic knowledge required to be successful in their new role as NROTC midshipmen and later in the Fleet. NSI is a challenging course that will test midshipman candidates mentally, morally and physically. It is imperative that they take their physical training seriously in the months preceding NSI and arrive in good physical condition.

After completion of NSI, midshipmen will report to their NROTC units to begin the fall term. It is important to note that completion of NSI does not constitute scholarship activation. This will be done at the NROTC unit after midshipmen report to school.

Midshipmen candidates will be expected to meet the following minimum standards upon arrival.

Navy Option:

	Planks	Push-Up	1.5 mile run
Males	1:40	47	12:00
Females	1:30	21	14:15

Marine Option: minimum 200 points on the Marine Corps Physical Fitness Test (PFT).

New Student Orientation

Oregon State NROTC conducts New Student Orientation (NSO) prior to the start of classes for all new midshipmen, including those who attended NSI. The purpose of NSO is to orient midshipmen to Oregon State University NROTC and help them get off to a strong start in school. Midshipmen should expect to get to know their classmates, receive instruction on unit policies and regulations, undergo urinalysis, complete paperwork required for scholarship activation, and attend seminars on academic success and time management. College Program midshipmen, who were not able to attend NSI, will receive uniforms and instruction on Navy and Marine Corps uniform regulations and grooming standards. Time permitting, basic training on military drill and ceremony will also be conducted. We will provide a schedule of events prior to the arrival of students for the fall term.



Physical Fitness and Training

The NROTC battalion will conduct physical training (PT) two to three times per week in order to prepare for periodic physical fitness testing and to help develop midshipmen physically.

Navy Option midshipmen are required to score a minimum of Good-Low on their bi-annual Physical Readiness Test (PRT).

Marine Option midshipmen must obtain a minimum PFT score of 235 and a minimum CFT score of 235 (minimum 200 PFT/CFT for first year midshipmen) and need to have 265 by their junior year.

Midshipmen who achieve less than the minimum score will be placed on a Fitness Enhancement Program (FEP) which will require additional weekly workouts.

The following tables show United States Navy (USN) and United States Marine Corps (USMC) physical fitness standards. Midshipmen should strive to attain Outstanding scores. However, prior to college graduation, midshipmen are required to score Good-Low or higher to receive their commission. Midshipmen who fail to meet Good-Low standards will be placed on a FEP to help them improve their physical fitness.

*Indicates minutes and seconds (mm:ss) of holding planks or number of push-ups performed in **2 minutes**

**Indicates minutes and seconds (mm:ss) to complete the run/swim.

USN Physical Fitness Standards: 20-24 Years Old

TABLE 1. MALE

Performance			Event				
Category	Level	Points	Planks*	Push-ups*	1.5-mile run**	500-yd swim**	450-m swim**
Outstanding	High	100	3:20	87	8:30	6:30	6:20
Outstanding	Medium	95	3:15	86	9:00	7:00	6:50
Outstanding	Low	90	3:10	81	9:15	7:30	7:20
Excellent	High	85	3:00	77	9:45	8:00	7:50
Excellent	Medium	80	2:50	74	10:00	8:15	8:05
Excellent	Low	75	2:40	71	10:30	8:45	8:35
Good	High	70	2:20	64	10:45	9:30	9:20
Good	Medium	65	2:00	55	11:30	10:30	10:20
Good	Low	60	1:40	47	12:00	11:30	11:20
Satisfactory	High	55	1:30	45	12:45	12:00	11:50
Satisfactory	Medium	50	1:20	42	13:15	12:15	12:05
Probationary		45	1:10	37	13:30	13:00	12:50

FEMALE

Performance			Event				
Category	Level	Points	Planks*	Push-ups*	1.5-mile run**	500-yd swim**	450-m swim**
Outstanding	High	100	3:10	48	9:47	7:15	7:05
Outstanding	Medium	95	3:05	47	11:15	8:00	7:50
Outstanding	Low	90	3:00	44	11:30	8:45	8:35
Excellent	High	85	2:50	43	12:15	9:15	9:05
Excellent	Medium	80	2:40	40	12:45	9:45	9:35
Excellent	Low	75	2:30	39	13:15	10:00	9:50
Good	High	70	2:10	33	13:30	11:00	10:50
Good	Medium	65	1:50	28	13:45	12:15	12:05
Good	Low	60	1:30	21	14:15	13:15	13:05
Satisfactory	High	55	1:20	20	15:00	13:45	13:35
Satisfactory	Medium	50	1:10	17	15:15	14:00	13:50
Probationary		45	1:00	16	15:30	14:30	14:20

USN Height and Weight Standards

TABLE 2. MAXIMUM WEIGHT FOR HEIGHT SCREENING

MEN Maximum Weight (Pounds)	HEIGHT* (Inches)	WOMEN Maximum Weight (Pounds)
127	57	127
131	58	131
136	59	136
141	60	141
145	61	145
150	62	149
155	63	152
160	64	156
165	65	160
170	66	163
175	67	167
181	68	170
186	69	174
191	70	177
196	71	181
201	72	185
206	73	189
211	74	194
216	75	200
221	76	205
226	77	211
231	78	216
236	79	222
241	80	227

*Fractions rounded up to nearest whole inch.

Navy Option midshipmen will undergo Body Composition Assessments (BCA) to determine their body fat percentages.

Navy Option midshipmen must not have body fat percentages in excess of **23% for males** and **34% for females**.

Navy midshipmen who fail the BCA will be placed on a Fitness Enhancement Program (FEP) and obtain professional dietary assistance.



