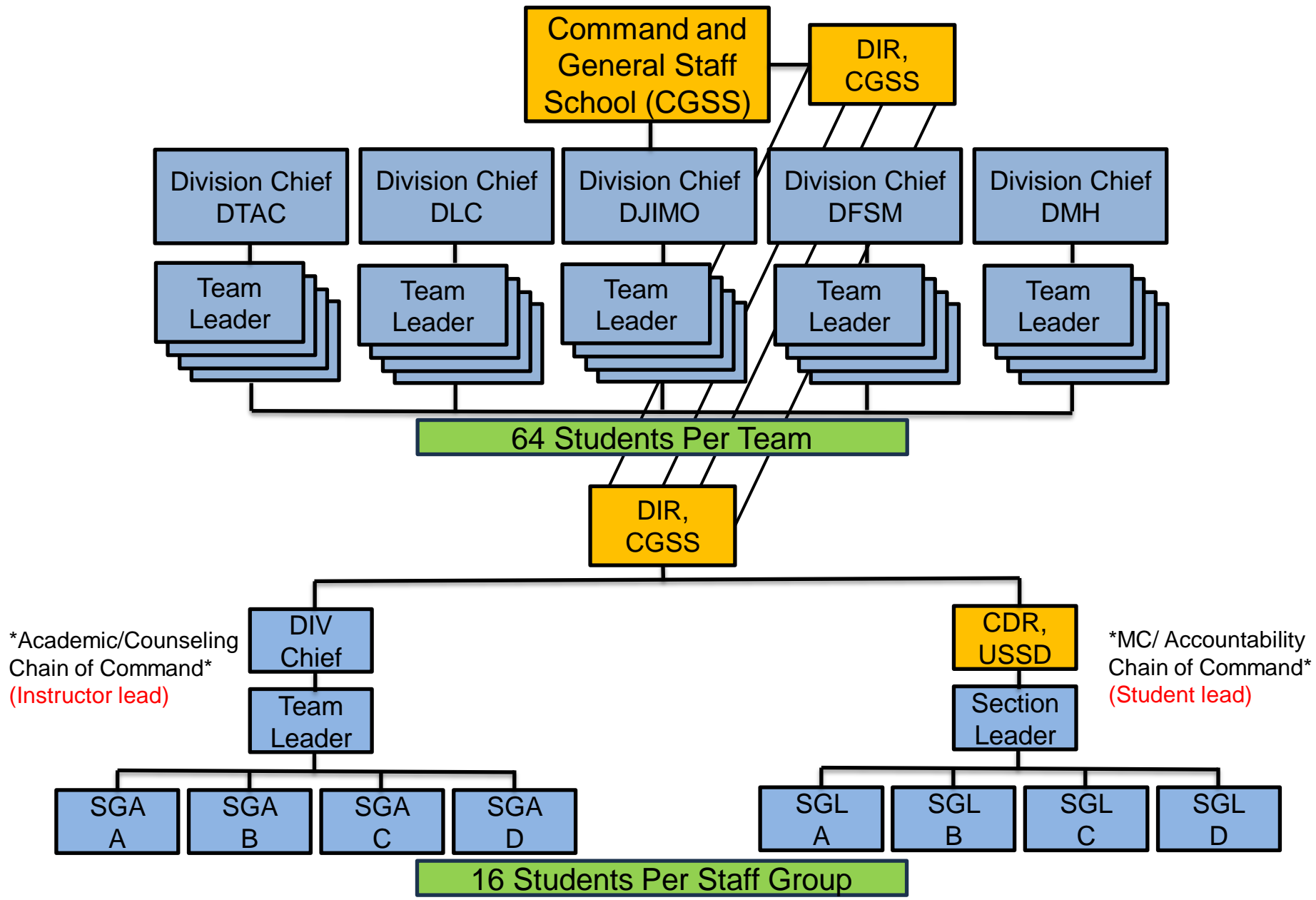




## Agenda

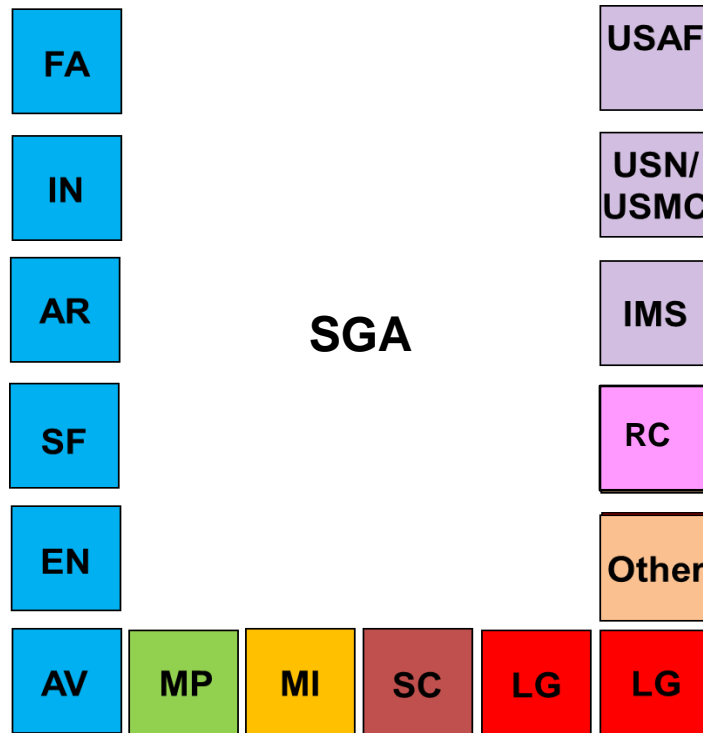
- Organization and Chain of Command
- Staff Group and Teaching Team Organization
- U.S. Student Detachment Organization
- Arrival Challenges
- Absences
- Physical Fitness
- CGSOC Healthcare
- Counseling & Religious Services
- Family Opportunities
- Study Habits & Time Management
- Summary and Conclusion





