



My Next Steps: Military-Sponsored Transition Resources and Training



Question

What military-sponsored transition training is provided to my service member? Am I eligible to participate?



Answer

If your service member is planning to transition from the military either through separation or retirement, the Department of Defense's Transition Assistance Program can be one of your most valuable resources. TAP is designed to provide your service member and you with information, tools, skills and training to help you prepare to leave the military and successfully move on to your next chapter in civilian life.

Because of the importance of TAP to a successful transition, the program is mandatory for your service member. As a military spouse, you are eligible for TAP services and are encouraged to attend with your service member. Your service member begins TAP by meeting with a transition counselor two years before transition if he or she is retiring, or one year before transition if separating. After meeting with a transition counselor for pre-separation counseling and a transition readiness assessment, your service member can enroll you both in a transition assistance workshop referred to as Transition GPS (Goals, Plans, Success). The workshop includes classroom training in several core components, including development of a transition plan; translation of military skills, financial planning for transition, training and experience for opportunities in the civilian workplace; veterans' benefits information from the Department of Veterans Affairs and an employment skills and preparedness workshop led by the Department of Labor. After completing the Transition GPS classes, you and

your service member can elect additional two-day training seminars that focus specifically on your post-transition goals as they relate to education, career exploration and planning or starting your own business. Depending on his or her transition readiness assessment, your service member may be required to attend the two-day training seminar that most closely aligns with his or her post-transition goals. In addition to the opportunities for classroom training, transition counselors or coordinators provide personal, individualized assistance and can inform you about job fairs, employment workshops or other special events that bolster transition preparedness.

***“The Department of Defense’s
Transition Assistance Program
can be one of your family’s most
valuable resources.”***

Beyond the classroom training, your service member may have additional transition-related requirements. These requirements are to ensure your service member leaves the military more prepared to meet the goals he or she has set. Depending on post-transition plans, your service member may be expected to prepare a resume, share job applications or prove that he or she has applied to college or to a career technical school. While none of the requirements of TAP are mandatory for military spouses, you and your service

Visit MySECO on Social Media



Resources at a Glance

- [DoD Transition Assistance Program](#)
- DoD Transition Assistance Program [Virtual Curriculum](#)
- [Locate](#) a transition assistance office
- [Stand-alone online training](#) for family members



Answer (cont.)

member are in this together! Supporting and assisting your service member with transition requirements will benefit your entire family. Transition is also an excellent time to assess your own goals. Working alongside your service member to reach your own personal and professional goals is an added benefit of TAP.

Each branch of service offers Transition Assistance or Transition Readiness Programs on installations around the world. Depending on where you and your service member attend TAP, as a military spouse, you could attend on a space-available basis. While in-person training is the

preferred method for attending TAP for the service member, online training is available for both you and your service member. If classes are full, you live far from an installation, or employment or child care needs keep you from attending in-person, online options and personal support are available to help you gain the invaluable information and tools you need for a successful transition. If your service member is two years from retirement or a year from separation, visit the websites in the resources section to learn more about TAP, and contact your installation transition office to get started today.



Steps to Consider

These “Steps to Consider” are not meant as a checklist. Use the suggestions to facilitate a discussion with your service member.

- Visit the [DoD TAP website](#) and the service-specific transition website for your service member’s branch to learn about the military’s transition training and to understand how military-sponsored transition programs help set your family up for success after transition.
- Begin or continue to discuss your post-transition individual and family goals with your service member.
- If your service member is within two years of retirement or one year of separation, [contact](#) the transition office at an installation near you to schedule Pre-separation counseling, a transition readiness assessment, and in-person Transition GPS training.
- If you are unable to attend in-person transition training, access the [online transition curriculum](#) or the [stand-alone online curriculum](#) for veterans or family members who do not have a Common Access Card or a Joint Knowledge Online account.
- View the other Stepping Beyond videos, and download the fact sheets in the Transition Assistance and Training category.
- Assist and encourage your service member to meet any TAP-related requirements to ensure he or she is best prepared to transition out of the military.
- Schedule an appointment with a transition counselor or coordinator on a nearby installation to seek individualized assistance with your transition plan.



Resources

Department of Defense and Virtual Resources

- DoD TAP: <https://www.dodtap.mil>
- DoD TAP Transition Track Virtual Curriculum: https://www.dodtap.mil/virtual_curriculum.html
- Stand-alone online training track seminars for veterans and family members who do not have a Common Access Card or a Joint Knowledge Online account: <http://jko.jten.mil/courses/tap/TGPS%20Standalone%20Training/start.html>

Locate a transition assistance office: <https://installations.militaryonesource.mil/>

- In the dropdown menu, choose “I’m looking for a program or service.” Then, type in “Transition Assistance Program” in the “I’m choosing from” text field. Next, you’ll be asked to filter by installation or zip code. After making your selection, select the “Search” button.

Branch-specific Transition Assistance Programs

- Army Transition Assistance Program (Soldier for Life, or SFL-TAP): <https://www.sfl-tap.army.mil/>, or call 800-325-4715.



Resources (cont.)

- Marine Corps Transition Readiness Program: <http://www.usmc-mccs.org/index.cfm/services/career/transition-readiness/>
- Navy Transition Assistance Program: https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/work-and-family-life/transition_assistance.html
- Air Force Transition Assistance Program: <http://www.afpc.af.mil/Separation/Transition-Assistance-Program/>

Branch-specific Transition Office Locator Information

- Army Soldier for Life - Transition Assistance Program: <https://www.sfl-tap.army.mil/locations>
- Marine Corps Transition Offices: <http://www.usmc-mccs.org/MCCS/index.cfm/locations/>
- Navy Fleet and Family Support Centers: https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html
- Air Force Airmen and Family Readiness Centers: [Links to <https://installations.militaryonesource.mil/>]



Notes

Related MySTeP Topics

Transition Assistance and Training

- Preparing an Individual Transition Plan
- Understanding Supplemental Transition Training Tracks within the Transition Assistance Program
- Installation Family Support Centers for Transitioning Military Families
- Transition Assistance for Military Spouses