For more information on the U.S. Navy Physical Fitness Standards, visit:

<http://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-Readiness/>

Commissioning Standard

 Midshipmen are required to score **Good-Low** or better (utilizing the 20-24 age group chart, and appropriate age group chart for STA-21 Officer Candidates) and meet Body Composition Assessment (BCA) standards in order to commission as a naval officer.

USMC Physical Fitness Standards

Marine Options conduct at least one Physical Fitness Test (PFT) and one Combat Fitness Test (CFT) each year. The PFT consists of pull-ups, crunches or planks, and a 3 mile run. The CFT consists of an 880 yard run in boots, ammunition can lifts, and maneuver under fire drills. Marine Option midshipmen and MECEPs must obtain a PFT minimum score of 235 and a CFT minimum score of 235 (200 PFT/CFT for first year midshipmen) to remain in good standing. A PFT score of 265 or higher is required to attend the 6-week Officer Candidate School (OCS) course, a requirement for commissioning as a 2nd Lieutenant.

TABLE 3. PULL-UPS
MALE

Age	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	20	23	23	23	21	20	19	18
Min	4	5	5	5	5	5	4	3
Min Pts	40	40	40	40	40	40	40	40

FEMALE

Age	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	7	11	12	11	10	8	6	4
Min	1	3	4	3	3	2	2	2
Min Pts	60	60	60	60	60	60	60	60



PLANKS
MALE & FEMALE

Time	Score
1:10	40
1:13	41
1:16	42
1:18	43
1:21	44
1:23	45
1:26	46
1:29	47
1:31	48
1:34	49
1:36	50
1:39	51
1:41	52
1:44	53
1:47	54
1:49	55
1:52	56
1:54	57
1:57	58
2:00	59

Time	Score
2:02	60
2:05	61
2:07	62
2:10	63
2:12	64
2:15	65
2:18	66
2:20	67
2:23	68
2:25	69
2:28	70
2:31	71
2:33	72
2:36	73
2:38	74
2:41	75
2:43	76
2:46	77
2:49	78
2:51	79

Time	Score
2:54	80
2:56	81
2:59	82
3:02	83
3:04	84
3:07	85
3:09	86
3:12	87
3:14	88
3:17	89
3:20	90
3:22	91
3:25	92
3:27	93
3:30	94
3:33	95
3:35	96
3:38	97
3:40	98
3:43	99
3:45	100

3-MILE RUN
MALE

Age	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	18:00	18:00	18:00	18:00	18:00	18:30	19:00	19:30
Min	27:40	27:40	28:00	28:20	28:40	29:20	30:00	33:00
Min Pts	40	40	40	40	40	40	40	40

FEMALE

Age	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	21:00	21:00	21:00	21:00	21:00	21:30	22:00	22:30
Min	30:50	30:50	31:10	31:30	31:50	32:30	33:30	36:00
Min Pts	40	40	40	40	40	40	40	40

For details on U.S. Marine Corps PFT and CFT scoring, visit:
https://www.fitness.marines.mil/PFT-CFT_Standards17

USMC Height and Weight Standards

TABLE 4. MALES

Height (inches)	Maximum Weight (pounds)	Minimum Weight (pounds)
56	122	85
57	127	88
58	131	91
59	136	94
60	141	97
61	145	100
62	150	104
63	155	107
64	160	110
65	165	114
66	170	117
67	175	121
68	180	125
69	186	128
70	191	132
71	197	136
72	202	140
73	208	144
74	214	148
75	220	152
76	225	156
77	231	160
78	237	164
79	244	168
80	250	173
81	256	177
82	263	182

FEMALES

Height (inches)	Maximum Weight (pounds)	Minimum Weight (pounds)
56	115	85
57	120	88
58	124	91
59	129	94
60	133	97
61	137	100
62	142	104
63	146	107
64	151	110
65	156	114
66	155	117
67	161	121
68	171	125
69	176	128
70	181	132
71	186	136
72	191	140
73	197	144
74	202	148
75	208	152
76	213	156
77	219	160
78	225	164
79	230	168
80	236	173
81	242	177
82	248	182

TABLE 5. USMC BODY COMPOSITION STANDARDS

Age	Male (Body Fat)	Female (Body Fat)
17-20	18 %	26 %
21-25	18 %	26 %
26-30	19 %	27 %
31-35	19 %	27 %
36-40	20 %	28 %
41-45	20 %	28 %
46-50	21 %	29 %
51+	21 %	29 %

USMC height/weight and body composition standards available at:

https://www.fitness.marines.mil/BCP_Standards/

Swim Qualifications

As members of the naval service, a basic knowledge of swimming techniques and water survival skills are crucial.

Midshipmen are expected to arrive with basic swimming skills and the ability to pass the Navy 3rd Class Swimmer test, with the goal of reaching 2nd Class Swimmer standards before commissioning (required for certain communities, like naval aviation).

The 3rd Class swim test consists of:

- Stepping off a platform at least five feet above the water
- 50-yard swim using any stroke
- Five-minute prone float
- Shirt/trouser inflation

The 2nd Class swim test consists of:

- Deep-water jump
- 100-yard swim: breaststroke, sidestroke, elementary backstroke, and crawl
- Five-minutes prone float and a back float before exiting the water



See <https://www.hprc-online.org/physical-fitness/training-performance/> for more physical training resources.



Program Requirements

NROTC midshipmen are required to be U.S. Citizens. For certain Naval communities, midshipmen who enter the program with dual citizenship must relinquish their non-U.S. Citizenship prior to commissioning.

In addition, NROTC midshipmen are required to complete a bachelor's degree at an accredited institution in four (4) years and receive a commission as an officer in the United States Navy or the United States Marine Corps.