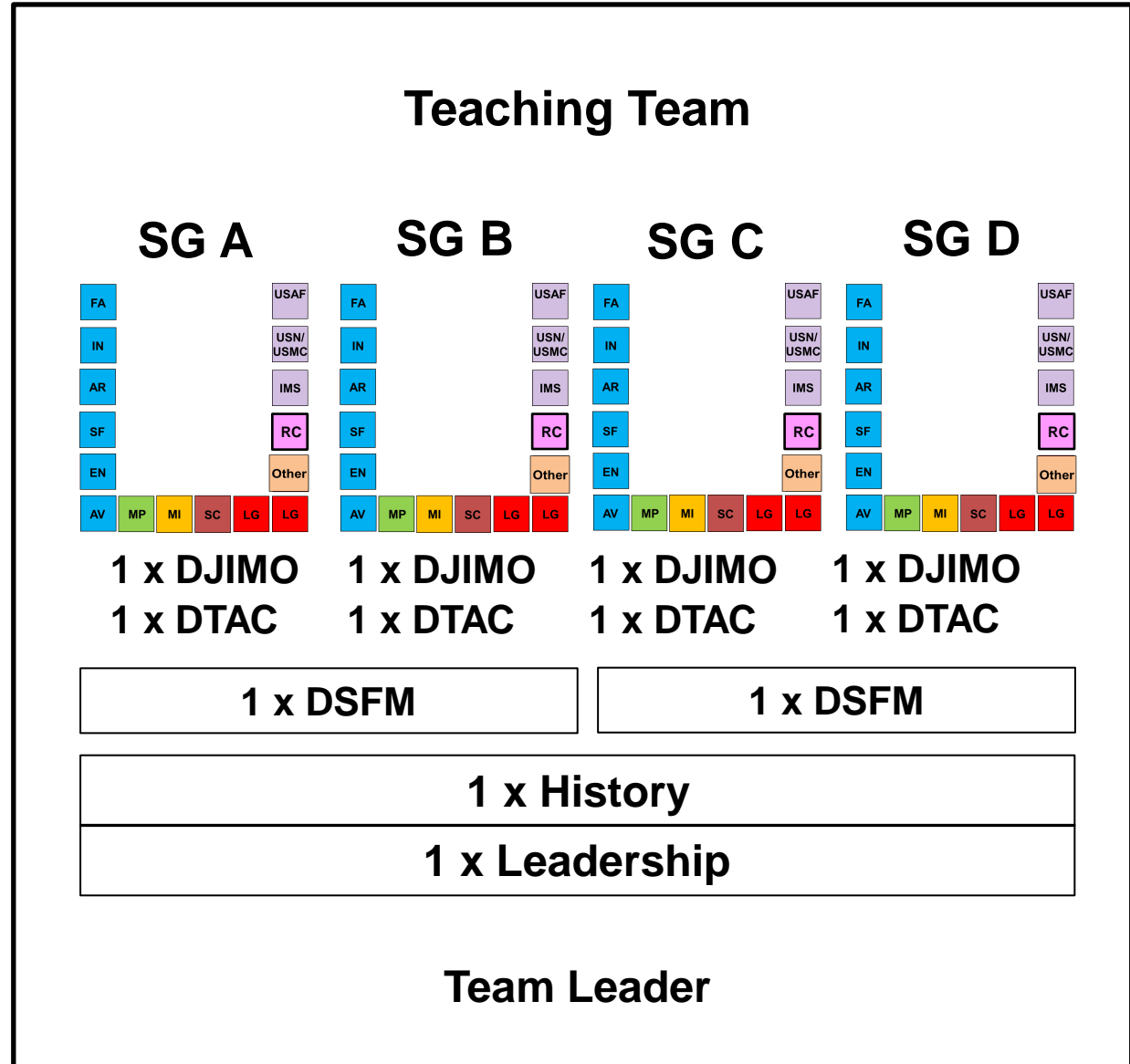


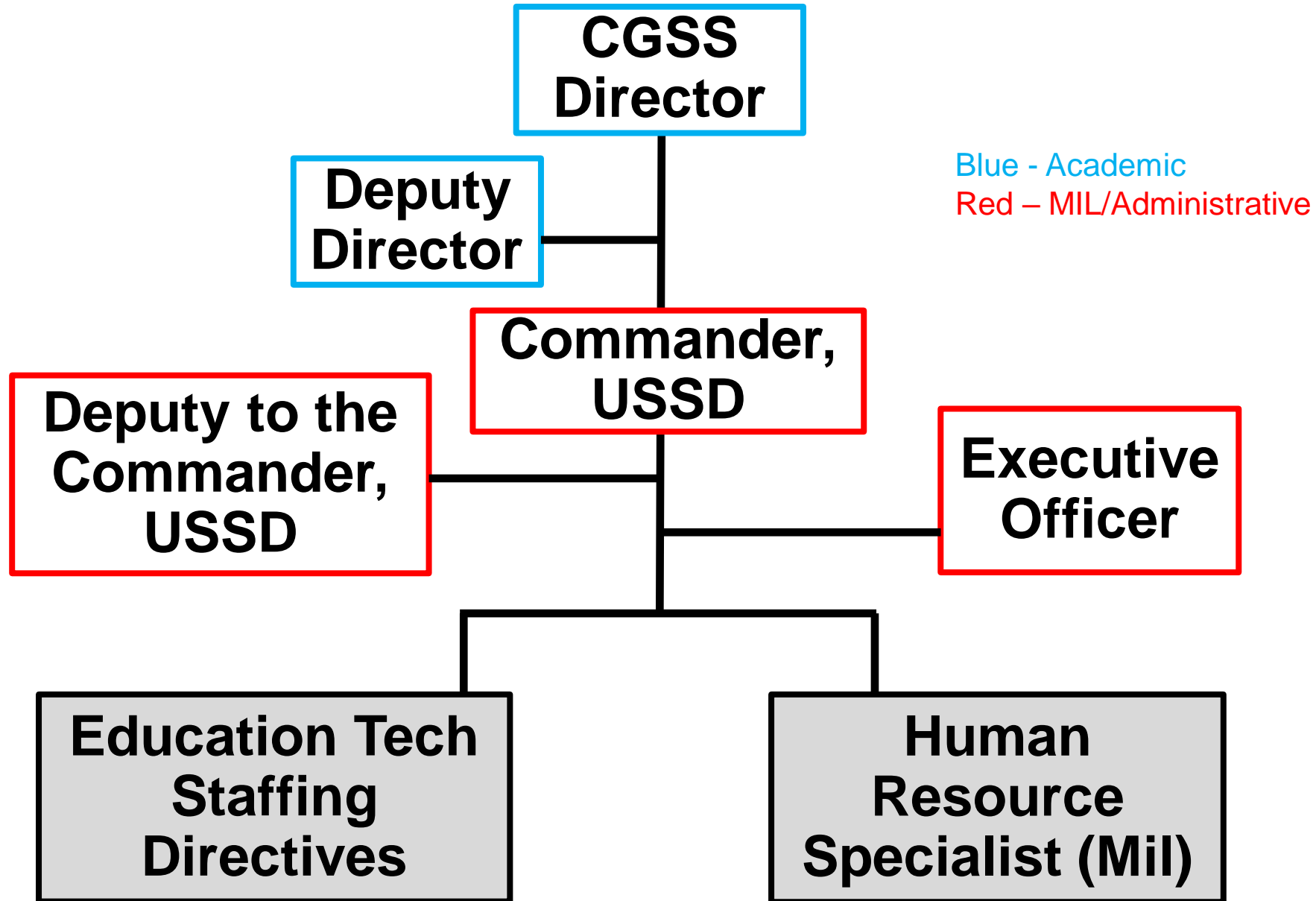
## Objective Staff Group



Objective Staff Group = 16  
 6 x (IN/AR/AV/FA/EN/SF), 1 x (MP/CM/CA/AD),  
 1 x (MI), 1 x (SC/CY/EW/IO/PO), 2 x (LG),  
 1 x (CH/JA/AG/FI/FA49/FA50/FA59)

## Teaching Team







## **PCS & PTDY Absence Requests**

- PCS Leave ends day prior to report date on orders
- Errors may create issues departing/arriving in IPPS-A

## **Smart Vouchers**

- 5 days to complete after arrival
- Validate acceptance
- <https://smartvoucher.dfas.mil/voucher>

## **Childcare**

- Military Options - <https://militarychildcare.com/>
- Civilian Options - <https://ks.childcareaware.org>
- Parent Central & Outreach Services - 913-684-5138/4956  
<https://leavenworth.armymwr.com/programs/parent-and-outreach-services>

