

Rucksack Essentials – Self Development – “Choose to Win, Grow and Thrive”

Modules	Instructions
OARNG Mobile App Download and Join Your Unit Group	Open Google Play on your Android phone and search “Ohio National Guard” by Straxis Technology or ... Open the AppStore on your iPhone and search "Ohio Army National Guard"
Rucksack Essentials Overview	Check out Rucksack Essentials on the OARNG Mobile App. Rucksack Essentials is also available on milSuite and the Adjutant Generals Website – Members-Transition Assistance.
State Command Sergeant Major Message “Choose to Win, Grow, and Thrive”	<p>Do You Take Your Commitments Seriously? https://www.franksonnenbergonline.com/blog/do-you-take-your-commitments-seriously/</p> <p>Watch Admiral McRaven https://www.youtube.com/watch?v=TBuIGBCF9jc “Life is a struggle and the potential for failure is ever present, but those who live in fear of failure, or hardship, or embarrassment will never achieve their potential. Without pushing your limits, without occasionally sliding down the rope headfirst, without daring greatly, you will never know what is truly possible in your life.” — William H. McRaven</p>
Living the Army Values	<p>Watch Living the Army Values at: https://www.goarmy.com/soldier-life/being-a-soldier/living-the-army-values.html</p>
Military OneSource	<p>Sign-up for the Military OneSource eNewsletter https://www.militaryonesource.mil/epublications Check out the newly developed MOS Benefits Guide for National Guard and Family Members (23-minute read)</p> <p>Examine the interactive tools and services available on MOS https://www.militaryonesource.mil/confidential-help/interactive-tools-services</p>
Essential Communication First Line Leader; Employer; Family	<p>Watch the MOS Webinar - Communication Training https://www.militaryonesource.mil/training-resources/webinars/communication-and-assertiveness-training/</p>
Your Health	<p>Check out the MOS Health and Wellness information and services at: https://www.militaryonesource.mil/health-wellness</p> <p>Recommend signing up for a Health and Wellness Coach</p>

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Healthcare – TRICARE Reserve Select	TRS - https://www.tricare.mil/trs Also Check Out TRICARE Webinars; Medical Readiness is mission essential ... are you covered?
Smart Money Choices	<p>Take these 4 MOS Money Matters Courses https://www.militaryonesource.mil/training-resources/money-matters</p> <ol style="list-style-type: none"> 1. Car Buying Strategies 2. Consumer Credit 3. Developing Your Spending Plan 4. Investing in Your Future
Military Education – Distributed Leaders Course	DLC is required learning that continues throughout a career and that is closely linked to and synchronized with classroom and experiential learning. DLC sets the conditions for continuous growth both as a warrior and a warrior leader. No time like the present to work with your Unit Training NCO to enroll.
Career Connections-Employment Preparation Skilled Trades	Need a Job – Contact Your Ohio National Guard Employment Specialist – Find their contact information on the OARNG Mobile App
Effective Stress Management	<p>Listen to the MOS Podcast - Take Control: Stress Solutions On The Go -</p> <p>https://www.militaryonesource.mil/training-resources/podcasts/take-control-stress-solutions-on-the-go</p>
Psychological Health Resources	<p>Discover the vast array of resource and services available near you On the OARNG App - OHIOCARES</p> <p>Download an MOS Wellness App at: https://www.militaryonesource.mil/health-wellness/recommended-wellness-apps</p> <p>Read the MOS Article - Spiritual Wellness: The Importance of Hope, Connection and Purpose</p>
Responsible Choices	<p>Own Your Limits https://www.ownyourlimits.org/responsible-drinking/ What is responsible drinking?</p>
Healthy Relationships	<p>Listen to the MOS Podcast Healthy Relationships https://www.militaryonesource.mil/training-resources/podcasts/healthy-relationships</p>

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Sexual Harassment and Assault Prevention	<p>What is my responsibility in preventing sexual harassment and assault?</p> <p>Download, sign and display this pledge to support your fellow Soldiers and Airmen because “Protecting Our People Protects Our Mission” https://ong.ohio.gov/programs/sapr/index.html</p>
Family Readiness and Warrior Support Services	<p>Find your Regional Soldier and Family Readiness Specialist on the OARNG App</p>
Youth and Family Activities	<p>Review the Family Readiness Program of Events and Resource Guide on the OARNG App</p>
Financial Readiness	<p>Department of Defense Office of Financial Readiness</p> <p>Find resources, education and support for every stage of financial readiness at: https://finred.usalearning.gov/</p> <p>Listen to the MOS Podcast - Programs to Help Service Members Stay Financially Fit</p> <p>In the OARNG App find the Personal Financial Counselor in your area.</p>
Individual Development Plan Career Track – <ol style="list-style-type: none"> 1. Technical 2. Apprenticeships 3. College 4. In- Demand Job 5. Education and Incentives Options and Responsibilities Training 6. MOS Crosswalk 7. Resume Development 	<p>What do I want to do for a living?</p> <p>https://www.mynextmove.org/</p> <p>Build your future with O-NET OnLine</p> <p>https://www.onetonline.org/</p> <p>Contact your National Guard Employment Support Specialist – Information located in the OARNG App</p> <p>Check out Ohio Means Jobs Apprenticeships at http://apprentice.ohio.gov/</p>
Education Benefits Policy Review and Account Establishment <ol style="list-style-type: none"> 1. Create ONGSP account 2. Create GoArmy Ed account 3. Contact the Education Service Officer 	<p>Learn more about your Education Benefits at: https://ong.ohio.gov/programs/education/index.html</p>

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<p>Maintain a Resilient Military and Civilian Life</p>	<p>Sign-up for one of the following Military OneSource - Resilience Essential Tools:</p> <ul style="list-style-type: none"> ▪ Coach Hub; Mood Hacker; Love Every Day <p>Review the Interactive Tools Available through MOS</p> <p>https://www.militaryonesource.mil/confidential-help/interactive-tools-services</p> <p>Watch the Resilience Overview Documentary</p> <p>What is Resilience, what are the benefits of being resilient, and how can one build their resilience?</p> <p>https://www.youtube.com/watch?v=Nz0GkKRvDc0</p> <p>An introduction to the Comprehensive Soldier & Family Fitness (CSF2) program.</p> <p>CSF2 helps Soldiers, Family members, and Army Civilians stay healthy while facing challenges common in Army life. It teaches long-lasting skills that can help you succeed in all aspects of your life, producing benefits in times of conflict and in times of peace.</p> <p>https://www.youtube.com/watch?v=GKSdqoIogOg</p>
<p>VA – eBenefits Registration Learn about VA Benefits & Services</p>	<p>Register on the VA eBenefits site at: https://www.ebenefits.va.gov/</p> <p>Read the MOS Article - Veterans Affairs Health Care Benefits</p>