Technical or engineering majors are highly encouraged. However, it is recognized that some of these degrees are difficult to complete in four years when combined with Naval Science commitments. If a midshipman pursuing a technical major is unable to complete a bachelor's degree in four years, they may apply for extended benefits if the midshipman can show they did everything possible to complete the degree on time. Midshipmen are required to maintain an academic grade point



average (GPA) of 2.5 on a 4.0 scale to remain in good standing.

Academic Requirements

The following are the specific academic requirements for participation in the NROTC program and commissioning per the Navy's Regulations for Officer Development:

TABLE 6. GENERAL COLLEGE COURSES

Courses	Completed by end of	Number of Terms	Scholarship		College Program		STA-21*
			USN	USMC	USN	USMC	
Calculus	Sophomore	3	R	A	A	A	R
English	Sophomore	3	R	R	R	R	R
Physics (calculus based)	Junior	3	R	A	A	A	R
College Algebra or higher	Junior	3	--	--	R	--	--
American History or National Security Policy	Senior	1	R	R	R	R	**
World Culture and Regional Studies	Senior	1	R	A	R	A	**
Physical Science	Senior	3	--	--	R	--	--

R = Required | A = Advised | ** = Program authorizations takes precedence over these requirements

* Navy Enlisted commissioning program

Navy Option midshipmen must complete calculus prior to the start of their junior year and calculus-based physics prior to the start of their senior year.

College Program midshipmen are required to complete three terms of advanced mathematics and three terms of physical science. College Program midshipmen are encouraged to complete calculus and physics to improve their competitiveness for NROTC scholarships. For a list of approved OSU courses that satisfy these requirements, see https://nrotc.oregonstate.edu/sites/nrotc.oregonstate.edu/files/program_course_requirements_1533_114jul_2020.pdf

TABLE 7. NAVAL SCIENCE COURSE

Courses	Year Completed	Scholarship or Advanced standing		F = Fall, W = Winter, S = Spring	
		USN	USMC	MECEP*	STA-21**
Intro to Naval Science ^F	Freshman	R	R	--	--
US Naval History I ^W	Freshman	R	R	--	--
US Naval History II ^S	Freshman	R	R	--	--
Leadership and Management ^F	Sophomore	R	R	--	R
Navigation ^W	Sophomore	R	--	--	--
Naval Ship Systems I (Naval Engineering) ^W	Junior	R	--	--	--
Naval Operations and Seamanship ^S	Junior	R	--	--	--
NSIII OCS Prep	Junior	--	R	--	--
Evolution of Warfare	Junior	--	R	R	--
Fundamentals of Warfare ^F	Senior	--	R	R	--
Naval Ship Systems II (Weapons) ^S	Senior	R	--	--	--
Leadership and Ethics ^S	Senior	R	R	R	R
NS Leadership Lab ^{FWS}	All Terms	R	R	R	R

R = Required | * Marine Enlisted commissioning program | **Navy Enlisted commissioning program

Midshipmen who complete the requisite NROTC classes are eligible to receive a minor in Naval Science at Oregon State University.

Summer Training

NROTC Scholarship midshipmen are required to participate in summer training during each of the three summers between freshman and senior years.

To be eligible for summer training, midshipmen must be on scholarship or Advanced Standing, and meet the physical fitness and body composition standards.

Third Class Summer Training

Conducted between the freshman and sophomore academic years for all scholarship students,

Career Orientation and Training for Midshipmen (CORTRAMID) exposes students to multiple warfare communities.

Second Class Summer Training

Conducted between the sophomore and junior academic years, Navy Option midshipmen will take part in at-sea training on surface

ships or submarines. Second class midshipmen who did not participate in CORTRAMID as third class midshipmen may do so in lieu of second class cruise if billets are available. Marine Option midshipmen will attend Marine Month as preparation for Officer's Candidate School (OCS).

First Class Summer Training

First Class Summer Training is conducted between the junior and senior academic years for all first class midshipmen. First class cruise provides exposure to the officer

and wardroom environment and is executed in an at-sea training environment aboard a ship. First class Navy Option midshipmen may opt for aviation, submarine, or Foreign Exchange Training for Midshipmen (FOREXTRAMID). Marine Option first class midshipmen will attend Officer Candidate School (OCS).

Scheduling

Midshipmen may provide input as to where they would like to travel and when they would like to go. This allows midshipmen to plan the remainder of their summers, including work, family vacations, or continued study. It is recommended that midshipmen obtain a valid U.S. Passport to allow opportunities for overseas training assignment.



Monetary Benefits

Scholarship Midshipmen

NROTC covers the following for scholarship midshipmen:

- Full tuition and mandatory fees
- Term (quarterly) stipend for books (\$250)
- Monthly stipend for expenses during academic year (\$250 for freshman, \$300 for sophomores, \$350 for juniors, \$400 for seniors)
- All uniforms

Tuition is paid between the middle and end of the term. Parents can expect to receive tuition bills from

the university; however, if your student is on scholarship, you do not need to pay the tuition and mandatory fees portion of the bill. The NROTC unit will inform the university that your student is part of the NROTC scholarship program and that the tuition will be paid by the government.

However, the Navy will not make payment until the midshipman has completed their Department of Defense Medical Examination Review Board physical evaluation and is found fully qualified. Tuition may be paid retroactively to the

start of the term, but the stipend will be paid beginning the date the midshipman is found physically qualified. Late fees assessed by OSU due to government delays may be waived by the university.

