



DEPARTMENT OF THE NAVY
UNITED STATES NAVAL ACADEMY
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USNA INSTRUCTION 1531.56A

From: Superintendent

Subj: NAVAL ACADEMY PREPARATORY SCHOOL GUIDANCE

Ref: (a) DoDD 1322.22

Encl: (1) General Guidelines
(2) Indoctrination Guidelines
(3) Moral Mission Guidelines
(4) Academic Mission Guidelines
(5) Physical Mission Guidelines
(6) Professional Mission Guidelines

1. Purpose. To provide guidance to the Naval Academy Preparatory School (NAPS) leadership, staff and faculty to assist them in accomplishing mission requirements.

2. Cancellation. This instruction supersedes United States Naval Academy (USNA) Instruction 1531.56 and should be read in its entirety.

3. Mission. Enhance midshipman candidates' moral, mental, and physical foundations to prepare them for success at the United States Naval Academy. Specific skill sets resident in NAPS graduates will include:

a. Enhanced literacy in the core curriculum subjects of chemistry, English, mathematics and physics.

b. Further developed fundamentals of problem solving and critical thinking skills.

c. Improved time management and learning skills to balance academic, military, physical fitness, and personal needs.

d. Familiarity with military regimen and commitment to the core values of the United States Navy and Marine Corps.

e. An appreciation of the value of integrity and the ability to approach challenges with courage and perseverance.

f. Exposure and sensitivity to key personal readiness programs of importance to the Navy and Marine Corps such as Sexual Assault Prevention and Response (SAPR), suicide prevention, substance abuse, and the notion of Shipmates.

g. The ability to contribute to a team, to serve as a role model, and to assume the responsibilities of leadership.

h. Increased physical fitness to meet the physical standards of USNA.

4. Guidelines. NAPS provides a preparation period - a stepping stone - to USNA; NAPS should not be the same nor have the same universal standards as USNA. The objective is to move the midshipman candidates to new heights of achievement and accomplishment; to encourage them to reach their full potential; and to provide them every opportunity to be successful; both at NAPS and subsequently at USNA. Enclosure (1) is general guidelines providing an overall objective for NAPS. Enclosures (2) through (6) provide structure to the time midshipman candidates spend at NAPS. Within these guidelines the NAPS faculty and staff will develop and maintain a stable program which, while flexible, will only be changed in a thoughtful and disciplined manner.

5. Oversight. NAPS operates as an independent USNA cost center, reporting directly to the Superintendent. Collaboration with other USNA cost centers is essential to mission success.

6. Action. Implement objectives and procedures in accordance with the guidelines enclosed.


W. E. CARTER, JR

General Guidelines

1. Objective. Provide a motivating and encouraging environment with opportunities and accountability to allow midshipman candidates to meet their full potential.

2. Guidelines

a. Prepare fleet Sailors and Marines for success at USNA by assisting them with the transition to an educational environment and a more restricted off-duty living arrangement.

b. Prepare direct entry high school graduates for success at USNA by assisting them in meeting the challenges of transition to higher education, life away from home, and a military environment.

c. Prepare midshipman candidates for a competitive and rigorous academic environment by:

(1) Emphasizing critical thinking and problem solving practices through daily assignments, class recitations and problem solving sessions, homework assignments, and encouraging academic excellence.

(2) Teaching time management, effective study habits and test taking skills through "learning skills" instruction. Incorporate and emphasize study skills, study habits and discipline, test preparation, and intelligent practice across the curriculum.

d. Provide midshipman candidates an opportunity to mature, to embrace the Navy and Marine Corps core values of honor, courage and commitment, and to display ethics and character.

e. Provide a development year to improve in physical strength and endurance by:

(1) Providing midshipman candidates an opportunity for maturation and physical development. Emphasize principles of teamwork, sacrifice, dedication and expectations of competing to win.

(2) Periodically assessing physical conditioning and providing training to improve deficiencies.

