

Important Post-Secondary Military Information to Remember!

Qualifications:

Each branch of the military requires you to meet specific qualifications to be considered. The following is a list of “mandatory requirements” provided by local recruiters. You will want to check with your recruiter about which specifically apply to you.

- High School Diploma – NO GED’s will be accepted; Cum GPA – Some branches require 2.0 or higher
- Criminal History – **No Felonies**, No arrests regarding drug use/distribution/paraphernalia
- Tattoos – No visible tattoos (i.e. around wrist, above neck, on hands, etc.), No Offensive/Inappropriate tattoos (i.e. gang affiliation, Neo-Nazi affiliation, etc.)
- Physical Mutilation – No dermals, gauging—no light can be seen through the hole or it will need to be surgically closed, etc.
- Dependents – Some require 1 or no dependents, others require marriage if a dependent exists.
- Must pass a physical – ADHD, Asthma, family history of medical concerns, poor eyesight, loss of hearing, poor depth perception, color blindness, etc. can be grounds for disqualification.
- Taking prescription medication for health issues, etc. can be grounds for disqualification.
- History of repeated psychiatric visits/counseling can be grounds for disqualification.
- Must meet height and weight requirements and be in top physical shape.

Physical Testing:

Each branch has a specific set of physical requirements you must meet at a minimum to be considered. This is a minimum and pales in comparison to the Physical Test required at the end of Boot Camp

Marines

- Males – 2 arm pull-ups in 2 min, 44 modified sit-ups in 2 min, 1.5 mile run in 13:30
- Females – Chin Hold above bar 12 sec, 44 modified sit-ups in 2 min, 1.5 mile run in 15:00

Navy

- Males – Above 42 pushups in 2 min, around 42 modified sit-ups in 2 min, 1 Mile in 12 min 15 sec
- Females – Similar numbers, slightly more time given on mile

Army

- Males – 13 pushups, 13 sit-ups, 1 mile in 8 min 50 sec
- Females – Similar numbers, slightly more time given on mile.

You will need to connect with your recruiter about when and where testing will take place.

ASVAB Testing:

Your ASVAB scores determine what jobs you will qualify for in the military. Please visit the following web links to find out the ASVAB score requirements for your desired area of interest:

Air Force - http://www.military.com/ASVAB/0,,ASVAB_MOS_USAF.html

Army - http://www.military.com/ASVAB/0,,ASVAB_MOS_Army.html

Coast Guard - <http://www.uscg.mil/hq/capemay/education/asvab.asp>

Marines - http://www.military.com/ASVAB/0,,ASVAB_MOS_USMC.html

Navy - http://www.military.com/ASVAB/0,,ASVAB_MOS_Navy.html

Recruiters:

The following is a list of local military recruiting office #'s:

- *Air Force* – 10925 North SR 2 Newport Hwy, 99218, (509) 465-2551
- *Army* – 10925 N Newport Hwy, Ste 4, 99218 – 509.484.6934
- *Marines* – 10925 North Newport Highway #7,99218, (509) 353-4604
- *Navy* – 516 E Francis Ave, 99208 – 509.484.1731

Military Track – 5th Year Plan

Checklist of Requirements

Washington State requires each graduating senior complete a 5th year plan that outlines and documents their post-secondary high school plan. To complete the requirements for a post-secondary **Military Track** plan, please follow the checklist below:

Verification of Military Branch:

Branch: _____

Recruiter: _____

Recruiter Contact Info: _____

ASVAB Test Scores:

- Student must provide photocopy of ASVAB Scores

Signed with Military/Boot Camp Entry Date:

- Student must provide photocopy of signed military contract that shows they have committed to the military and documents Boot Camp Entry Date.

Academy/ROTC Application and Scholarship Application:

- Student must provide acceptance letter for the college/academy they are attending.
- Student must provide documentation of FAFSA completion (Screenshot)

Completed/Passed Physical Exam:

- Student must provide photocopy/printout of verification that Physical Exam has been taken and passed as a step toward admission into the service.

Remember, each branch of the military has different character/physical expectations. You need to check with your recruiter to make sure you meet all that apply!

Also, if you are planning on following ROTC/Academy route, it is **mandatory** that you complete the FAFSA. FAFSA assistance is provided at NC on the following dates and times:

Tues, Jan 15 – 6 p.m. – 7:30 p.m. in the Library

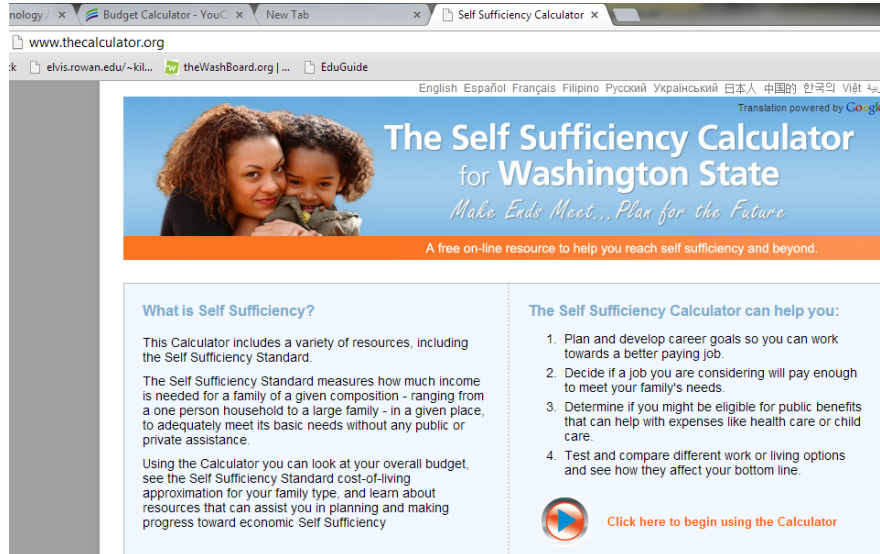
Sat, Jan 19 – 9 a.m. – 12:30 p.m. in the Library

Tues, Feb 5, 6 p.m. – 7:30 p.m. in the Library

Please contact Mrs. Pascal at JoeyP@spokaneschools.org for clarification of your student's 5th Year Plan Requirements!

