Virtual Resiliency Campus in Second Life

User Guide

April 12, 2011

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Welcome to Army OneSource in Second Life

The Army OneSource Community in Second Life is a virtual world that provides services and resources for Soldiers and Families worldwide. It is an effective tool for geographically dispersed Soldiers, their family, friends, and other Community members to keep in touch with each other and with the programs in their Army Community. By using an avatar, users can meet virtually to collaborate, learn, network socially, host or attend special events and meetings and participate in a number of fun activities that can change daily, weekly and monthly!

Virtual Resiliency Campus

The new virtual program in the Army OneSource Community in Second Life is the **Virtual Resiliency Campus (VRC)**. The **VRC** will provide an engaging and effective way to reach out to the geographically dispersed **Army Soldiers** and **Family** members around the world.

The **Virtual Resiliency Campus** will offer users innovative, engaging and enjoyable ways to build strength in the **Spiritual, Family, Social, Emotional,** and **Physical** aspects of their lives.

Army OneSource in Second Life Registration

Before you can enter into the Army OneSource in Second Life Community you must first create an avatar. The avatar will be used to interact with other avatars in the community. To **create an avatar**, complete the following steps:

1. Go to www.myarmyonesource.com and log in to Army OneSource.
2. Click the **Second Life image** to the left of the Army OneSource window to be directed to the Army OneSource in Second Life registration page.
3. Click "**Register for Second Life**!"
4. Once you have accepted the terms follow the registration instructions.
5. Click "Submit" when done.

Registration Tips: Avatar Name

The name of your avatar is the name other users will see. It does not need to be your real first name. Choose a unique **First Name** to have more **Last Name** options. You *cannot* change your avatar name after registering.

For example, use a nickname and the state you live in like: JonJonAZ or ArmyJonJonAZ.

Second Life Viewer Download

After you have successfully created an avatar you will need to download the Second Life Viewer. To download the Second Life Viewer, complete the following steps:

1. Go to www.myarmyonesource.com and log in to Army OneSource.
2. Click the **Second Life image** to the left of the Army OneSource window to be directed to the Army OneSource in Second Life registration page.
3. Locate the second step in the registration process "**Download**" and click the download button.
4. From the Second Life **Installer** page locate and click the button **Download Now**.
5. When prompted with "**Do you want to run or save this file**?" choose **Run**.
6. To complete the download continue to follow installation prompts.

How to Log-in to Army OneSource in Second Life

Now that you have downloaded the viewer you can log-in to Second Life and join the Army OneSource Community. To log-in complete the following steps:

1. Locate the Second Life icon on your computer desktop and click it.
2. Type in your **First Name**, (space) **Last Name**, and **Password**. For example, JonJonAZ Superstar.
3. Click **Log-in**.

The **Orientation Zone** will familiarize you with basic in-word functions. You will begin in the Orientation Zone. Follow the path and try the objectives as each of the stations. The posters will show you basic features like: how to navigate your avatar, access inventory, use Instant Message (IM), Public Chat, etc.

Virtual Resiliency Campus Locations

The **Virtual Resiliency Campus** is comprised of five centers. Each of the following resiliency centers will house an interactive administrative building accompanied by various activity rooms. The five resiliency centers are:

- Spiritual Resiliency Center
- Family Resiliency Center
- Social Resiliency Center
- Emotional Resiliency Center
- Physical Resiliency Center

Spiritual Resiliency Center

The goal of the Spiritual Resiliency Center (SRC) is to strengthen a set of beliefs, principles or values that sustain a person beyond family, institutional, and societal sources of strength. At the SRC you can participate in one of the following activities:

- Search the Faith Group Locator
- Find a local Chaplin service
- Connect with a Friendly Voice
- Meet in a custom faith based room
- Meditate, perform Yoga, or Tai Chi in the Meditation Center

Faith Group Locator

The Faith Group Locator allows you to research and find information on different faith denominations. Use the Spiritual Resiliency Resources kiosks found within the SRC to interact with the Faith Group Locator. The Faith Group Locator displays a list of the common faith groups organized at the highest levels. The common faith groups are: Buddhist, Christian, Hindu, Jewish, Muslim, and Non-denominational. To interact with the Faith Group Locator do the following:

1. Walk up to a Spiritual Resiliency Resource kiosks and click the blue button Faith Group Locator.

2. Choose one of the high level common faith options.
3. Next, you may be asked to choose a Type or Group of the high level faith option. Click the appropriate Type or Group you want to research.
4. Use the provided website link(s) to research and find information on a faith. You may click the link from inside Second Life and it will open up directly in your default internet browser.