## **Army Online Access**

- Army Azure Virtual Desktop (AVD) - Allows access to Army software and tools
  - A365 Teams and Microsoft Suite; Email; Adobe; IPPS-A
  - <https://aka.ms/GoArmyAVD>
- Blackboard



## Leave/Pass

- Students are authorized to take leave and pass during CGSOC
- Approved on case-by-case basis
- Pass will only be approved if not missing a class day
- Leave will be required for any absence occurs on a class day
- Additional documentation may be required based on length and type of absence

## Absence Opportunities

- Thanksgiving (4-day)
- Winter break (2 weeks)
  - Includes Christmas and New years
- Spring break (1 week)
- Memorial Day (4-day)

## Parental Leave

- Students are authorized to use parental leave during the school year IAW MPLP
- Extensions authorized past 1 year of birth for days in a resident course
  - ALARACT 018/2023 Para 7.B.





## ACFT & HT-WT

- Twice per academic year
  - 1 during in-processing (July)
  - 1 prior to graduation (February – May)
- Required to pass to graduate from CGSOC

## Physical Fitness

- No mandatory organized physical fitness
- Opportunities for various sports and fitness activities throughout the year
- Two on-post gyms: Gruber Fitness Center & Harney Sports Complex



## CGSC Surgeon Cell

### Contact Information

1. MAJ Grant Adams – CGSC Surgeon  
[grant.e.adams.mil@health.mil](mailto:grant.e.adams.mil@health.mil), 913-684-4249
2. CPT Bernadette Greene – CGSC BHO  
[bernadette.h.greene.mil@army.mil](mailto:bernadette.h.greene.mil@army.mil), 913-547-1934