In the event of a change in your midshipman's status, your midshipman should inform you if tuition will not be paid. (See Change of Status)

For current Oregon State University tuition rates: visit: <https://financialaid.oregonstate.edu/cost-attendance>.

College Program

College Program midshipmen are non-scholarship students. "College Programmers" are considered full members of the NROTC unit and participate in the same activities as midshipmen with scholarships.

College Program midshipmen may apply for scholarships after their first year in the program. A limited number of two (2) and three (3) year scholarships are available for both Navy and Marine Corps midshipmen. Scholarships are awarded based on academic and physical performance. Students may increase their opportunity to obtain a scholarship by achieving good grades, participating in battalion activities, scoring well on the PRT/PFT, and taking calculus

and physics early in his/her college career (calculus and physics required for Navy Option midshipmen only).

College Program pays for uniforms and textbooks for Naval Science courses.

If a College Program midshipman does not earn a scholarship, they may be selected for "Advanced Standing" at the beginning of their junior year. Advanced Standing midshipmen receive a monthly stipend for a maximum of 20 months and may commission into the USN or USMC as officers. They are required to complete all academic requirements (see Program Requirements) and one summer cruise.



Room and Board

Scholarship midshipmen have the option to apply their scholarship to room and board, up to \$11,500 per year, instead of tuition and fees.

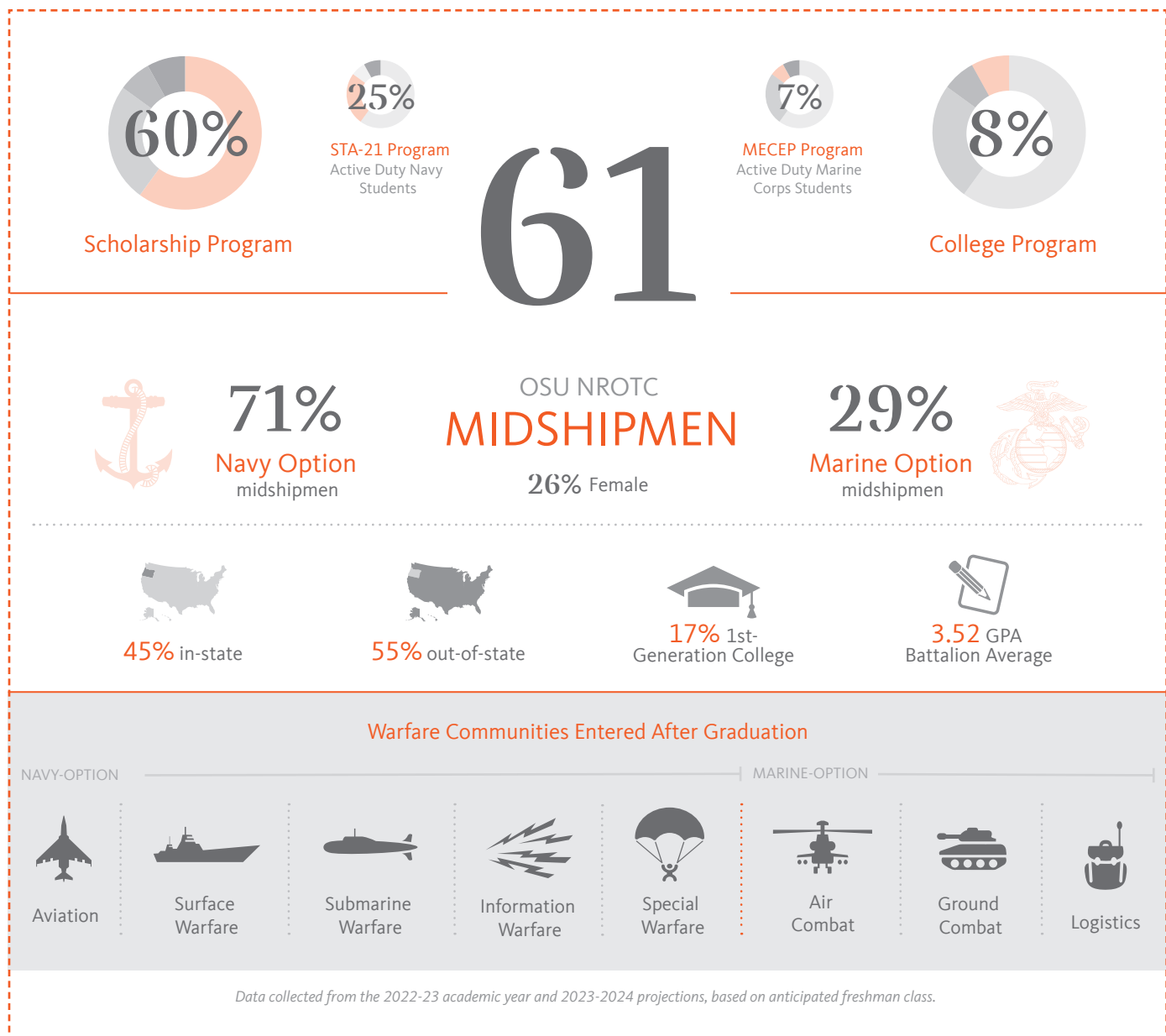
For students who indicate on their residence hall application that they are interested in ROTC, OSU will attempt to place ROTC students on the 7th floor in Finley Hall, located near the NROTC unit.

Specific residence hall requests may be made through University Housing and Dining Services at (800) 291-4192 or visit uhds.oregonstate.edu.

College Program midshipmen may also request Finley Hall.

Tutoring

OSU has tutoring resources available for all students; however, as an additional resource for midshipmen, the NROTC unit provides calculus and physics tutors to provide assistance during battalion study hours.