5th Year Plan Mandatory Budgeting Activity

The purpose of this budgeting activity is to help you see what kind of costs you will face as you start out after you graduate. If you have not already thought about it, you need to start thinking about where you will be getting your money from and how you will be budgeting to make sure you are able to pay your bills and, ideally, place some money into savings!



Step 1:

Visit

www.thecalculator.org

Step 2:

Click on the link that says “Click here to begin using the Calculator”

Step 3:

Choose “I Agree” at the box explaining this calculator is for educational purposes.

Step 4:

Enter your personal information... they do not store it.

Please fill out your personal information below.

First Name

County

Enter the ages of each member in your household, including yourself, separated by a comma

Total number of people in household

Helpful Hints

We do not store this information; all information is deleted when you exit the calculator.

Enter your first name, then select the location which is closest to where you live.

Next enter the ages of each member of your family with each age separated by a comma (example: 34,12,9).

Don't use the back button on the browser - use tabs and "next" buttons to navigate within the site.

Note: As you complete this activity, use the numbers/scenarios you plan for next year when you are graduated.

1. Enter your first name so you can identify your printout when it comes off the printer.
2. Select **Spokane** as the county you live in (unless you are living in a different county).
3. When you enter the ages of the people living in your household, be sure to separate their ages by commas (i.e. 40,38,18,7).

5th Year Plan Mandatory Budgeting Activity

Step 5:

Click Next – This will take you to a screen that shows you the Self-Sufficiency wage needed to support that situation—how much money you need to get by at the bare minimum! Print this screen.

Step 6:

Click Next and Complete the Income portion of the page.

Earned Income

Do you get paid: Choose hourly if you do not currently have a job as that is how most jobs will pay you.

How much do you get paid per hour: If you do not currently have employment, enter the minimum wage, \$9.04, as your hourly wage.

How many hours per week: Most students out of high school work between 24 and 40 hours per week, if you do not currently have a job, enter 40 hours.

Other earned income and/or earned income from other family members per month: How much will your roommates be paying.

Unearned Income

Estimate the numbers. If you do not receive these services now, put 0 in the boxes.

How much unearned income from other sources per month? This means how much money will you get from your parents or grandparents, etc. per month if they choose to help you with your bills.

Click Next

Step 7:

Now you have an opportunity to choose the costs you intend to have next year:

Housing

1. How much will you pay for rent? (you may need to do a little research for this)
2. How much do you pay per month for utilities? (this means how much do you plan to pay for heat, water, and someone to pick up your garbage each week)

Child Care

If you have no children, you would place a 0 in the boxes. If you do, this includes costs of day care, babysitters, etc.

Health Care

Many students are covered on their parent/guardian's insurance. If you do not pay for health insurance, you should expect to pay full price for any type of health expenses... prescriptions, doctor's visits, etc.

5th Year Plan Mandatory Budgeting Activity

Food

Think about how much you spend on lunch or snacks when you go to the grocery store. Now think about how many meals you eat in a month. Estimate your costs. (i.e. if you do not cook and you spend, on average, \$6 every time you eat a meal, that is 6×3 (for three meals a day) * 28-31 (for the number of days in the month). That is approx. \$540 in food for meals—not counting snacks or coffee from Starbucks!

Transportation

Gas, bus fares, etc. (Some also include the costs of maintaining the car—oil changes, etc.)

Miscellaneous

It has provided an estimation but remember, that would include things like your cell phone, any clothing purchases, school materials, etc.

Click Next – You are taken to a breakdown of your information you just entered. Double check to ensure all is correct.

Step 8:

Click Move on to Final Report

This screen shows you what your numbers look like in comparison to the Self-Sufficiency standard. Take a moment and notice if you have an Income Surplus (you make more than you intend to spend) or Shortfall (you make less than you intend to spend). Also note, it is suggested you put 10-15% of each paycheck into your savings so you have a fund to fall back on (in case of emergency).

How will you be able to cover your finances?

Click “Print this Page” from the drop-down menu at the bottom and press GO.

Step 9:

Take this printout home to your parent/guardian—if you do not have one you are in contact with, you may choose another adult living on their own. Show them your figures, and ask them the following things (record their answers on a separate sheet of paper).

1. How close do you think my numbers are to an accurate financial picture for me (i.e. did I calculate enough for rent/utilities, did I over estimate or underestimate in any areas)?
2. What would you recommend for me as I prepare to be financially responsible for myself?
3. Are there any expenses you do not see listed that you think should be included in the budget?

Have them sign your notes. Attach it to your info sheet. Answer the following question and submit your packet to Mrs. Pascal in Rm 115 for completion of the budgeting task of your 5th Year Plan.

How prepared are you to financially support yourself? Explain!!!