### Healthcare While on FLKS

#### 1. During Duty Hours / Routine

- a. **CGSC Sick Call (Room 4551, Lewis & Clark Building)**
  - 1) Mon/Weds/Fri - 0700-0800
  - 2) Students / Staff / Faculty (Active Duty, TRICARE)\*
    - a) \*Not authorized to see dependents.
- b. **Munson Army Health Center (MAHC, 550 Pope Ave.)**
  - 1) MAHC Appointment Line: **913-684-6250**
    - a) Open 0700-1600
    - b) Same-day appointments available (First Come First Served)
  - 2) MAHC Information Desk: **913-684-6000** or **800-250-3462**
    - 1) Open 24hrs/day

#### 2. After Duty Hours / Emergencies

- a. Call 911 if life-threatening emergency
- b. TRICARE Nurse Advice Line – **1-800-874-2273**
- c. Visit local Urgent Care\* / ER
  - 1) \*Urgent Care visits require referral (can call MAHC Appointment Line for retroactive referral if needed). ER visits do not require referral.

## Achieving Medical Readiness

### Readiness Components / Contacts:

1. MEDPROS - <https://medpros.mods.army.mil/portal/#/>
2. Vision
  - a. Basic vision screening
    1. Surgeon Cell (Lewis and Clark, RM 4551)
      - a. Walk-ins – 0800-1500 hrs
    2. \*No contact lenses allowed for exam\*
  - b. Formal exam or glasses needed
    1. Munson Multispecialty Clinic (first floor)
    2. Appointment Line: 913-684-6250
3. Dental
  - a. Smith Dental Clinic: 913-684-5516
    1. 520 Pope Ave, FLKS, 66027
  - b. Note: Visit required for Red; Green/Amber is adequate
4. Hearing
  - a. Munson Multispecialty Clinic (first floor)
  - b. Munson Appointments: 913-684-6250
5. HIV Draw
  - a. Walk-in to Munson Lab (first floor) – no appointment needed
    1. Hours: 0730-1630
6. Immunizations
  - a. Walk-in to Munson Primary Care Clinic (third floor)
    1. Hours: 0800-1200, 1300-1530
7. Periodic Health Assessment (PHA)
  - a. Complete Part 1 online (<https://rc.mods.army.mil/MHA/>)
  - b. Complete Part 2 PHA:
    1. VIPRR Clinic – call 1-844-863-3236 to schedule virtual appointment or
    2. CGSC Surgeon Cell (RM 4551, email to set up time)





## COUNSELING SERVICES

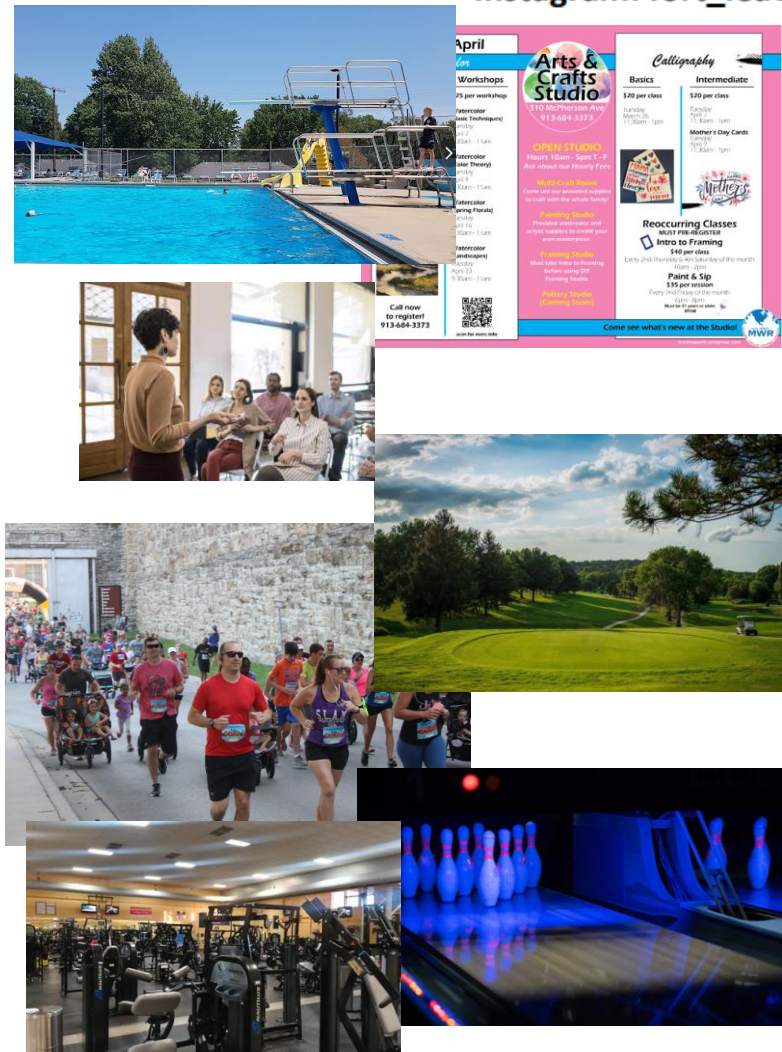
- CGSC Chaplain Andrew Muilenburg  
Location: Lewis & Clark Bldg, Room 4541  
Email: [andrew.c.muilenburg.mil@army.mil](mailto:andrew.c.muilenburg.mil@army.mil)  
Phone Number: 425-220-3164
- Family Life Chaplain Dan Herring  
Location: Pioneer Chapel, 500 Pope Ave  
Email: [daniel.a.herring2.mil@army.mil](mailto:daniel.a.herring2.mil@army.mil)  
Phone Numbers  
O: 913-684-8997  
GC: 913-680-7336
- Military Family Life Counselors  
Location: Resiliency Center, 600 Thomas Ave  
RM 136  
Alyssa Gammage  
571-497-9321  
Rachelle Huddleston  
256-749-7169

