



SPOUSE EDUCATION & CAREER OPPORTUNITIES



Fact Sheet

Career and Education Support Made for MilSpouses

Frequent relocations and extended deployments can make it difficult for military spouses to pursue an education and build careers. That’s why the Defense Department established the Spouse Education and Career Opportunities program. Part of the Military OneSource suite of support to service members and families, SECO is made to specifically support all spouses with things like career exploration, education, training and licensing, employment readiness and career connections - all for free.



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Professional career coaching

Reach your employment goals with the assistance of a SECO career coach or advisor. Call 800-342-9647 to schedule a one-on-one consultation with a SECO career coach or start a chat online.

<https://myseco.militaryonesource.mil/portal/article/seco-career-coaching-services>

Scholarships just for you

See if you are eligible to receive up to \$4,000 in MyCAA scholarship funding for licensure, certifications or an associate degree.

<https://mycaa.militaryonesource.mil/mycaa>

Employers that want your skills

Connect with hundreds of MSEP employers that are committed to recruiting, hiring, promoting and retaining military spouse talent.

<https://myseco.militaryonesource.mil/portal/article/military-spouse-employment-partnership>

Extra support every step of the way

Connect with resources at every stage of your service member’s career, from starting out to transitioning back to civilian life.

<https://myseco.militaryonesource.mil/portal/mystep>

Online resources and tools

Find jobs, search for scholarships and more through this one-stop online career and education toolbox filled with valuable information, resources and interactive features.

<https://myseco.militaryonesource.mil/portal/>

Spouse Education and Career Opportunities tools and resources

Access SECO's comprehensive resources and tools to:

- Find practical information to build your plan and meet your goals
- Learn more about yourself with personalized self-assessment tools
- Receive tailored guidance from a consistent coach to keep you on track
- Apply for scholarships, including MyCAA, to fund your education
- Compare colleges and training programs to find the right school for your career goals
- Write effective resumes and cover letters
- Research occupations and find new paths that fit for your unique needs
- Search thousands of jobs with MSEP organizations
- Be the first to learn about new, free initiatives designed specifically for military spouses

Support Throughout Your Journey Call a SECO career coach/advisor

These trained and certified experts are here to help you every step of the way, whether you are searching for a job, looking for education opportunities or working to start your own business. Call Military OneSource at 800-342-9647 or use the Live Chat feature on the MySECO website to schedule a specialty consultation. Coaches/advisors provide:

- Customized career planning
- Entrepreneurship resources and guidance
- Resume and cover letter reviews
- Video mock interviews
- Personal branding
- Education assistance

- Specialized coaching sessions, <https://myseco.militaryonesource.mil/portal/article/military-spouse-career-coaching-packages>
 - » Transitioning Spouse
 - » Working Overseas
 - » Gaining Experience
 - » Working Remotely
 - » Career Readiness
 - » Reentering the Workforce
 - » Part-Time Employment
 - » New Spouse
 - » Career Pathways
 - » PCS
 - » Helping Professions
 - » Freelancing in a Gig Economy
 - » Intelligence and Cybersecurity
 - » Entrepreneurship
 - » Health Care
 - » K-12 Education
 - » Federal Employment
 - » Information Technology

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<https://www.linkedin.com/company/military-spouse-employment-partnership-msep/>



The Spouse Education and Career Opportunities program provides expert education and career guidance to military spouses worldwide. For more information, visit <https://myseco.militaryonesource.mil>.

