



@USNPEOPLE WEEKLY WIRE

1.) GMT 2016: 5 Things You Need to Know/ 8 SEPT 15 [\[LINK\]](#)

Chief of Naval Personnel Public Affairs

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2.) Chief of Naval Personnel Discusses Sailors' Concerns during Visit to US 5th Fleet / 9 SEPT 15 [\[LINK\]](#)

Chief of Naval Personnel Public Affairs

"This visit is important for me to hear what's on Sailors' minds and listen to their concerns," said Chief of Naval Personnel Vice Adm. Bill Moran. "These men and women are where it matters, on the Navy's front lines conducting a variety of operations and its imperative I understand how the personnel policies we create in Washington affect our Sailors, especially those forward deployed."

3.) Chief of Chaplains Discusses Chaplain Corps Myths, Suicide Prevention Month / 10 SEPT 15 [\[LINK\]](#)

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4.) Experts Bust 5 Advancement Exam Myths/ 08 SEPT 15

NAVY TIMES, Mark D. Faram

Sailors love scuttlebutt, and at just about every command, ashore and at sea, it ferries myths around the passageways about everything from Navy regs to the ship's schedule. Advancement exams are no different. These myths can hamper your preparation. The test counts, and there are no trick questions.

5.) NAVADMIN bi-weekly roll-up:

Every other week, we roll up the latest NAVADMINS from Naval Personnel Command. Below are the latest:

- Navy Winners for the 2015 Secretary Of Defense Maintenance Awards [\[LINK\]](#)
- FY-16 General Military Training Schedule [\[LINK\]](#)
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or find it online at www.navy.mil/cnp

1.) GMT 2016: 5 Things You Need to Know/ 8 SEPT 15 [\[LINK\]](#)

Chief of Naval Personnel Public Affairs

As Secretary of the Navy Ray Mabus announced in his May 2015 speech at the Naval Academy, the Navy is ending General Military Training (GMT) as we know it.

NAVADMIN 213/15, issued Sept. 8, codifies the Navy's revamped GMT program requirements for this upcoming fiscal year, standardizes the required training lessons for all uniformed personnel, and gives commanding officers flexibility to tailor training for their individual units.

Here are 5 things every Sailor needs to know:

1. The revamped GMT program results in a more than 40 percent reduction in annual training requirements and is designed to empower command leadership to tailor training topics to the needs of their Sailors.

2. The revamped GMT program begins Oct. 1, and is broken down into two components:

- Standardized Core Training (SCT) and Navy Command-Assigned Readiness-Enhancement (CARE) Training

3. The below SCT topics must be conducted by all uniformed personnel during the upcoming fiscal year. SCT uses standardized training materials; some will require in-person instruction while others can be completed on an individual basis. Here are the topics that are mandated this upcoming fiscal year:

- Sexual Assault Prevention and Response (SAPR)
- Equal Opportunity/Sexual Harassment/Grievance Procedures
- Suicide Prevention
- Combatting Trafficking in Persons (CTIP) General Awareness
- Antiterrorism Level I Awareness
- Counterintelligence Awareness and Reporting
- Operations Security
- Privacy and Personally Identifiable Information
- Records Management
- Cybersecurity Awareness

4. CARE is a flexible, locally-run training program that allows commanding officers to prioritize and customize training for their units. The four topics that are required, once per deployment cycle or biennially for those commands in which a deployment is not applicable, are:

- Alcohol, Drugs and Tobacco Awareness
- Stress Management
- Domestic Violence Prevention and Reporting
- Sexual Health and Responsibility

There are five additional CARE topics that should be delivered at the discretion of the command and have no minimum periodicity:

- Physical Readiness
- Hazing Policy and Prevention
- Personal Financial Management
- Operational Risk Management
- Energy Policy

5. All Individually-completed web-based training is automatically recorded and tracked in the individual's electronic training jacket. Command-delivered training completion is documented in FLTMAPS (Fleet Training Management Planning System). For additional information related to the GMT program and to access the GMT Web page, go to Navy Knowledge Online (NKO) at <https://www.nko.navy.mil>. Once logged into NKO, select the "GMT" option under the "Personal Development" menu item to access the Navy's GMT page.

