



INTRODUCTION

The Reserve Commission Officer Orientation course at the Officer Training School (OTS), located at Maxwell Air Force Base, Alabama, is an intensive 15-day introduction to the Air Force as a commissioned officer. It is one of the requirements of my military scholarship.

AIR FORCE CORE VALUES

Integrity first. Service before self. Excellence in all we do. These values remind Airmen to be the best version of ourselves to accomplish our mission, both our personal ones and the ones of the Air Force [1].

THE MISSION

OTS equips officer trainees with the right tools and necessary knowledge to be a professional and effective leader in the United States Air Force. The high expectations and rigorous training has a purpose: “the Airmen who [we] will one day lead deserve no less than the finest officers our Air Force has to offer” [2].

AIM

CBT FOR READINESS

Cognitive behavioral therapy, or CBT, is a type of evidence-based psychotherapy used in the treatment of depression, anxiety, and several medical conditions by emphasizing the importance of self-motivation, education, problem-solving, sleep, nutrition, and exercise [3]. While officer trainees might not have a psychiatric or medical condition demonstrating a need for CBT, we are still challenged to understand the importance of implementing these values—not just for Air Force mission readiness, but to be ready for whatever our personal life throws at us. We must step up to the challenges in our studies, in the hospital, and in times of stress and distress. Service and sacrifice are not just for the military.

METHOD

PHYSICAL FITNESS

Being physically fit not only ensures that Airmen maintain physical readiness but also greatly impacts mental health, increasing productivity and decreasing absenteeism [4].

DIRECT INSTRUCTION

To be a good leader, one must also know how to follow. I was taught critical leadership as well as followership skills, both in classroom and on the field, to ensure that I will be successful throughout both my civilian and military medical careers.

THE BRIEF

Communication is one of the key skills needed to be successful as both an Air Force physician and officer—I need to be able to speak to a patient about their treatment plan as well as to superiors about national defense threats. Our assignment was to speak on China, one of our most alarming adversaries, and I chose to focus on what we can do in terms of our medical and pharmaceutical industries to make sure our military is ready to defend at any time.



An obstacle course testing our physical fitness

Time	Activity
0400	Wake Up
0415-0530	Physical Training
0530-0630	Personal Hygiene/Dorm Cleaning
0640-0650	Breakfast
0700-1130	Auditorium Instruction
1140-1150	Lunch
1200-1730	Classroom Instruction
1740-1750	Dinner
1800-2200	Personal Time/Homework
2200	Lights Out

A sample schedule of a typical day for an officer trainee

RESULTS

I AM AN AMERICAN AIRMAN

I graduated as a fully commissioned officer of the Air Force. I graduated as an American Airman, ready to fly, fight, and win—well, at least for the 45 days of active duty that I was ordered. My current objective, best suited for the needs of the Air Force as well as myself, is to continue my studies at CIMED through the Air Force Health Professions Scholarship program. Eventually, I will reach my goal of becoming the best civilian and military physician I can be.



CONCLUSIONS

OTS didn’t just prepare me to serve in the Air Force. I learned how to be a physician. As both a civilian and military physician, I will work in a team to provide my patients the best care possible. To be the best teammate possible in my patients’ care team, I learned the theories and skills of leadership and followership. And on the way, I will be a part of something greater than myself: to serve and defend my country and those I care about.

REFERENCES

[1] U.S. Air Force. *A Profession of Arms: Our Core Values*. Washington, DC: Department of the Air Force; 2022: 3. https://www.doctrine.af.mil/Portals/61/documents/Airman_Development/BlueBook.pdf. Accessed July 19, 2023.

[2] Keolani W. Bailey. Welcome to Air Force Officer Training School. Air University. <https://www.airuniversity.af.edu/Holm-Center/OTS/>. Accessed July 19, 2023.

[3] Overview of Psychotherapies. UpToDate. <https://www.uptodate-com.proxy2.library.illinois.edu/contents/overview-of-psychotherapies>. Accessed July 19, 2023.

[4] Fitness. Air Force's Personnel Center. <https://www.afpc.af.mil/Career-Management/Fitness-Program/>. Accessed July 19, 2023.