(3) Providing opportunities to improve swimming skills to enhance the likelihood of passing the USNA swim requirements.

f. Provide indoctrination into the military environment through an Indoctrination Period (INDOC), followed by opportunities throughout the academic year to introduce and experience the culture of the United States Navy and Marine Corps.

g. Provide faculty, staff and facilities worthy of an exemplary preparatory school.

h. Recognize as graduates those students who receive an appointment to USNA. Students who successfully complete all academic requirements but are not offered an appointment due to medical disqualification will also be recognized in the graduation ceremonies and on their transcripts.

Indoctrination Guidelines

1. Objective. Prepare all midshipman candidates for a motivating and successful experience at NAPS.

2. Guidelines

a. Conduct an INDOC that acclimates and prepares midshipman candidates for success at NAPS.

b. Conducted prior to the beginning of the Academic Year, INDOC will be no less than two weeks and no more than three weeks in duration. It will normally be held during the last week and a half of July and the first week and a half of August; effort should be made to schedule as closely as possible to correspond with USNA's 3rd Block Summer Training.

c. Utilize an appropriate number of USNA midshipmen to act as the primary summer detail cadre that will lead and indoctrinate the midshipman candidates during INDOC. These midshipmen will be assigned as part of their Midshipman 1/C Summer Training.

d. Utilize recent USNA graduate Ensigns/2ndLts as Battalion Support Officers.

e. The military tone of the INDOC should ensure good order and discipline in a diverse environment while fostering dignity and mutual respect.

f. NAPS INDOC is a short and rigorous military indoctrination phase, designed to introduce the traditions and history of the Navy and Marine Corps and USNA. It shall serve as an introduction to military discipline and courtesies. Specific items addressed during INDOC shall include:

(1) Proper wearing of a uniform

(2) Basic military drill

(3) Room standards

(4) Introduction to climate effects, injury prevention, suicide awareness, SAPR, sexual harassment, fraternization, hazing, equal opportunity, honor concept and USNA.

- (5) Personal accountability
- (6) Team building
- (7) Initial swimming assessment

(8) Basic physical fitness to improve strength, flexibility and stamina. The tenor of physical training should encourage personal conditioning and enhance a sense of teamwork and encouragement.

Moral Mission Guidelines

1. Objective. Provide all midshipman candidates with opportunities to learn, discuss, and develop appropriate concepts and skills for dealing with issues of morality, ethics, character and peer involvement. Instill the principles inherent in the unofficial Navy motto inscribed above the doors to the Naval Academy Chapel; "Non Sibi Sed Patriae," which means "Not for Self But for Country."

2. Guidelines

a. Divergent views of morality are held among the diverse individuals entering each NAPS class. Many midshipman candidates are committed to values aligned with the Navy core values; they are to be encouraged to retain these values. Some students, initially, may have value systems that do not include all of the Navy core values. All midshipman candidates must come to understand and abide by the standards of the Navy core values, and respect all others who do. NAPS will provide required training on personal readiness programs of importance to the Navy and Marine Corps to include SAPR, suicide prevention, substance abuse prevention, and other areas as directed. The staff will be attentive to the fact that most midshipman candidates do not have experience with military training in general or any previous formal training on these specific issues. Appropriate preparatory and foundation concepts are to be addressed in a reasonably paced manner.

b. Principles of honor and character will be addressed to establish a solid foundation of basic understanding and commitments necessary for future dealings with complex ethical challenges.

c. The NAPS program will instill an increased sense of responsibility and the need for personal accountability for actions, words and deeds.

d. NAPS will determine an appropriate mix of small group discussion, large group lecture, individual mentoring, and other techniques to achieve the objective.

Academic Mission Guidelines

1. Objective. Provide midshipman candidates the opportunity to build a strong foundation in the core curriculum taught at NAPS; improve their study habits and self-discipline, and to allow them to prepare for the academic rigors at USNA.