## RELIGIOUS SERVICES

- Protestant Christian Service  
0830 Pioneer Chapel  
1100 Frontier Chapel
- Gospel Interfaith Service  
1030 Pioneer Chapel
- Catholic Mass  
0930 Frontier Chapel
- Liturgical Worship Sunday  
0830 Memorial Chapel
- Episcopal / Anglican Worship  
1030 Memorial Chapel
- Other needs call – (913) 684-2210

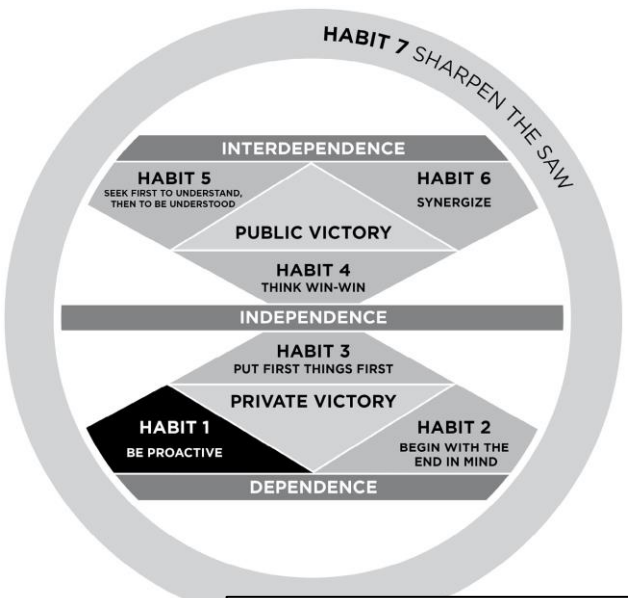
- **ACS**
  - **SOS, EFMP, AVC, AER, MFLC, FRP, ERP, AFTB, FAP, NPSP**
  
- **Sports and Fitness**
  - **Harney Sports Complex, Gruber Fitness Center, Intramural Sports, Aquatics, Trails West Golf Course**
  
- **Arts & Crafts Studio – Workshops and Classes**
  
- **CYS – Childcare, Camps, Workforce Preparation**
  
- **Outdoor Recreation**
  - **FLKS Aero Club, FLKS Fox Hunt, Rod and Gun Club, Hunt Lodge, Stables and Horses, Equipment Rental, Skeet & Trap**
  
- **Auto Crafts Center**
  
- **Community Events (Stay Up to Date on the MWR Website)**
  
- **Recreation**
  - **Theater, Strike Zone Bowling, Leisure Travel Services**

Facebook: ACS Fort Leavenworth  
Facebook: Fort Leavenworth FMWR  
Instagram: fort\_leavenworth\_fmwr





