Welcome to YOUR Transition Readiness Seminar

Please Sign In

Daily Attendance

- Verify your information is correct
- Morning and afternoon rosters
- 100% mandatory attendance
- Spouses are encouraged to attend S.T.A.R.S.
 - Please register on our website

http://www.mccslejeune-newriver.com/FMEAP

- Dress Code Business Casual
 - Jeans, shorts, t-shirts, flip flops, workout attire, coveralls, flight suits are **not** permitted
 - Uniform of the day is acceptable

Transition Readiness Program

MARINE FOR LIFE CYCLE

MAKE MARINES		WIN BATTLES			RETURN QUALITY CITIZENS			
1 Ale			ð		(K)	4	Obtain Employment	
Con			Re-Enlistment/ Permanent PSEPS Change of Station		EN		Obtain	
Entry Level	First Permanent	Individual Development Plan		Individual Transition	Capstone	Separation/ Retirement/	a Degree	Veteran Marines
Training	Duty Station	Employment Preparation	Promotion Mobilization/ Demobilization	Plan		Deactivation	a Certification	i i i i i i i i i i i i i i i i i i i
Recruit Training,	HTC Personal	Higher Education		Finalize	Final verification			
MCT, SOI, MOS School	Readiness Seminar	Entrepreneurship	Deployment/ Major Life Redeployment Events	post-separation goals based on IDP	of Career Readiness Standards		a Business	

Administrative Notes

- Class starts at 0830
- No Appointments during this week
 - Speak with a Transition Readiness Program staff member for attendance concerns
- Restrooms
- WiFi
- Breaks and Lunch
- Tobacco Products
 - No smoking or vaping within 50 feet of the building
 - Receptacles for cigarettes located in designated smoking areas
- Vending machines



In Case of Emergency

- Fire Exits
- Evacuation Route
- Evacuation Location
- Fire Extinguishers / AED

TRB Points of Contact

Camp Lejeune

Location: Bldg 824 Stone St.

Hours: 0800 - 1600

Phone Number: 910-451-3781

New River

Location: Bldg AS-912/913

Hours: 0800 - 1600

Phone Number: 910-449-4914

http://www.mccslejeune-newriver.com/trs

Transition Readiness Seminar Timeline



TRS Class Week Process

Day 1: 0830-1530

- Transition Overview
- Managing Your (MY) Transition
- MOC Crosswalk (Gap Analysis)
- Personal Financial Management (Budget)

- Marine For Life
- Self-Assessment/ITP

Day 2: Veterans Affairs Benefits & Services 0830-1600

- Apply for benefits
- Disability Compensation

- Education
- Vocational Rehabilitation
- Training Opportunities

- Home Loans
- Life Insurance Options
- Navigate VA.gov

Day 3: Employment Fundamentals of Career Transition (EFCT) 0830-1600

• Getting Started

Health Care

• Applying for a Job

• Communicating Your Decision

- Planning Your Next Steps
- Interviewing for a Job

• Preparing for Success

• Receiving a Job Offer

Day 4-5: 2-Day Track 0830-1600

- Dept of Labor Employment Workshop
- Managing Your Education

- Career and Credential Exploration
- Boots to Business

****CRS Deliverables due at Capstone review with advisor****



Register to attend a SkillBridge Information Session www.mccslejeune-newriver.com/TRS/SkillBridge

Transition Resources

DoDTAP: https://www.dodtap.mil/resources.html

- Statement of Benefits
- Transition Timeline

MilConnect: https://milconnect.dmdc.osd.mil/milconnect/

- eForm/e2648
- VMET

Marine for Life: https://usmc-mccs.org/cycle/transition/

• Transition Time (entire career)

SkillBridge:

- Local: <u>http://www.mccslejeune-newriver.com/trs/skillbridge</u>
- National: <u>https://dodskillbridge.usalearning.gov/</u>

References

Transition Assistance Program (TAP) For Military Personnel

DoD Instruction 1332.25, Sept 26, 2019

Transition Readiness Program (TRP)

• Marine Corps Order 1700.31

Implementation Of Mandatory Transition Readiness Capstone

• MARADMIN: 632/19

DD-2648 eForm

• MARADMIN 568/16

SKILLBRIDGE

- NAVADMIN 222/15
- MARADMIN 350/18

2022 TAP CURRICULUM



MANAGING YOUR (MY) TRANSITION

12

DISCLAIMER

The information provided herein does not constitute a formal endorsement of any company, its products, or services by the U.S. Department of Defense (DoD). Specifically, the appearance or use of external hyperlinks does not constitute endorsement by the DoD of the linked websites or the information, products, or services contained therein. The DoD does not exercise any editorial control over the information you may find at these locations. While this information provides informational resource material to assist military personnel and their families in identifying or exploring resources and options, the resources provided are not exhaustive.

THE MOMENT YOU TAKE **RESPONSIBILITY FOR EVERYTHING IN YOUR LIFE IS THE MOMENT YOU CAN** CHANGE ANYTHING IN YOUR LIFE.