2. Guidelines

a. Midshipman candidates come to NAPS with diverse academic and high school backgrounds. NAPS will administer appropriate placement exams to determine a baseline of knowledge and skill. NAPS will teach at least three levels, or tracks, of course work in the technical disciplines (Foundation, Intermediate, and Advanced) with the results of the placement exams factoring into the determination of where each midshipman candidate is placed. NAPS faculty will move midshipman candidates into more appropriate tracks, if the pacing or subject matter is not challenging enough or is too challenging. Movement of midshipman candidates between tracks will be coordinated and approved through the NAPS Academic Dean.

b. NAPS must be an exemplary college preparatory program, and as such will strive to prepare each midshipman candidate for success in the academic rigors of plebe year at USNA. Specific guidelines in this area include:

(1) Build firm foundations in algebra, trigonometry and pre-calculus mathematics so midshipman candidates are ready for calculus.

(2) Instill an understanding of the basic concepts in the physical sciences (chemistry and physics).

(3) Improve problem solving and critical thinking skills through in-class exercises, homework, and discussion.

(4) Develop the ability to explain complex concepts to someone who may not be familiar with the subject matter in question.

(5) Introduce and practice college-level reading and writing tasks that students will be expected to perform at USNA.

c. Through the course of the academic year at NAPS,

midshipman candidates will improve their study habits and develop basic time management, goal setting, test preparation and test taking skills. NAPS learning skills faculty help midshipman candidates understand how they learn and what they can do to improve their own innate abilities to understand and master subject matter. These same skills will be emphasized and reinforced in the core curriculum.

d. Specific academic guidelines:

(1) Per reference (a), faculty members shall possess academic expertise and teaching prowess. They shall exemplify high standards of conduct and performance. Faculty members shall be expected to participate in all preparatory school programs, to include providing leadership for curricular and extracurricular activities of those enrolled.

(2) The NAPS academic calendar will be divided into three trimesters or marking periods.

(3) The standard NAPS weekly curriculum will include mathematics, chemistry, physics and English classes. Recitation periods may be added to the academic schedule, as necessary, to allow for more instructor supervised classroom work. Homework will give balanced attention to increased understanding of the concepts and increased speed in the associated computations or other tasks.

(4) Extra instruction time will be available outside of class.

(5) The NAPS faculty will develop course syllabi in each academic track with inherent flexibility in order to continually review concepts, and adjust the pace of the coursework as necessary to allow for mastery before moving on to new material. Homework, quizzes, tests and examinations will determine individual abilities and mastery of concepts. Faculty consideration must be given to the balance between depth of coverage and breadth of exposure.

(6) Midshipman candidates should improve their understanding of chemistry and physics through rigorous high school level courses, ensuring mastery of key physical concepts. This is the level of the Foundation tracks.

(7) Accelerated courses in math, chemistry and physics will be available to those prepared to take them.

(8) Mandatory study time on weekends should be assigned to improve the ability and understanding of students who are performing below par in a given subject and track. These sessions are designed to provide an opportunity for low performing students to avoid falling further behind. These sessions may also be used to give select students extra time with instructors, supplemental instructors or tutors before an exam.

e. Record Reviews will be conducted at the mid-term and end of each marking period. These reviews will focus on the specific midshipman candidate's demonstrated deficiencies in coursework, lack of effort in studies, and/or learning deficiencies that do not allow sufficient progress. These reviews should include meeting with individual midshipman candidates if the severity of the deficiencies warrant. The purpose of the reviews is to determine the best course of action to improve the academic deficiencies. However, if it is determined a midshipman candidate does not demonstrate the academic abilities to succeed at NAPS, or does not have the desire and motivation to succeed at USNA as demonstrated by a lack of effort, a recommendation will be provided to the Commanding Officer that the student meet a Performance Board.

f. Performance Boards are responsible for recommending dismissal of midshipman candidates as warranted. The NAPS Commanding Officer will make recommendations for dismissal to the Superintendent who will make the final determination.

g. Faculty and staff who work with midshipman candidates throughout the academic year will often have insights regarding an individual's capabilities that are not captured in their application documents or even in the NAPS grades. Thus, faculty and staff are expected to provide inputs, including an assessment of readiness for USNA, relative to their specialty to Performance Boards considering dismissal or appointment decisions.

h. Coordinate retaking of college entrance exams (ACT or SAT) in accordance with separate Superintendent guidance.

