



Army Nursing Frequently Asked Questions

- 1. What is Army ROTC?** Army ROTC is a program that uses classroom instruction and hands-on training to develop students into Army officers capable of effective leadership no matter how stressful the work environment. ROTC classes are taken in conjunction with the nursing curriculum.
- 2. How many hours of the week does ROTC require?** The amount of time students devote to ROTC will vary slightly by school and which year the student is in; for example, freshman and sophomores usually have fewer requirements than juniors and seniors. In general all ROTC programs are made up of the following:
 - a. ROTC Classroom: 2 hours per week
 - b. ROTC Lab: 3-4 hours every two weeks
 - c. Physical Training: 1 hour, three days per week (usually in the morning)
 - d. Field Training Exercise: 2 days (usually over a weekend) once per semester
 - e. Summer Camp: 33 days between the junior and senior year and an additional 21 days for nurses who choose to participate in the Nurses Summer Training Program.
- 3. What is the Nurses Summer Training Program (NSTP)?** NSTP is a 3-week nursing internship. Nurses who participate in this program will work in a one-to-one preceptorship with an Army Nurse Corps officer at an Army hospital for 120 clinical hours. The clinical sites are at the Army's major medical centers in the US, Germany, and Hawaii. The internship travel, lodging, and meals are fully funded by the Army. Not only do students build confidence in their clinical skills, but they also get a better idea of what to expect in their first assignment as a new Lieutenant.
- 4. Can I be in ROTC if my school does not have a program?** Yes, if you are attending an accredited college of nursing you can cross-enroll to a school that has an ROTC program. It is important that the ROTC school is within a reasonable travel distance from the academic school because most students will have to commute to the ROTC school regularly for class, lab, and physical training.
- 5. How do I apply for an ROTC scholarship?** Contact the Scholarship and Enrollment Officer or Recruiting Operations Officer at the ROTC program closest to you. If you are unsure which program that is go to www.armyrotc.com and click on "Find Schools," or contact Captain Theresa Bodnar at 412-397-3937 for assistance.
- 6. How much exercise do I have to do if I am in ROTC?** Physical Training (PT) is usually for 1 hour on 3 days of the week (generally Mon, Wed, and Fri). When students have clinicals that conflict with PT an alternate schedule will be set up. Students must be able to pass the Army Physical Fitness Test (APFT) and Height/Weight (HT/WT) standards in order to receive their scholarship. The ROTC Cadre will work with students to safely train them to pass the APFT.
- 7. What do I have to do to pass the Army Physical Fitness Test?** There are 3 events that make up the APFT; a 2 mile run, push-ups, and sit-ups. The standard for passing depends on age and gender. A 17-21 year old female must be able to do 19 push-ups, 53 sit-ups, and run 2 miles in 18:54. A 17-21 year old male must be able to do 42 push-ups, 53 sit-ups, and run 2 miles in 15:54.



8. **If I am on an ROTC scholarship, how long will I have to serve in the Army after I graduate?** A total of 8 years; the first 4 years will be on active duty (full-time) and the last 4 years can be served in the Army Reserves or the Individual Ready Reserve (IRR). The Army Reserve is one weekend per month plus two weekends per year, and officers in the IRR do not do any regular training.
9. **Do I have to cut my hair if I join ROTC?** Females do not have to cut their hair, however it has to be worn neatly pulled back and off the collar when in uniform. Most males will have to cut their hair to wear it according to Army standards.
10. **Do I have to go to basic training/boot camp if I join ROTC?** No. ROTC provides all of the training that you need to enter the Army as an officer. The camp attended between the junior and senior year is a capstone event where students are evaluated on how they perform as leaders in a variety of stressful scenarios.
11. **I wasn't in Junior ROTC (JROTC) in high school, can I still join ROTC in college?** Yes. The focus of JROTC is simply to motivate young people to be better citizens. If you were in JROTC it will count toward leadership experience on your scholarship application.
12. **Could I get sent to Iraq or Afghanistan if I am in ROTC?** No. However, once you have completed your college degree and you have been commissioned into the Army as an officer, you could be deployed to Iraq or Afghanistan. New graduates will generally stay on station for at least one year to develop their basic nursing skills before being eligible to serve in Iraq or Afghanistan. Army nurses in Iraq or Afghanistan do not participate in war fighting. They work in hospitals providing nursing care to wounded soldiers and civilians.
13. **Can I have a family if I am in the Army?** Absolutely! You can get married and have children when you are in the Army. In fact, over half of active duty military service members are married.
14. **Does the Army tell me where I will live?** You will name your top 10 assignment preferences and you will most likely be placed in one of those locations based on the needs of the Army. For the first duty assignment, placement is tied to your performance in ROTC and college. Students with strong performance in ROTC and a high GPA will most likely get one of their first requests.
15. **Where can I get stationed at as an Army nurse?** New graduate Army nurses are assigned to one of 25 different medical facilities that provide in-patient care. These hospitals are located in Germany, Hawaii, Korea, Washington DC, Texas, North Carolina, Georgia, Washington (state), Colorado, Missouri, Virginia, Louisiana, Kansas, Kentucky, Oklahoma, New York, Alaska, and California. After the first assignment the choices for duty location open up to 37 different medical facilities and additional areas throughout the US.
16. **Do I have to move frequently if I am in the Army?** Most assignments are for 3 years, however, some officers will move after 1-2 years and others might stay on the same station for 4-5 years. It varies by where you go for your first assignment and what you would like to do in your second assignment.



17. **Do I have to work all the time if I am in the Army?** No. Army nurses get time off just like nurses in the civilian hospitals. Most Army nurses will be working 12-hour shifts, so it is not uncommon to work 2-4 days on followed by 2-4 days off. It will equal out to about 40 hours per week. Army nurses also get 30 days of paid vacation every year. This is an excellent benefit; very few employers provide this much paid time off.
18. **What type of nursing can I do if I am an Army nurse?** Most new graduate Army nurses will start out in general medical-surgical nursing for at least the first year of experience. After developing critical thinking and time management skills they can choose to attend training for a variety of specialized areas such as critical care, emergency nursing, labor and delivery, community health, mental health, or perioperative nursing. In addition to learning a clinical specialty Army nurses will also get experience in administration, education, and leadership positions.
19. **Can I get a Master's Degree if I am in the Army?** YES, and it is the best deal you will ever find. Army nurses not only get their Masters education paid for by the Army, but they also continue to receive full pay, benefits, and accrue time in service while going to school. Army nurses can pursue a Master's degree in a variety of areas including, but NOT limited to, Nurse Practitioner, Nurse Anesthetist, Nurse Midwife, Clinical Nurse Specialist, Nursing Informatics, Nursing Education, and Nursing Administration. For most programs the officer will attend the civilian university of choice (tuition cap \$12K per year).
20. **How much money will I make as an Army nurse?** The exact dollar amount is dependent on the assignment location due to the difference in the cost of living from one area of the country to the next. The starting salary for most new graduate Army nurses is about \$40K. This is comparable to the starting salary at many civilian hospitals; however, Army nurses receive frequent increases in pay through promotion and time in service. For example, after 3 years an Army nurse makes about \$60K per year and after 4 years almost \$70K per year, and the bottom line continues to grow.
21. **How long can I stay in the Army?** As long as you continue to get promoted you can stay in the Army for 20 years or more. Many Army officers will retire after 20 years of active duty service and immediately begin to receive retirement benefits including a monthly pension that equals roughly half of their active duty monthly pay.

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