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The Standard.

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Game Baby, Game Day! By Sammy Alpert

This is the time of year when the football season winds down, we transition into woolies, finals approach and the Corps moral begins to decline as our stress level steeply increases. Luckily for us, this also marks the beginning of the basketball season! Starting off strong with three solid wins and coming off a great season last year the Keydets are already looking to have a promising 2012-2013 basketball season.

After the heartbreak of just missing a slot in March madness, they are looking

forward to continuing to push farther ahead. While it is the basketball team is pushing VMI to new limits, it is our job to provide strong support from the Corps, just as we have in the past years. Be sure to get your Big Red shirts and cheer the Keydets back onto Sports Center!

With all of this upcoming excitement we must remember to be responsible at the upcoming games. This is an institute event and we all see members of commandant staff there cheering with us. No one wants to be the one to ruin

game day with an A1. So let's just keep the games on the court and fun for everyone and show our full support to the team.

Also, if you would like any more information from CPE, be sure to check out our table at the Saturday home games.

Just look for our banner!

Keeping a Clear Mind By Jordan Bailey

With the semester winding down and Christmas lights appearing around barracks, we tend to forget that maintaining our own well-being is essential to this time of year. Throughout our days here at the "I" our mental, physical, and spiritual well-being is tested and it is vital that we take

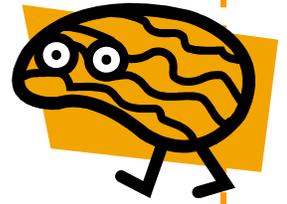
time out of our hectic schedule to assess ourselves. Here are some common sense ways to help you maintain that "never say die" attitude until your last exam is complete and you go on to winter furlough. Physically we need to eat healthy and exercise. Working out is a

great way to relieve stress and is also something that literally builds a better you. Also, maintaining a balanced diet is important. A balanced diet with healthy snacks throughout the day will greatly aid you in achieving your academic and physical goals while here at school and through-

Clear Mind Cont.

out life. Another often overlooked aspect of life at VMI is the spiritual aspect. Not everyone may in fact feel their spiritual side is necessary. Even seemingly simple things such as meditation or taking a walk/run to clear your mind may greatly aid you in being mentally ready to tackle the challenges of exam

week, which is quickly approaching. Every day we are reminded that we took “The road less traveled” but we still need to finish the journey and by practicing healthy habits we can mitigate problems at VMI and within our own personal lives while excelling.



“Working out is a great way to relieve stress and is also something that literally builds a better you.”

Stress Busters! By Heather Haag

It is that time again! The point in the semester when everything is due, tests need to be taken, and it is common to see cadets begging for extra credit—all before we begin studying for finals. Although this means stress is running high and relaxation is running low, there is good news: STRESS BUSTERS is back! On December 11 from 1100-1300 good food provided by the local churches and plenty of good fun will be provided for any cadet (rats included) who

needs to relieve a little stress. Stress Busters will be in Cocke Hall Main Gym on Dec. 11 from 11—1pm.

It is academic crunch time but taking a minute to relax and maybe laugh a little never hurt anyone; in fact, giving yourself a small break, it may be one of the best ways to keep your mind sharp and focused for the final stretch of the semester, and Stress Busters is a great way to do just that.

SO REMEMBER:

Event: Stress Busters

Location: Cocke Hall Main Gym

Time: 1100-1300

Come out, play some games... shoot some hoops, get a good game of Volleyball going and just enjoy some laughter with some friends.

Laughter reduces stress—it's a proven fact.

Come give it a try.

Aeronautical Decision Making By LT Micheal Teninty, NROTC

ADM is a “systematic approach to risk assessment and stress management” (FAA, 2008b, p. 17-2) built on the pilot’s perceptions and SA of the flight environment. According to the FAA the steps for good decision-making are: “identifying personal attitudes hazardous to safe flight, learning behavior modification techniques, learning how to recognize and cope with stress, developing risk assessment skills, using all resources, and evaluating the effectiveness of one’s ADM skills” (FAA, 2008b, p. 17-3).

lots with four hazardous attitudes were five times more likely to make bad decisions than pilots without hazardous attitudes (Wetmore & Lu, 2006).