Physical Mission Guidelines

1. Objective. The physical activities program at NAPS will provide learning opportunities for teamwork, leadership, perseverance and good sportsmanship, while developing a passion for winning and creating a foundation for life-long personal conditioning and fitness. To meet this mission requirement, the NAPS Athletic Program will:

a. Provide well organized and effectively administered physical fitness and athletic opportunities for midshipman candidates to advance their fitness and athletic prowess in preparation for USNA.

b. Support and staff varsity teams for competition against other service academy preparatory schools, top tier high schools and other preparatory schools in the region.

c. Require that all midshipman candidates engage in some form of structured physical activity throughout their enrollment at NAPS.

2. Guidelines

a. Maintain a strength and conditioning program that improves physical strength and muscular and cardiovascular endurance in all midshipman candidates to ensure their ability to pass the USNA physical readiness test. All midshipman candidates must pass the USNA physical readiness test while at NAPS.

b. Provide a structured remedial physical training program for all midshipman candidates who fail the Physical Fitness Assessment (PFA) or the Body Composition Analysis (BCA).

c. Provide nutrition education to improve diets and promote healthy eating habits for all midshipman candidates who fail the BCA.

d. Provide basic swimming instruction to those identified as non-swimmers in preparation for USNA plebe swimming requirements.

e. Provide opportunities for varsity teams to compete against appropriate regional competition and improve individual

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and team performance.

f. Ensure all midshipman candidates that participate in a sport keep up with their academics. The athletic department and the Learning Skills Director will work together to ensure NAPS athletes know how to manage their time, given the difficulty many students have balancing academic, athletic, military and personal obligations.

Professional Mission Guidelines

1. Objective. Upon graduation from NAPS, midshipman candidates will possess the basic military skills, knowledge, and professional mindset to ease their transition as they become members of and ultimately contribute to the success of the plebe class. In addition, the year spent at NAPS will enable the midshipman candidates to function effectively as a stand-alone battalion while they undergo their preparation for success at USNA. NAPS is not meant to be a boot-camp nor a re-creation of Plebe Summer, but should be focused on the need to maintain good order and discipline, develop team spirit and build character of midshipman candidates. Professional development should serve to further motivate midshipman candidates to enter the USNA.

2. Guidelines

a. Learn the basics of military discipline and smartness:

(1) Display basic military courtesies.

(2) Learn the basic NAPS and USNA chain of command and their intricacies.

(3) Properly wear and maintain a uniform and appropriate civilian attire.

(4) Maintain rooms in an orderly and clean condition.

b. Develop a basic understanding of USNA, the Navy and the Marine Corps, their history, and their role in national defense and homeland security.

(1) Midshipman candidates will lead their own battalion after completion of indoctrination. The values of leadership will be instilled and leadership opportunities will be provided to as many midshipman candidates as possible so they are ready to step forward as leaders at USNA when called upon.

(2) Take advantage of local training opportunities - local commands, visiting ships, museums, historic landmarks, etc., to continually reinforce our national heritage and the important role the Navy and Marine Corps play in it.

(3) Lectures will be provided to show the midshipman

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candidates their role in the military, and where the Navy and Marine Corps and USNA fit into the armed forces. They will understand their link to the defense of our nation.

c. Understand the importance of teamwork focusing specifically on small units through drill. Small unit drill movements will be taught by the midshipmen detailers during INDOC and reinforced periodically throughout the year.