

SOCIAL MEDIA & YOU

If you're on social media, remember that as a CAP cadet, you represent CAP in everything you do. In uniform or out of uniform, your actions reflect upon the Cadet Corps and the Air Force. Therefore, when you use social media, please:

Be respectful. Don't bully anyone. Don't call people names or use profanity. Continue to address CAP senior members and other adults in positions of authority as sir or ma'am.

Pause before you post. Once something goes onto the web, it's there forever. If you're angry or frustrated by something, it's tempting to "get even" or write something mean-spirited. Online fights and flame wars reflect badly on you. Before you post something, pause and think.

Police your own. Help make the web a positive space. If you see a fellow cadet behaving badly on the web, send a private message reminding him or her of our Core Values. If someone talks about self-harm or harming others, tell an adult. Be a leader on the web.

Friend & follow. Join the CAP and CAP Cadet Programs Facebook and Twitter feeds to stay informed about cadet programs news.



AMBASSADORS *of the* DRUG-FREE ETHIC

Because of their Core Values, the Air Force Surgeon General has challenged cadets to be ambassadors of a drug-free ethic. Of course, cadets don't use drugs, but they also lead other youth through their example. Because the U.S. Air Force does not tolerate drug use, neither does CAP. Through activities such as the Red Ribbon Leadership Academy, you'll be called upon to impart your drug-free attitude upon younger (non-cadet) youth.



SQ3R

STUDY SKILLS *to* HELP YOU RANK-UP

A proven way to study so you can earn the Spatz or a Service Academy appointment.

1

SURVEY

Look through the assignment. Get a sense for what you'll be reading. Notice each boldface heading and subheading. Organize your mind before you begin to read and build a structure for the many thoughts and details to come.

2

QUESTION

When your mind is actively searching for answers to questions, that's when you'll really learn. As you read, turn every title heading into a question. For example, if faced with a heading "Definition of Leadership," turn that into "What is the definition of leadership?"

3

READ

Read one section at a time to find answers to the "question" you created. Highlight key passages. Put the author's words into your own by writing notes in the margins. Reading is an intellectual activity; if you're just passing your eyes over the page, you're doing it wrong.

4

RECITE

After each section, stop and recall your questions and see if you can answer them from memory. If not, review the text again, as often as necessary. Don't move to the next section until you can recite the answers from the previous section.

5

REVIEW

Once you've finished the entire chapter using the preceding steps, go back over the questions you created for each heading. Get your notepad and outline what you've read. The day before the test, review those notes.