Chaplin Finder

The **Chaplin Finder** allows you to search for a Chaplin service from the Continental United States (CONUS) or Outside the Continental United States (OCONUS) regions. The CONUS regions include the Northeast, Southeast, and West. The OCONUS regions include Europe, Korea, and the Pacific. Use the **Spiritual Resiliency Resources kiosks** found within the SRC to interact with the Chaplin Finder. To use the Chaplin Finder do the following:

1. Walk up to a **Spiritual Resiliency Resource kiosks** and click on the big yellow button labeled "**Chaplin Finder"**.
2. Choose one of the **CONUS** or **OCONUS** regions.
3. Locate the **Installation** and phone number of the **Chaplin** service you wish to contact.

Connect to a Friendly Voice

If you questions or need help with Spiritual Resiliency Center please use the "**For a Friendly Voice**" phone number on randomly dispersed **Friendly Voice kiosks** located around the SRC. Call the Army OneSource **help line** to connect to a **live person**. The phone number is **877-811-Army**. You may also click on the **Friendly Voice kiosk** to save a Notecard with the phone number in your Inventory.

Meeting Rooms

For special meetings and events, the SRC has five **customizable** faith based buildings. The **meeting rooms** are designed to accommodate different faiths by **clicking a faith symbol located outside of a building**.

Click on one of six faith **group denominations,** including a **non-denominational group,** from the outside of the building. There are also special settings to configure the meeting room with or without tables and seating.

Meditation Center

The Meditation Center is a tranquil location to find peace of mind through a variety different relaxation exercises. You can practice **Yoga**, **Tai Chi**, or **Meditation** throughout the facility.

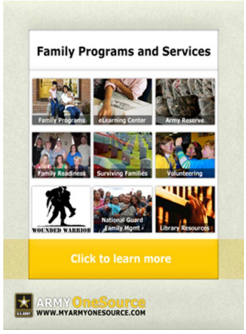
- **Yoga Mats**: Left click on one of the Yoga Mats to being interaction. A window will appear asking you to **choose a type of Meditation**. Click **Meditate**, **Breathing**, or **Yoga** to begin your relaxation exercises. Click the **Stand** button to end your session.
- **Meditation Pillows**: The Meditation Pillows allows you to practice meditation relaxation exercises. Left click the meditation ball that hovers over the pillows to begin interaction. Click the **Stand** button to end your session.

- **Tai Chi**: Tai Chi can be found on the upper level of the Meditation Center. Left click on one of the Tai Chi mats to being interaction. Click the **Stand** button to end your session.

Family Resiliency Center

The goal of the **Family Resiliency Center** (**FRC**) is to help Family Units feel safe in a supportive and loving atmosphere while providing the Army resources needed for Soldiers and their Families to live in a healthy and secure environment. Walking through the FRC main building you will have access to a variety of resources. The FRC has the following to offer:

- Poster links to Army Family Programs and Services
- Customizable Meeting Rooms
- Library and Information Center
- Neighborhood Event Houses



Poster Links

Inside the main **FRC** building you will have access to a variety of posters that link to different Army Family Programs and Services through the Army OneSource web portal. To activate a poster link, click on the poster one time with your mouse. You will be prompted to load the web page. Click the "**Go to page**" button to open up the web page for viewing.

Meeting Rooms

Inside the main FRC building you can use the **special customizable meeting rooms** to host special meetings or events. Located on the **second floor**, you will need to take one of the two **conference room teleports chambers** to access the space. Once you have stepped into the teleport chamber click on the gray button labeled: "**To Conference Room**".

The meeting rooms are designed to accommodate different events by clicking on the "**Choose a Room Style**" image located at the front of the room. Use the arrows to scroll through the different meeting room options.

Each meeting room has an interactive **streaming media board** that will allow you to show a **PowerPoint presentation**, play a **video**, or display an **interactive website**. Please contact vw_slsupport@myarmyonesource.com for more information about sharing your media presentations through Second Life.

Library and Information Center

The Library and Information Center is just outside the backdoor of the FRC main building. Follow the bridge across to enter the second level of the building. The Library and Information Center provides interactive pamphlets, books, and other objects that will link you to information on various family programs. Click on a pamphlet or book to open an information resource.

Neighborhood Event Block

Once you exit the lower level of the Library and Information Center you will come across a friendly neighborhood with a small block of houses. Each house is ready for a personal in-world family gathering or event meeting. The houses are designed to accommodate different events by clicking on the "**Choose a Room Style**" image located at the front door of the house. Use the arrows to scroll through the different room options.