NROTC Policies

As future officers in the military, NROTC students will be held to a higher standard than the general population and they should take pride in upholding that standard.

The following policies apply to the midshipmen of the NROTC program, as well as staff interaction with both NROTC midshipmen and parents. Additional policies regarding changes in student status will be discussed in the Change of Status section of this handbook.

A Student's Right to Privacy & the Family Education Right to Privacy Act (FERPA)

The Family Educational Rights and Privacy Act of 1974 (FERPA) protects the privacy of student records and regulates how information is utilized. Release of student records at Oregon State University is bound by the federal FERPA law, the Oregon Revised Statutes, and by the Oregon Administrative Rules.

Midshipmen records are protected under FERPA; however they are required to sign two privacy act statements upon enrolling:

- Medical Statement – for use in medical and dental records
- Privacy Act Statement – for use in enlistment records and release of grades

FERPA was enacted to protect students' right to privacy. Therefore, under most circumstances, before the NROTC program can discuss your midshipman's status with you, your student must give permission. As a result, NROTC advisors may recommend that you speak with your student if you call to request protected information.

Drug Policy and Urinalysis

The Department of the Navy has a zero tolerance policy for drug abuse. Drug abuse is the wrongful use, possession, manufacture and/or distribution of a controlled substance. This includes illicit use of designer drugs (e.g. "Spice"), inhalants (huffing), anabolic steroids and excessive use (beyond what is normal, sufficient, or prescribed) of prescription or over-the-counter drugs. This also includes the recreational use of marijuana. Although use of marijuana may be legal in the state of Oregon, it is still illegal under federal law and in the U.S. military. The commanding officer of the NROTC unit is authorized to conduct periodic urinalysis for drug screening.

Upon enrolling in the program, all midshipmen will sign a statement concerning pre-service illicit drug



use. Beginning their first term, all midshipmen will participate in periodic drug testing. First drug testing may be conducted during New Student Orientation.

In the event that a midshipmen tests positive, a performance review board (PRB) will be convened to determine if the use was wrongful. If so, the midshipman will be recommended for disenrollment on the first offense.

Alcohol Policy

Standard Navy policy applies to all midshipmen and alcohol use. Alcohol consumption is a personal decision. Midshipmen who choose not to consume alcohol will be supported in their decision and encouraged to remain alcohol free. Those members who choose to consume alcohol must do so lawfully and responsibly. Wrongful use of alcohol includes, but is not limited to, underage drinking, driving under the influence, public drunkenness, etc. Alcohol consumption is never an acceptable excuse for misconduct or poor

judgment. Misuse or illegal use of alcohol will not be tolerated.

Midshipmen should ask themselves;

“Are my actions worth the risk of losing my college funding?”

“Are my actions worth the risk of losing the opportunity to earn a commission as an officer in the Navy or Marine Corps?”

“Are my actions worth the risk of having to pay back whatever has been spent on me by the government?”

Participation in Battalion Activities

NROTC midshipmen are expected to participate in required activities such as: unit PT, Naval Science laboratory, fall ball, military birthday cake cutting, Joint Service Review, and Spring Awards Ceremony. When the Northwest Navy competition is held in Corvallis, everyone is expected to participate (to include competitor, coach, manager, timer, judge, or other contributing position). Midshipmen are also encouraged to participate in other extracurricular activities offered by the NROTC unit.

Have Fun

The old adage is true; “if you aren’t having fun you aren’t doing it right.” A positive atmosphere produces quality results for both future leaders and those they seek to lead. Your student is part of a great organization and is destined for other great organizations: the U.S. Navy and U.S. Marine Corps.

Interaction with Advisors

One distinct advantage of the NROTC program is that your midshipman will have a dedicated class advisor at the NROTC unit. These advisors are active duty Navy and Marine Corps officers who also teach Naval Science courses.

Midshipmen advisors are pulled from Navy and Marine Corps communities such as nuclear power, aviation, infantry and others, and will likely return to these communities after their time at OSU. Your student will have access to officers who have served in a real capacity in the Navy or Marine Corps and teach from experience.

As class advisors, they check degree plans, confirm that program requirements are being met, verify class schedules, and advise midshipmen on their mental, moral, and physical development.

Midshipmen are required to:

- Meet with with advisor a minimum of two times per term
- Provide advisor with an up-to-date class schedule
- Provide advisor with a degree plan (once a major is declared) that is signed by the university academic advisor
- Keep advisor advised of problems—academic or otherwise—that are affecting the midshipman’s work, studying or summer cruise
- Inform advisor prior to dropping any class, changing major or registering for online or web- based courses

Class advisors’ doors are always open to midshipmen. Midshipmen can stop by or schedule appointments in person, by phone or by email.



Changes in Status – Academic/Aptitude/Medical

During the course of a student's college career, unforeseen circumstances may arise that affect his/her status as a midshipman. This section will describe three categories of potential problems that can lead to a disenrollment or leave of absence from the NROTC program.

The examples given are not all inclusive. Each midshipman's case is determined on an individual basis; however, the information summarizes the guidelines that the NROTC staff will use in assessing a midshipman's status.

Academic – This category pertains to academic performance. Midshipmen are required to maintain a term and cumulative grade point average (GPA) greater than or equal to 2.5 on a 4.0 scale. Midshipmen must pass all Naval Science courses and required classes for their degree program.

Aptitude – This category applies to physical fitness, swim qualification, military bearing, and general behavior. Midshipmen will receive an evaluation twice a year that assesses their aptitude. To remain in good standing, midshipmen must satisfactorily pass the

physical fitness tests, complete the required qualifications and demonstrate the character and competence required of a future Navy or Marine Corps officer.

