

Level 1 – Introduction

Level 1 - the heart of the AFTB Program – is designed primarily for family members new to the military. It provides basic “survival skills”, and knowledge that can assist newcomers in adapting to the military environment. Classes include instruction in military acronyms, the Chain of Command, military benefits and entitlements, and expectations. Level 1 has been nicknamed “Army 101”.

1.1 Expectations and Impact of the Mission on Family Life

This course explores expectations family members have of the Army and the impact of the Army mission on family life. It will also provide tips to assist in developing realistic expectations.

1.2 Military Acronyms and Terms

This course introduces many of the military acronyms and terms most frequently used as well as the military phonetic alphabet and military time.

1.3 The Chain of Command

This course explains the military chain of command through the explanation of rank, discussing the various branches of the Army, and exploring the Army’s organizational structure.

1.4 Introduction to Military Customs and Courtesies

This course will review some of the customs and courtesies that are basic to the day-to-day functioning of the military and to the social aspects of the military lifestyle.

1.5 Basic Military Benefits and Entitlements

This course introduces the basic benefits and entitlements received by military personnel.

1.6 Introduction to Military and civilian Community Resources

This course provides an overview of the resources in both the military and civilian communities.

1.7 Introduction to Family Readiness Groups

This course provides an introduction to the mission, structure and benefits of Family Readiness Groups (FRGs). FRGs help family members to develop a more positive attitude toward themselves, the unit, the deployment and the Army.

1.8 Supporting Your Child's Education

This course reinforces the importance of parental involvement in a child's education. It also provides an overview of the School Liaison Officer's (SLO) role to assist Army families in obtaining a good educational experience for their children, particularly when they are transitioning from school to school.

1.9 Introduction to Family Financial Readiness

This course introduces basic money management and financial planning techniques. It illustrates the advantages and techniques of creating a family financial plan, how to save wisely, and information on credit. It defines savings and investment and reinforces the importance of planning for the future.

1.10 Basic Problem Solving

This course describes and provides an opportunity to practice a six-step problem solving process to help determine solutions to various real-life scenarios.