Social Resiliency Center

The goal of the **Social Resiliency Center** is to develop and maintain trust, valued relationships and friendships that are personally fulfilling and are fostered through good communication including a comfortable exchange of ideas, views, and experiences.

- Poster links to Army Family Programs and Services
- Customizable Meeting Rooms
- Disco and Lounge
- Coffee Shop
- Bowling Alley
- Movie Theater

Poster Links

Inside the main building you will have access to a variety of posters that link to different Army Family Programs and Services through the Army OneSource web portal. To activate a poster link, click on the poster one time with your mouse. You will be prompted to load the web page. Click the "**Go to page**" button to open up the web page for viewing.

Meeting Rooms

S**pecial customizable meeting rooms** are used to host special meetings or events. Located on the **second floor**, you will need to take one of the two **conference room teleports chambers** to access the space. Once you have stepped into the teleport chamber click on the gray button labeled: "**To Conference Room**". To accommodate different events by clicking on the "**Choose a Room Style**" image located at the front of the room. Use the arrows to scroll through the different meeting room options.

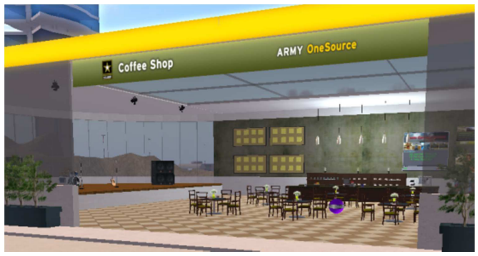
Each meeting room has an interactive **streaming media board** that will allow you to show a **PowerPoint presentation**, play a **video**, or display an **interactive website**. Please contact vw_slsupport@myarmyonesource.com for more information about sharing your media presentations through Second Life.

Disco & Lounge

The Disco and Lounge is a great place to visit and socialize with family and friends. It is also a neat place to meet new people. Interact with the dance floor by walking on to it and choosing a "dance" move to strut your stuff. Music is available through streaming media in Second Life. Use the Media Control button in the upper right of the Second Life window.

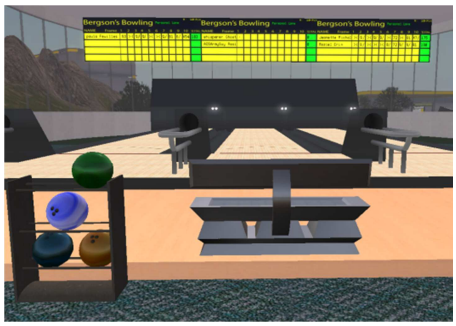
Coffee Shop

The **Coffee Shop** is a nice place to come and relax and have coffee, mocha, or latte with your friends. It is also a main social meeting area where you will find **daily events** like: meet & greets, trivia quizzes, concerts, presentations, and other various activities. You will also see the winners of the Army OneSource weekly **Photo Contest** as well as an interactive **message board**. Leave a special message for a family member or friend. Click on the board to get directions on how to leave a message.



Look for one of the **interactive event boards** throughout the Army OneSource region to get a list of weekly events, dates, times, and locations.

Bowling Alley



Enjoy a fun game of Bowling or Pool with friends and family. All of our lanes are set to FREEPLAY. Each player gets to bowl a frame of 2 balls, in rotation, until 10 frames have been bowled by all players. To begin a bowling game complete the following steps:

1. Left click on the ball return and select **Logon**.
2. Next, select your choice of bowling ball from the menu that is displayed. After you "**accept"** locate the bowling ball from your **inventory** in your **Objects Folder**.
3. Right click the ball in inventory and select '**Wear**' and wait for all players. Save the Instructions Note Card for future reference.
4. To Start Bowling Game: When it is your turn you will see your name on the floating text.
    a. Click the **mouselook** button at the bottom of the Second Life window.
    b. Position yourself on the lane and face the pins.
    c. Click the **mouselook** button and aim the marker in the center of the screen.
    d. Click and hold the **left mouse** button to bowl your ball. Hold the key down to add strength to your bowling throws.
5. To End Bowling Game:
    a. A player can end a game before it's finished by selecting 'End Game' from the drop down menu.
    b. A game will finish when each player has completed 10 frames.
    c. At the end of your game, you will get a chance to snapshot the scoreboard.
    d. The scores will clear when a player logs on for the next game.
    e. Remember to detach your bowling ball.