Medical – This category covers illnesses or injuries that potentially affect a midshipman's academics, ability to meet required fitness or swim standards, or potential to be commissioned. Some examples of conditions requiring medical action include torn ligaments, migraine headaches, mononucleosis, or a broken bone. See the Leave of Absence paragraph of this section for more information.



“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”

- Colin Powell

Academic/Aptitude Status

Good Standing

All midshipmen begin the program in good standing. Midshipmen remain in good standing as long as they meet the program requirements, participate in required activities, and remain on track to graduate and be commissioned within four years.

Warning – Academic/Aptitude

Midshipmen will likely be placed on a warning status for an academic or aptitude GPA of less than 2.5. Warning status may require mandatory study or workout hours and a weekly meeting with their NROTC advisor, as well as additional actions as required.

Probation – Academic/Aptitude

Midshipmen will be placed on probation for an academic or aptitude GPA of less than 2.25, failure of a required class, or a first time PFA failure (excluding seniors). Midshipmen 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 or disenrollment.

Performance Review Board – Academic/Aptitude

The Performance Review Board (PRB) is a three member board, usually convened by the Executive Officer, to review the performance of a midshipman. The PRB may recommend a change in student status, including leave of absence or disenrollment. A PRB

may be convened for repeated poor academic or aptitude performance, multiple or repeated class failures, multiple PFA failures (first-time failures for seniors), failure to meet program requirements prior to the prescribed deadlines, or a positive drug test, as well other reasons as the Commanding Officer requires.

Leave of Absence – Academic/Aptitude/Medical

A leave of absence (LOA) may be recommended for any of the reasons listed above, as well as for medical problems (while awaiting further evaluation), or if the student requires more time to graduate. During LOA, all benefits are suspended, including tuition and stipends; your student will be required to cover all of his/her own expenses. The midshipman will be notified, in writing, of the actions required to be returned to good standing. Under normal circumstances continued participation in the NROTC program will be one condition of the LOA.

Students may request a LOA for personal reasons or to pursue graduate education. The student then voluntarily elects to cover their own expenses for the term(s) that they are not participating in the NROTC program.

A student may be placed on Medical LOA following certain illnesses, injuries, or elective surgeries, pending further medical evaluation. Your student should keep copies of all records and doctor assessments.



Provided that your student heals quickly, and the U.S. Navy Bureau of Medicine concurs that your student is physically qualified for commissioning, tuition is reimbursable. If, for some reason, your student is not commissionable following their injury or illness, a determination will be made by the Naval Service Training Command (NSTC) regarding disenrollment and recoupment.

Disenrollment and Recoupment

Disenrollment is the voluntary or involuntary removal from the NROTC program. The most common reasons for disenrollment are the following (note—this list is not all-inclusive):

- Failure to meet required actions during academic or aptitude LOA,
- Second PFA failure or failure to meet Good-Low standard during senior year, and

- Illegal Drug use (automatic PRB and disenrollment processing for first instance of wrongful use).

Scholarship midshipmen who voluntarily separate from the NROTC program during their freshman year are not required to reimburse the program. However, midshipmen incur an obligation on September 1st prior to their sophomore year.

Before scholarship tuition payment can be made for the Fall term, midshipmen must be in “good standing” for the first 45 days of the Fall term. If they lose their standing any time prior to the 46th day of the Fall term, their tuition may not be paid and they may be liable to the university for all tuition and fees for the term.

Shortly after returning from NSI, every scholarship student signs a copy of the NROTC Scholarship Service Agreement which explains this in further detail.

Scholarship midshipmen who are disenrolled after the first day of their sophomore year will be subject to monetary recoupment. Midshipmen are required to reimburse the government for all expenses incurred during their time in the program if they are disenrolled. Disenrolled students may request or may be assigned active enlisted service in lieu of monetary recoupment.

A student who is disenrolled for medical reasons may or may not be required to reimburse the Naval ROTC program for expenses incurred. Most often they are required to provide reimbursement.

College Program midshipmen may disenroll from the program at any time prior to being placed on Advanced Standing. Once a college program midshipman is placed on Advance Standing or receives a scholarship, they incur the same obligation as those who entered the program on scholarship.



Activities

Midshipmen in the NROTC program participate in many different activities.

Weekly Activities

In addition to attending classes, midshipmen will participate in the following activities each week during the academic year:

Monday:

PT, 0600-0700
Club Activities, 1800-1900

Tuesday:

Leadership Lab, 0700-0750

Wednesday:

PT, 0600-0700

Thursday:

Drill, 0700-0750

Friday:

Fitness Enhancement Program (for applicable midshipmen), 0600-0700

Additionally, midshipmen will often participate in battalion events that occur after classes during the week or on weekends. These include study hall, Marine Option training (in preparation for Officer Candidate School), naval community interest clubs, and community involvement.

Clubs

Semper Fidelis Club

The intent of the Semper Fi Club is to provide mentorship to future Marine Corps officers in all areas

pertaining to good conduct and effective leadership. In this regard, the primary aim is to instill confidence, decisiveness, initiative, and to expand the knowledge base of the Corps' future leaders. Each member of the club is assigned a mentor to guide them along the path to becoming successful leaders of Marines.

The objectives of the club are achieved through professional military instruction, a demanding physical training regimen, and field exercises aimed at preparing midshipmen for Officer Candidate School and future service as a company grade officer in the operating forces.

