EO M190.04 – DISCUSS SURVIVAL PSYCHOLOGY

1. **Performance**: Discuss Survival Psychology

2. **Conditions**:

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Aircrew survival exercise training area.

3. **Standard**: The cadet shall identify elements of survival psychology, to include:

   a. the role of fear and how to deal with it in a survival situation,

   b. action to take when lost,

   c. the survival pattern, and

   d. the seven enemies of survival.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain the role of fear in a survival situation, to include: a. reactions to fear; and b. dealing with fear.	Interactive Lecture	5 min	A3-016 (pp. 11–16)
TP2	Explain taking action when lost: stopping, thinking, observing and planning.	Interactive Lecture	10 min	C3-005 (pp. 133–144)
TP3	Explain the survival pattern and how to employ it in a survival situation, to include: a. first aid, b. fire, c. shelter, d. signals, and e. food and water.	Interactive Lecture	15 min	A3-016 (pp. 11–16)
TP4	Explain the seven enemies of survival and how to combat them, to include: a. pain, b. cold, c. thirst, d. hunger, e. fatigue,	Interactive Lecture	20 min	A3-016 (pp. 11–16)

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Verify against the official publication.

TP	Description	Method	Time	Refs
	f. boredom, and g. loneliness.			

5. **Time**:

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	50 min
c.	Total:	60 min

6. **Substantiation**: An interactive lecture was chosen for this lesson to orient the cadets to survival psychology and to generate an interest in the subject.

7. **References**:

   a. A3-016 B-GG-217-001/PT-001 Director Air Operations and Training. (1978). *Down but not out*. Ottawa, ON: Department of National Defence.

   b. C3-005 ISBN 0-89886-814-9 Sierra Club San Diego Chapter. (1999). *Wilderness basics: The complete handbook for hikers & backpackers*. Portland, OR: The Mountaineers Books.

8. **Training Aids**: Presentation aids (eg, whiteboard / flipchart / OHP / multimedia projector) appropriate for the training area.

9. **Learning Aids**: Nil.

10. **Test Details**: Nil.

11. **Remarks**: The directives outlined in CATO 11-08 *Environmental Protection and Stewardship* are to be adhered to during this training.

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