For the purposes of this article actions, inactions or omissions, and errors are all considered to be manifestations of human behavior. Fortunately, human behaviors have been classified for the purposes of studying accidents and incidents in aviation. The Human Factors Analysis and Classification System (HFACS) categorizes unsafe acts (unsafe hu-

man behaviors) as either errors or violations (Shappell & Wiegmann, 2000). Errors are further classified as decision errors, skill-based errors, or perceptual errors (Shappell & Wiegmann, 2000). Violations are classified as routine or exceptional (Shappell & Wiegmann, 2000). Table [1] summarizes examples of errors and violations (Shappell & Wiegmann, 2000).

For a complete works cited please contact LT Teninty at tenintymd10@vmi.edu

One component of ADM is the pilot’s attitude. Attitudes can affect a pilot’s decisions and it is important to recognize that fact in pilot performance (Wetmore & Lu, 2006). The hazardous attitudes identified by the FAA are: “anti-authority, impulsivity, invulnerability, macho, and resignation” (FAA, 2008b, p. 17-4).

In a study on the effects of hazardous attitudes on crew resource management, Wetmore & Lu (2006) concluded that hazardous attitudes lead to an increase in risk-taking behavior. The data show that pilots with hazardous attitudes were more likely to accept flights that had greater risk factors, they were more likely to make bad decisions, more likely to make pilot errors, and less likely to use available cockpit resources. In addition, the data showed that there was a cumulative effect where pi-

“HAZARDOUS ATTITUDES LEAD TO AN INCREASE IN RISK-TAKING BEHAVIOR.”

ERRORS	VIOLATIONS
Skill-based Errors	Failed to adhere to brief
Breakdown in visual scan	Failed to use the radar altimeter
Failed to prioritize attention	Flew an unauthorized approach
Inadvertent use of flight controls	Violated training rules
Omitted step in procedure	Flew an overaggressive maneuver
Omitted checklist item	Failed to properly prepare for the flight
Poor technique	Briefed unauthorized flight
Over-controlled the aircraft	Not current/qualified for the mission
Decision Errors	Intentionally exceeded the limits of the aircraft
Improper procedure	Continued low-altitude flight in VMC
Misdiagnosed emergency	Unauthorized low-altitude canyon running
Wrong response to emergency	
Exceeded ability	
Inappropriate maneuver	
Poor decision	
Perceptual Errors (due to)	
Misjudged distance/altitude/airspeed	
Spatial disorientation	
Visual illusion	





Don't do yourself
a disservice by
not taking care of
yourself during
finals.

Coping with Stress Before It Becomes Unhealthy

There are a large number of stressful events at VMI. Despite their frequency there is one event that happens every semester, without fail — exam week. Unavoidable, overwhelming, and a complete terror to most students. Finals affect every class and every major. No one is spared from the tests that can be worth more than a third of your grade. Some rely on unhealthy coping mechanisms such as caffeine, tobacco, alcohol, all-nighters, and energy drinks. These tools are widely used but extremely unhealthy. During times of stress your body needs hydration and sleep. Excess tobacco use during stressful times can rob you of valuable study time. Depriving yourself of sleep only sets you back during exams. Your brain needs a certain amount of sleep to recharge and to transfer studied material from short term to long term memory.

LUCKILY THERE ARE WAYS TO BEAT STRESS ...

and do so in a healthy fashion. **Breathing exercises, meditation, getting enough sleep, and study breaks that can consist of fresh air, a funny show, or listening to music are some ways to unwind. Exercise!** Don't hurt your body with addictive substances or energy shots, strengthen it and get energy from working out and sleeping well.

The CCC is also here for you with "Stress Busters". Come out for games (basketball and volleyball will be available, as well as board and interactive games) and activities to give you a break, clear your mind and have fun.

Baked goods and snacks are available thanks to donations from area churches. I hope to see you there! The more, the merrier!!!