For more information on the Naval Education and Training Command, visit the NETC website: <https://www.netc.navy.mil>.

2.) Chief of Naval Personnel Discusses Sailors' Concerns during Visit to US 5th Fleet / 9 SEPT 15 [\[LINK\]](#)

Chief of Naval Personnel Public Affairs

MANAMA, Bahrain (NNS) -- The Navy's top personnel officer is visiting Sailors this week assigned to Bahrain as well as those units deployed to the Navy's U.S. 5th Fleet area of operations in the Middle East.

"This visit is important for me to hear what's on Sailors' minds and listen to their concerns," said Chief of Naval Personnel Vice Adm. Bill Moran. "These men and women are where it matters, on the Navy's front lines conducting a variety of operations and it's imperative I understand how the personnel policies we create in Washington affect our Sailors, especially those forward deployed."

So far, Moran has met with Sailors assigned to the U.S. 5th Fleet's headquarters, as well as those stationed aboard the amphibious assault ship USS Essex (LHD 2). Moran discussed a variety of topics including the Meritorious Advancement Program, uniform changes, advancement results, compensation, and many of the Navy's new personnel initiatives during a series of all-hands calls and meetings with Sailors.

"My commitment to you, is to ensure to the best of my ability, that we have personnel policies that are focused on trust, balance and stability," Moran said. "We've come a long way in manning the fleet and bringing in high quality Sailors. New initiatives that support empowering commanding officers, timely recognition of talent, and more transparent processes are part of that effort."

This visit marks the second time Moran has visited Sailors in the U.S. 5th Fleet as CNP.

Moran will also visit Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) in the coming days as well as other U.S Navy ships at sea and aircraft squadrons before returning to the U.S.

As the Chief of Naval Personnel, Moran answers to the Chief of Naval Operations on matters of the Navy's manpower readiness. He also serves as the deputy chief of naval operations (Manpower, Personnel, Training Education/N1) and oversees the Bureau of Naval Personnel, Navy Personnel Command, Naval Education and Training Command, and Navy Recruiting Command.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

3.) Chief of Chaplains Discusses Chaplain Corps Myths, Suicide Prevention Month / 10 SEPT 15 [\[LINK\]](#)

Chief of Naval Personnel Public Affairs

The Chief of Navy Chaplains recently dispelled several myths the Fleet harbors about the Chaplain Corps and connected the important role of chaplains in building Sailor and family resiliency to Suicide Prevention Month.

Rear Adm. Margaret Grun Kibben spoke on the Weekly Wire Rundown, an informational video blog produced by the Office of Chief of Naval Personnel (CNP), and the full video can be viewed below.

September is Suicide Prevention Month, and Kibben said that chaplains play a crucial role in prevention and intervention by giving Sailors a safe outlet to discuss their problems.

“When an individual is struggling with something in their lives and they just really want someone to talk to about all those issues—whether suicide is on the table or not—they know that they can come to a chaplain with complete confidentiality,” said Kibben.

Among the primary rumors that Kibben said she has encountered in the Fleet is the idea that chaplains will try to convert Sailors or “just do religious stuff.”

“You set the agenda when you come to talk to us,” said Kibben. “If you want to go down a discussion where we talk about religion, I’m all over it, but if you just want to talk through some stuff and you don’t want to put that religious flavor on it, we are still an advocate for you.”

A final point Kibben emphasized is the 100 percent confidentiality between chaplains, and Sailors and family members.

“Chaplains are not mandatory reporters, in any case, in any situation,” added Kibben. “It’s what makes us unique from any other provider that’s out there.”

You can find more information on 100-percent confidentiality with chaplains here.