Movie Theater

The **Movie Theater**, in the Army OneSource Community in Second Life, hosts **weekly movies night** events where you can enjoy time with family and friends. You can view the current week's movie, date, and time inside the movie theater at the concession stand. While at the concession stand pick up some popcorn, cotton-candy, and soda free of charge!

Movies are viewable though the streaming media screen through Second Life. To check your media settings do the following:

1. From the top navigation bark click "**Me**" then "**Preferences**"
2. Click the tab **Sound & Media**
3. Check to make sure the following is checked on:
    a. Media is Enabled
    b. Allow Media to auto – play
4. Click "**OK**" when done

Emotional Resiliency Center

The goal of the Emotional Resiliency Center is to approach life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with your choices and actions. Walking through the Emotional Resiliency Center's main building you will have access to a variety of resources. The Emotional Resiliency Center has the following to offer:

- Poster links to Army Family Programs and Services
- Customizable Meeting Rooms
- A Zen Rock Garden with meditation platforms
- Tai Chi Platforms
- Memorial Candle Wall
- Hall of Heroes

Poster Links

Inside the main building you will have access to a variety of posters that link to different Army Family Programs and Services through the Army OneSource web portal. To activate a poster link, click on the poster one time with your mouse. You will be prompted to load the web page. Click the "**Go to page**" to open up the web page for viewing.

Meeting Rooms

Special customizable meeting rooms are used to host special meetings or events. Located on the **second floor**, you will need to take one of the two **conference room teleports chambers** to access the space. Once you have stepped into the teleport chamber click on the gray button labeled: "**To Conference Room**". To accommodate different events by clicking on the "**Choose a Room Style**" image located at the front of the room. Use the arrows to scroll through the different meeting room options.

Each meeting room has an interactive **streaming media board** that will allow you to show a **PowerPoint presentation**, play a **video**, or display an **interactive website**. Please contact vw_slsupport@myarmyonesource.com for more information about sharing your media presentations through Second Life.

Tai Chi/Meditation Platforms

Take a moment to relax at one of the **Tai Chi** or **Mediation Platforms**. Walk up to one of the platforms and right click on a mediation cushion or Tai Chi square to begin relaxation techniques. When you are done relaxing click the **Stand** button at the bottom of your Second Life window to stop.

Memorial Candle Wall

The **Memorial Candle Wall** provides an opportunity to commemorate lost loved ones by leaving a special message. Candle dedications are reset on the first of every month. Complete the following steps to leave a message on the Memorial Wall:

1. Walk up to the **Memorial Candle Wall** and click a **Candle**. An instant message will display giving you instructions for adding your message.
2. In the chat textbox, type the **Name** to display on the Memorial Wall, and press **Enter**.
3. Next, you will be asked to type in your message. From the chat textbox, **type your message** and press **Enter**. The candle is now lit and the dedication message will display on the Memorial Wall.

Please note there is a short timeframe for typing your message. Try composing your message first then copy and paste the message into the chat textbox. If you run out of time when composing the message, click the Candle again to reset the time.

4. To remove your displayed message, click the Candle. After the instant message appears, type "**Reset**" and press **Enter**. The message will be removed.

Hall of Heroes Memorial Wall

The path to the **Hall of Heroes Memorial Wall** also provides an opportunity to commemorate lost loved ones. Complete the following steps to leave a commemorative message and photo at the Hall of Heroes Memorial Wall:

UPLOADING AN IMAGE TO THE MEMORIAL WALL

Images will remain for as long as Army OneSource maintains its presence in Second Life. To remove an image, email vw_slsupport@myarmyonesource.com. If you decide to remove the image please be sure to include your Second Life avatar name in the email.

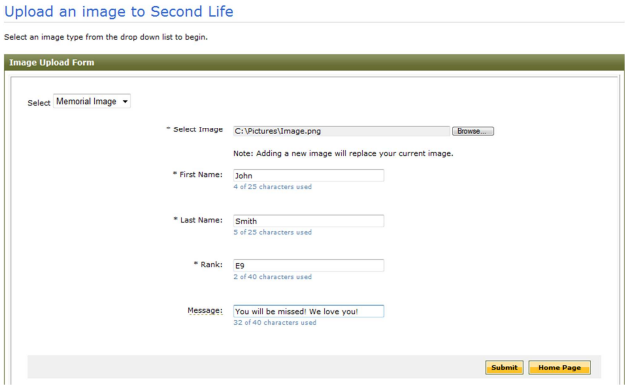
1. Copy and paste the following URL into your web browser: https://www.myarmyonesource.com/skins/aos2/display.aspx?ModuleID=23bed40b-6dcd-475f-8f55-047890f23b2b&Mode=user&action=SLImageFormUpload&AllowSSL=true

2. Select **Memorial Image** from the dropdown box.

3. Click **Browse** and locate the image on your computer to upload. You can upload **PNG, JPG, GIF**, and **BMP** files. Please upload an image that is **480 pixels** wide by **640 pixels** high.