Aviation Club

The aviation club's mission is to educate midshipmen interested in becoming pilots or naval flight officers in the Navy or Marine Corps. Additionally, the club helps with preparation for the Aviation Selection Test Battery, which all potential aviators need to take in order to be eligible for selection. The aviation club may do fundraising activities in support of an annual trip to a nearby U.S. Naval base, where midshipmen tour the facilities and get a close-up look at different aircraft.



Submarine Club

The purpose of the Oregon State NROTC Submarine Club is to promote camaraderie and esprit de corps among future members of the Navy's "Silent Service" and those selected for the Surface Warfare Nuclear Program. The club activities include monthly meetings, briefs given by current and former submarine officers and enlisted, and sometimes a trip to the Officer's Submarine Ball in Northwest Washington.

Surface Warfare Club

Surface Warfare Officer (SWO) Club's mission is to educate midshipmen and interested students at OSU in the science and history of surface warfare in the U.S. Navy. Furthermore, the club helps prepare those interested in surface warfare for leadership roles in the SWO community. Club activities include briefs, game nights, and using the COVE ship simulator to practice ship driving skills in a virtual environment. Fundraisers are conducted to help fund a trip to the Portland Rose Festival where participants can tour U.S. Navy ships and learn more about the fleet.

Other Activities

The OSU NROTC Battalion hosts several unit functions each year including: Veteran's Day Parade, Northwest Navy competition, Joint Service Olympics, Joint Service Review, Spring Awards Ceremony, as well as several Commissioning ceremonies. These activities allow midshipmen to interact outside of the battalion and help build relationships between midshipmen and the local community.

Additionally, midshipmen attend a Navy and Marine Corps Birthday Ball during the fall term. Also, seniors participate in a Senior Mess Night which is a formal yet fun dinner with their classmates and staff. These events give midshipmen the opportunity to interact with officers and civilians at a military social function. Participation in these events help reinforce Navy customs and etiquette that will serve them well in their future military careers.

Joint Service Review and the Spring Awards Ceremony

The annual Joint Service Review (JSR) is conducted at OSU during the spring term. The Army, Naval, and Air Force ROTC units conduct a formal military parade before commanding officers and university officials.

The Spring Awards Ceremony, that follows JSR, is an opportunity to recognize midshipmen with awards for outstanding performance, academic achievements and community service. Parents are encouraged to attend both events.

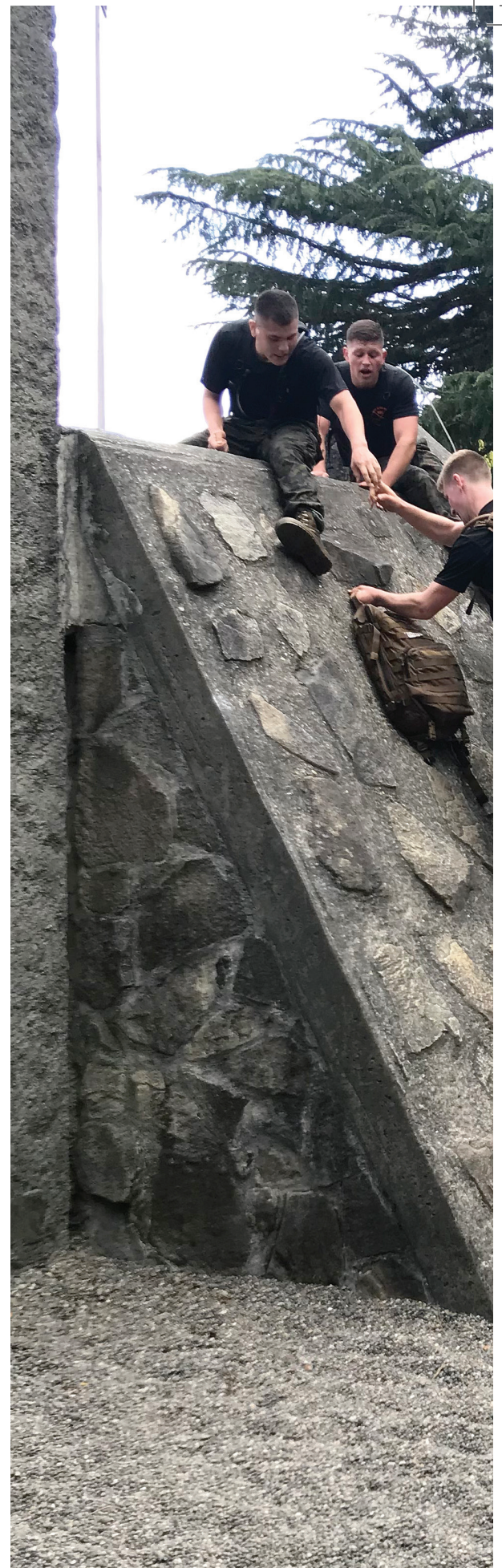


Northwest Navy

Northwest Navy is an opportunity for midshipmen from various NROTC units to participate in a regional competition. Participating units include Oregon State University, University of Washington, Washington State/Idaho, and University of Utah. Each of the universities host the event on a rotating basis. Midshipmen compete in sporting events, as well as events that test military knowledge and skills. Midshipmen of all skill levels are encouraged to compete. Parents are welcome to attend this event and cheer on their midshipmen. OSU NROTC's unparalleled record of success at this competition over the years has earned the Beaver Battalion the title, "The Best in the West...and the Rest!"

Community Service

Community service is central to the NROTC mission of developing midshipmen morally, mentally, and physically. Both ongoing and single-day events are planned throughout the year. Opportunities such as JROTC drill judging, Veteran's and Memorial Day support, food and blood drives, Relay for Life, and March of Dimes are a few of the services that OSU midshipmen support.





