

Discipline

Current as of
18 July 2019

Lesson Plan

Objective: Support continued alignment of personal values and Air Force standards through reinforcement of Airmanship core competencies.

Overview: How to continue to apply the tools received in BMT to reach goals and have continued success throughout your Air Force career.

Instructional Aids: White board, Facilitator Course Note Taker

Foundational Competencies: Accountability, Teamwork, Communication, Perseverance, Decision Making, Results Focused, Flexibility, Self-Control, Leadership, Initiative, Precision, Analytical Thinking and Resilience.

Resources:

Lesson Outline: Self-Discipline

Introduction	
MP 1. Introduction a. Attention Step: BMT Marching/Graduation (Video) b. Motivation: What's missing? (How did you gain discipline in BMT)	10 Minutes
MP 2. Airman Responsibilities (AFH 36-2618) a. Why do you think Air Force Leaders put this in AFH 36-2618 b. What are your goals in the next 2 to 4 years? c. What barriers would prevent you from reaching your goals? d. What positive changes would you make in your life to ensure you achieve your goals?	20 Minutes
MP 3. Reaching Goals Through Adversity a. Facilitator leads off with personal account of a mistake made in his/her life. b. What mistakes have you made in your life? 1. Did you own it? 2. What were the consequences? 3. What did you learn from it? 4. How did you get through it?	20 Minutes
MP 4. Conclusion a. Summary b. Re-motivation	10 Minutes
Total Course Time	60 Minutes

Overview: Today we are going to talk about—(OVERVIEW)

Attention Step: View the video of Basic Military Trainees in formation, graduating and receiving instruction and discipline from their Military Training Instructor (MTI). After the video has been viewed, highlight instances of instilled discipline in order to correlate to the topic of where Tech Trainees will require self-discipline in lieu of instilled discipline. Reinforce examples of MTI to Trainee interactions.

Transition: *As you transition through the Airman Tier your responsibilities will increase but these are your Junior Enlisted Airman Responsibilities as outlined in Air Force Handbook 36-2618, Enlisted Force Structure.*

READ: *Junior Enlisted Responsibilities are to “Focus on adapting to military requirements, being part of a profession of arms, and achieving occupational proficiency”*

Motivation: Discuss with Airman what is missing regarding discipline, now that they have transitioned to Technical Training. Additionally, draw out questions concerning how to maintain self-discipline throughout Technical Training and in the future.

MP2: Airman Responsibilities

MP Overview: Discuss goals and duties which influence future action as it pertains to Airmanship. Ask questions about why our leaders decided to outline Airman Responsibilities in AFH 36-2618 and how it relates to self-discipline. Ask about future goals and how the Air Force has a disciplined, structured approach to reach you military goals. Energy alone will not motivate your audience, you need to be charismatic! Charismatic briefers inspire people to take what they have learned and apply it.

Transition: Use previous discussion to tie into next Main Point (MP). Example: *“We all want to reach our goals but sometimes we encounters bumps in the road, but you can’t let that stop you.”*

MP3: Reaching Goals through Adversity

MP Overview: Discuss mistakes as it relates to Airmanship. Ask open-ended questions about past mistakes and ways in which you responded, have learned and have grown. There are four ways to conduct presentations: formal lecture, informal lecture, guided discussions and experiential lessons. A guided discussion is one way communication where the briefer delivers information to the audience.

SUMMARY: In closing, today we talked about Airmanship topics and how promote continued alignment of personal values and Air Force standards through reinforcement of Airmanship core competencies. Finally, after sharing life stories and emotions; it is important to have a solid conclusion summary and re-motivation statement will help to ensure future involvement.

REMOTIVATION: Now you are armed with the knowledge to effectively reach goals and have continued success throughout your Air Force career. I hope to leave you with a feeling of enlightenment and energized to employ what you have just learned. My desire is that you enjoyed this course.