4. Type the **First Name**, **Last Name**, and **Rank** of the lost loved one. Asterisked fields are required fields and textbox's are limited in characters.

5. Click **Submit** to upload.



NOTE: Upon submission, the uploaded image will post to an online directory where Army OneSource Support staff will upload the image to Second Life. You image will display within 2-3 business days. Once the image is posted you will then be able to click the Candle above the image, and add a personal message.

ADDING A MESSAGE TO THE MEMORIAL WALL

You have the option to display a message with your image or simply leave a message at the **Memorial Wall**. Memorial Wall messages reset on the first of every month. Complete the following steps to leave a message on the Memorial Wall.

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2. In the chat textbox, type the **Name** to display on the Memorial Wall, and press **Enter**.
3. Next, you will be asked to type in your message. From the chat textbox, **type your message** and press **Enter**. The candle is now lit and the dedication message will display on the Memorial Wall.

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4. To remove your displayed message, click the Candle. After the instant message appears, type "**Reset**" and press **Enter**. The message will be removed.

Physical Resiliency Center

The goal of the Physical Resiliency Center is to perform and excel in activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition, and training. Walking through the Physical Resiliency Center's main building you will have access to a variety of resources. The PRC has the following to offer:

- Poster links to Army Family Programs and Services
- Customizable Meeting Rooms
- An Interactive Soccer Stadium
- Workout Fitness Room
- Yoga Fitness Room

Poster Links

Inside the main building you will have access to a variety of posters that link to different Army Family Programs and Services through the Army OneSource web portal. To activate a poster link, click on the poster one time with your mouse. You will be prompted to load the web page. Click the "**Go to page**" button to open up the web page for viewing.

Meeting Rooms

Special customizable meeting rooms are used to host special meetings or events. Located on the **second floor**, you will need to take one of the two **conference room teleports chambers** to access the space. Once you have stepped into the teleport chamber click on the gray button labeled: "**To Conference Room**". To accommodate different events by clicking on the "**Choose a Room Style**" image located at the front of the room. Use the arrows to scroll through the different meeting room options.

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Soccer Stadium

Play against friends, family or other Second Life users in the larger than life soccer stadium. Once in the soccer stadium click on the ball in the middle of the field, choose a team and play!

1. Fly up to the score board above and click "Reset Ball" to display ball in center field.
2. Click the "Join Team" under the Blue or Red Player boxes.
3. Click the Ball to start the game.

Workout Fitness Room

The **Workout Fitness Room** is an interactive room for you to be able to workout at your own pace. **Right Click** on the Workout Bicycle, Treadmill or Power Rack to begin your work out. Click "**Stand**" to quit your workout.

Yoga Fitness Room

The **Yoga Fitness Room** is an interactive retreat for you to be able to practice your yoga poses. To interact with one of the blue yoga mats right click on the mat and choose "**Sit Here**." Once on the yoga mat, click on the mat again to activate one of the **twelve (12) different poses**. When you are done practicing yoga click the "**Stand**" button to exit.

You can also interact with one of the media screens on the wall to learn more about Physical Resiliency.

Conclusion

Getting started with Army OneSource in Second Life is straightforward, simple, and fun.

For additional support talk to one of our in-world moderators or email Army OneSource support at vw_slsupport@myarmyonesource.com with any questions, suggestions, or feedback about the virtual world.

Come learn more about Army OneSource in Second Life by attending one of our informative interactive free training sessions. Each training session is an educational and useful experience hosted by an Army OneSource technical trainer. You can register for an Army OneSource in Second Life training session by doing the following:

1. Go to www.myarmyonesource.com and log-in.
2. Hover your mouse over **Family Programs and Services** tab then hover your mouse over **Quick Links** and click **Calendar**.
3. Search the calendar events for an Army OneSource in Second Life training that fits your schedule.
4. Click the training session event link name to view a full description.
5. Click **Attend Event** in the bottom right of the window to register.

Please email training@myarmyonesource.com for more information about training.