



POSITIVE OUTCOMES OF MILITARY SERVICE

Numerous positive outcomes result from military service. Military personnel and Veterans have been vetted by their training. All members of the military complete initial or basic training, which is designed to “break an individual down” and then train them back up. This training varies by branch, but includes intense physical training, academic and skills training, and socialization into that branch’s culture. Military service instills strong values, selfless service, and loyalty.

Military service results in the acquisition of a number of skills, training, and experiences including:

Military service teaches and cultivates leadership skills. Individuals learn to:

- Take responsibility for self and actions
- Make sound and timely decisions
- Set the example
- Understand and accomplish assigned tasks
- Be dependable
- Cultivate abilities to meet a variety of challenges
- Be disciplined

Military service affords individuals access to education and training, resulting in:

- Technical and tactical proficiency in a variety of skills
- Technical education for a specific military occupation specialty

Military service can result in personal growth and positive emotional experiences, such as:

- Enhanced maturity
- Self-improvement
- Knowing oneself better (e.g., strengths, capabilities, areas for improvement)
- Strengthening of resiliency
- Positive transformations following trauma or situations of extreme stress
- Improved coping skills
- Pride (e.g., in self, unit)





Military service enhances interpersonal skills and relationships, such as:

- Creating camaraderie and deep friendships
- Interpersonal maturation
- Working well in teams and understanding the importance of cooperation
- Looking out for the welfare of the team