NROTC Annual Recurring Events

SEPTEMBER

- New Student Orientation
- Fall term begins
- Welcome Back BBQ

OCTOBER

- Physical Fitness Assessment/Test
- Birthday Ball
- Annual Alumni Tailgater
- Fall FEX
- Uniform Inspection

NOVEMBER

- USMC Birthday Cake Cut Ceremony
- Veteran's Day Parade

DECEMBER

- Fall Commissioning
- Winter Break

JANUARY

- Winter term begins

FEBRUARY

- OSU Food Drive
- Battalion Change of Command
- Book Drive

MARCH

- Winter Commissioning
- Spring Break

APRIL

- Spring term begins
- Northwest Navy competition
- Uniform Inspection
- Joint Service Olympics

MAY

- Joint Service Review/ Spring Awards Ceremony
- Associated Military Leaders of Oregon Dinner for Grads
- Iron Owl Challenge
- Spring FEX
- Uniform Inspection
- Memorial Day events
- Physical Fitness Assessment/Test
- Battalion Change of Command
- Senior Mess Night

JUNE

- Spring Commissioning
- OSU Commencement

Graduate Education

Midshipmen will have several opportunities for graduate study during their careers. Navy and Marine Corps officers are encouraged to attain advanced degrees, and some funding is available for graduate education. Most graduate study opportunities come later as officers advance in their careers; however, there are two ways for midshipmen to pursue an advanced degree directly after finishing their undergraduate degree.

Graduate Leave of Absence

Midshipmen desiring to pursue their graduate degrees immediately following graduation may request a Graduate Leave of Absence (GLOA). The student postpones commissioning in order to pursue graduate education at their own expense.

Immediate Post-Graduate Opportunities

Midshipmen at the top of their class may be eligible for Graduate School opportunities. Competitive programs are also available for overseas study or study at local universities, with full or partial Navy funding. Additional obligated service accrues when these benefits are accepted.

Life after NROTC

Service Assignment

The summer prior to senior year, Navy midshipmen submit their top five choices for warfare communities in which they would like to serve. A service assignment package is assembled and reviewed by the commanding officer, who endorses their choices based on their performance while in the NROTC program. The packages are then forwarded to Naval Service Training Command for final approval.

This is a competitive process where grades, physical fitness, and overall aptitude are evaluated. During Fall term the results are announced and midshipmen receive official orders to their first duty stations.

Marine Option midshipmen attend The Basic School (TBS) after commissioning. Marine officers are assigned their Military Occupational Specialty (MOS) upon successful completion of TBS.

Military Service Requirements

All midshipmen who participate in the NROTC program and are commissioned into the Navy or Marine Corps agree to a minimum service commitment:

Surface Warfare/Submarine Warfare/Special Warfare

5 years active duty

Aviation – Pilot/Naval Flight Officer (Navy or Marine)

6 years active duty after wings (Naval Flight Officer)

8 years active duty after wings (Pilot)

Marine Corps – MOS dependent

4 years minimum active duty



Glossary of Terms and Abbreviations

Advanced Standing

College program midshipman in his/her junior or senior year who is receiving a stipend and has agreed to serve on active duty in the Navy or Marine Corps

BCA

Body Composition Assessment (Navy)

BCP

Body Composition Program (Marines)

College Program

Midshipman who is voluntarily participating in the NROTC program without scholarship benefits.

CORTRAMID

Career Orientation and Training for Midshipmen: Summer Training for rising sophomores

First Class

Fourth year midshipman (usually a senior)

Fourth Class

First year midshipman (usually a freshman)

LOA

Leave of Absence

Marine Option

Midshipman who will be commissioned as a 2nd Lieutenant in the Marine Corps following graduation

Midshipman

Student participating in the NROTC program

MOS

Military Occupational Specialty (MOS), Marines

Navy Option

Midshipman who will be commissioned as an ensign in the Navy following graduation

NSO

New Student Orientation

NROTC

Naval Reserve Officer Training Corps

OCS

Officer Candidate School. Successful completion required for midshipmen to commission as Marine officers

PFA

Physical Fitness Assessment (PRT+BCA)

PFT

Physical Fitness Test (Marines)

PRB

Performance Review Board

PRT

Physical Readiness Test (Navy)

Scholarship Student

Midshipman whose tuition is being paid for by the NROTC program

Sea Trials

Required training for scholarship midshipmen in the summer between their sophomore and junior year

Second Class

Third year midshipman (usually a junior)

Semper Fidelis Society

Association of all Marine Options and other interested midshipmen

TBS

The Basic School. Marine officers are assigned their Military Occupational Specialty (MOS) upon successful completion of TBS.

Third Class

Second year midshipman (usually a sophomore)

OSU NROTC Useful Numbers

NROTC INFORMATION

(541) 737-6289

FAX NUMBER

(541) 737-3183

COMMANDING OFFICER

(541) 737-5606

EXECUTIVE OFFICER

(541) 737-5607

MARINE OFFICER

INSTRUCTOR

(541) 737-5608

FRESHMAN CLASS ADVISOR

(541) 737-5620

SOPHOMORE CLASS ADVISOR

(541) 737-5610

JUNIOR CLASS ADVISOR

(541) 737-5611

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<http://nrotc.oregonstate.edu>

SOCIAL MEDIA

[facebook.com/OregonStateNROTC](https://www.facebook.com/OregonStateNROTC)
[instagram.com/oregonstatenavalrotc](https://www.instagram.com/oregonstatenavalrotc)



How to Apply.



Naval Reserve Officer Training Corps

nrotc.oregonstate.edu