## 1. Practice Your Habits



## 2. Budget Your Time

Week #:	5-11 AUGUST 2024	Name: AY CGSOC STUDENT						
Roles	Weekly Goals	Monday 5-Aug-24	Tuesday 6-Aug-24	Wednesday 7-Aug-24	Thursday 8-Aug-24	Friday 9-Aug-24	Saturday 10-Aug-24	Sunday 11-Aug-24
Presence	Physical Fitness (6-8 hours / week)							
Develops	Prepares self (Sleep: 6-8 hours / day) Creates a positive environment (Family / Social: 10-14 hours per week)							
Intellect	Mental agility (Study: 20-25 hours) (Leisure / Mental Health: 6-10 hours)							
Achieves	Gets results (Class: 30 hours)							
		Today's Priorities						
		Appointments/Commitments						
		0430 Wake-up	0430 Wake-up	0430 Wake-up	0430 Wake-up	0430 Wake-up	0430	
		0500 Fitness	0500 AM Fitness	0500 AM Fitness	0500 AM Fitness	0500 AM Fitness	0500	
		0600 Study	6:00 AM Study	6:00 AM Study	6:00 AM Study	6:00 AM Study	0600	
		0700 Family / Social	7:00 AM Family / Social	7:00 AM Family / Social	7:00 AM Family / Social	7:00 AM Family / Social	0700	
		0800	8:00 AM	8:00 AM	8:00 AM	8:00 AM	0800	
		0900	0830 - 1220 C101	0830 - 1220 C151	0830 - 1020 C11	0830 - 1020 C151	0900	
		0930 International Flag Ceremony			1030 - 1220 C152	1030 - 1220 C112	1000	
		1030 Flag Ceremony Reception					1100	
		1200	1230-1330 Lunch	1230-1330 Lunch	1230-1330 Lunch	1230-1330 Lunch	1200	
		1330 - 1340 PM SGA Student Staff Group Development	1330 - 1540 CAL CLA / Athena Assessments (Staff Groups A/C)	1330 - 1540 CAL CLA / Athena Assessments (Staff Groups B/D)	1330-1530 C152	1330 Study	1300	
		1530 Study	1530 Study	1530 Study	1530 Study	1530 Study	1400	
		1600 Study	1600 Study	1600 Study	1600 Study	1630 Study	1500	
		1700 Study	1700 Study	1730 Study	1700 Study	1730 Study	1700	
		1800 Family / Social	6:00 PM Family / Social	6:00 PM CAC CG Spouse Orientation Eisenhower Auditorium	6:00 PM Family / Social	6:00 PM Family / Social	1800	
		1900 Family / Social	7:00 PM Family / Social	7:00 PM Family / Social	7:00 PM Family / Social	1900 Family / Social	1900	
		2000 Study	8:00 PM Study	2000 Study	8:00 PM Study	2000 Family / Social Time	2000	
		2100 Mental Health	2100 Mental Health	2100 Mental Health	2100 Mental Health	2100	2100	
		2130 Sleep	2130 Sleep	2130 Sleep	2130 Sleep		2100	
		After Hours: Sleep 2100-0430 (7 hours)	After Hours	After Hours	After Hours	After Hours	After Hours	

Weekly Hours	Activity
168	Starting hours
49	Sleep (7 hr / day)
7	Fitness (7 hrs/wk)
10-14	Family / Social
30	Class
25	Study
10	Leisure/Mental Health
135 hours	Used
33 hours	Remaining

## 3. SQ3R Reading Strategy

- **Survey:** Get an overview
- **Question:** What are you trying to answer?
- **Read (Actively):** Skim, Main points, scanning
- **Recite:** Repeat the main take aways
- **Review:** What are 2-3 take aways

## 4. Focus Your Effort

- Plan your reading and assignment completion approach
- Find your focus method (i.e.: The Pomodoro Technique, <https://youtu.be/dnt2ITdcn8g>)
- Execute the plan!





**Thank you for watching!**

**Enjoy your upcoming year.**

**Command and General Staff Officer Course**