You can get more news and information from the Chief of Chaplains’ office by following them on Facebook: www.facebook.com/chiefofnavychaplains/

Their blog: <http://chaplaincorps.navylive.dodlive.mil>

And website: www.navy.mil/local/crb

4.) Experts Bust 5 Advancement Exam Myths/ 08 SEPT 15

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Sailors love scuttlebutt, and at just about every command, ashore and at sea, it ferries myths around the passageways about everything from Navy regs to the ship’s schedule. Advancement exams are no different.

These myths can hamper your preparation. The test counts, and there are no trick questions. And in the future, a strong test score will mean even more to those hoping to make E-4. Knowing the ins and outs of the test is key.

“We think that sailors should be aware of two things about the exam, the purpose of the exam and the design of the exam,” said Tom Updike, a retired master chief who runs exam development and analysis at the Navy Advancement Center.

Updike spoke to Navy Times a few weeks before the Spring 2014 advancement cycle to discuss ground truths and dispell rumors so you’re armed with the best info.

Here are five common misconceptions that the Navy's experts say can hold you back on the test:

Misconception: The test is about passing.

Reality: It's about getting a higher score than the next guy.

The tests are designed to measure your knowledge, and the results are used to rank you against everyone else. Only 3 percent of test-takers fail, so the real challenge is scoring high enough to make the cut.

"We take the number of questions answered correctly for each sailor in each paygrade and we distribute those scores on a scale," Updike said. That leads to the creation of a standard score, which ranges from 20 to 80.

If your standard score was 50, you answered more questions correctly than half the test-takers.

"If you score an 80, that only means you scored more questions right than anyone else — that does not mean you aced" all of the exam questions, Updike said, to dispel another misconception.

Misconception: The test is less important for sailors with great evals.

Reality: The test becomes a tiebreaker in ratings with small quotas.

"If you have 100 people eligible for advancement [in a given rating and paygrade], but there's only quotas for 10, chances are that all of those 10 are [early promote] sailors," and so everyone's scores are equal, explained Updike. In this case, he continued, "it's the test that must differentiate who advances, though awards and education points help."

When a rating is wide open, evals do play a bigger role. But your test score is still important, Updike cautioned.

Misconception: Some questions aren't based on the references.

Reality: Test-preparers ensure everyone comes from the source material.

There may be some stumpers in there, but all questions — 150 occupational and 24 on professional military knowledge — are based on the publications, officials stress.

Fleet experts write and approve all questions and verify that each one stems from a Navy publication, said Patty Gibson, who heads exam development at the Navy Advancement Center.

"It's absolutely required that every question on a Navy advancement exam be sourced to a valid reference — it may not read word-for-word from the reference, but the content is reflected in that," Gibson said.

The experts also decide the topics covered by the exam and how many questions are devoted to each topic, based on their importance to the rating.

Misconception: Some out-of-date questions are designed to be curveballs.

Reality: No tricks, just a result of long lead time.

The exams are designed by visiting rating experts — E-7 and above — who come to the center on temporary duty for a couple weeks each year. They remove obsolete questions and write new ones.

But the process of printing and mailing tests to the fleet can take up to year — that means by the time you take the tests, some questions may address obsolete systems.

Officials say these questions are rare — and not intentional.

“We have a very dedicated group of team leaders who monitor the changes in equipment and procedures and documentation in the fleet,” Gibson said. “We really work hard to keep our exams as up to date and accurate as possible.”

In the end, the panels produce seven exams total — enough for a complete year’s set of cycles. Two each for E-4 through E-6 exams and one E-7.

Misconception: Shore duty sailors do better because they have more time to study.

Reality: Dead wrong.

Sailors on sea duty tend to score better, even though the test does not factor in whether a sailor is at sea or ashore.

Over three recent cycles during which the Navy tracked such data, sea duty sailors make E-4 20 percent more often than their shore duty peers. Similarly, E-5 advancements skew 11 percent toward sea duty sailors and 7 percent for E-6.

“We are a sea going military service, so most of our exams are going to be reflective of the work being done out on the deck plates,” Updike said.

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