- Hal Elrod

MANAGING YOUR TRANSITION

COURSE OVERVIEW

PG, p. 7

Transition Overview

Transition Concerns

Finding New Purpose and Identity

Managing Transition Stress

Military vs. Civilian Culture

Value of Mentors

Available Resources

PG, p. 3



CAREER

READINESS	Start a personal self-assessment/ Transition Plan (ITP).
STANDARDS	Complete a Gap Analysis or provie of employment.
	Prepare a criterion-based, post-se financial plan.
- de	Register on VA.gov.
	Complete a resume or provide ve employment.
	Complete a comparison of higher technical training institution optic
PG, p. 3	Complete a continuum of Military Opportunity counseling (Active-co only).

Completed	CRS	Course/Brief
	Start a personal self-assessment/ Individual Transition Plan (ITP).	IC/Pre-Separation Counseling
	Complete a Gap Analysis or provide verification of employment.	MOC Crosswalk
	Prepare a criterion-based, post-separation financial plan.	Financial Planning for Transition
	Register on VA.gov.	VA Benefits and Services
	Complete a resume or provide verification of employment.	DOL Employment Workshop
	Complete a comparison of higher education or technical training institution options.	DoD Managing Your Education/DOL Career Credential Exploration
	Complete a continuum of Military Service Opportunity counseling (Active-component only).	Varies by Installation

MY TRANSITION TIMELINE



WHAT ARE YOUR TRANSITION CONCERNS?



- Feeling a Loss of Purpose/Identity
- Not Receiving a Guaranteed Paycheck
- Getting/Keeping the Right Job
- Going into Debt
- Obtaining and Paying for Health Care
- Losing the Military Support System

FINDING NEW PURPOSE AND IDENTITY



- Self-reflect and research to find a new purpose
- Seek meaningful employment
- Join veteran- and military-related groups
- Find a cause where you can use your skills in your community

RESILIENCY IN TRANSITION

"...The process of adapting well in the face of change, adversity, or significant sources of stress"

(Source: American Psychological Association)

> TOP RESILIENCY TIPS:

- Be Realistic
- Turn Challenges into Opportunities
- Learn from Adversity



MANAGING TRANSITION STRESS (Some) Symptoms of Stress: **Isolation/Apathy** Irritability/Exhaustion **Headaches/Depression Decreased Communication Changes in Appetite or Sleep Increased Use of Alcohol or Drugs Feelings of Anxiety or Helplessness**



RELIEVING STRESS Communicate Ask for Help Exercise Eat Well and Drink Water Breathe or Meditate Fun with Family and Friends **BE FLEXIBLE!**

WHAT ARE SOME DIFFERENCES BETWEEN MILITARY AND CIVILIAN CULTURES?

PG, p. 14

MILITARY AND CIVILIAN CULTURE DIFFERENCES

- Personal Choice
 Service to Country
- AttireWe vs. I
- PayPeer Interaction
- Work/Life Balance
 Mission/Purpose
- HousingRank/Respect
- Starting Over

Language

DETERMINING CULTURE



STUDY

OBSERVE LISTEN



ASK



VALUE OF MENTORS

A mentor is a trusted counselor, teacher, or an influential senior sponsor. When choosing a mentor, it is recommended you choose someone you view as a role model.

FINDING A MENTOR

- Military Network
- Social Media (i.e., LinkedIn)
- Military and Veteran Service Organizations (MSO/VSO)
- Online Mentorship Networks
- Professional Networking Events

Mentor
29

MENTOR CHARACTERISTICS

- Assist in setting goals
- Available as a resource and sounding board
- Give constructive feedback
- Supportive and encouraging
- Successful and respected in their fields



--- PRE-TRANSITION RESOURCES ---









CONTINUUM OF MILITARY SERVICE OPPORTUNITY

- Reserve Affairs Management Branch, RAM-1 (HQMC)
- MARFORRES Customer Service Center (IRR Marines)

1-800-255-5082

703-784-9142/3

mfr csc@usmc.mil

ram-1@usmc.mil

- Prior Service Recruiter (PSR) Locate a PSR near you: 703-784-9782 mcrc-psr@marines.usmc.mil
- Direct Affiliation Program

East Coast: grant.brawn@usmc.mil (503) 789-8930 daniel.stoll@usmc.mil (910) 451-8467

West Coast: bobby.kyles@usmc.mil

MCB CLNC/MCAS NR RESOURCES

DISBURSING

Regional Disbursing Office East, Bldg. 10 Camp Lejeune, NC 28542-0125

Smb_lejeune_disbotravel@usmc.mil

910-449-9125, Option 1

Naval Hospital

Service Treatment Record (STR) Separation/Retirement Process (DD2963)

** Processing Time for Copy

Requests – Up to 14-21

Business Days.** 910-450-3108

IPAC

Bldg. 60 Room 226

Front desk	910-451-2016
SNCO	910-451-2081
Adseps	910-451-2058
Coast Guard	910-440-7038

DMO www.move.mil



- Register with your personal email address
- ✓ Allow 48 hours to activate
- ✓ Don't delete your email

Camp Lejeune 910-450-8417 Camp Geiger 910-449-4105 ppcig@usmc.mil

POST-TRANSITION RESOURCES

MILITARY ONESOURCE



U.S. Department of Veterans Affairs



For Psychological Health & Traumatic Brain Injury

AmericanjobCenter

NATIONAL RESOURCE DIRECTORY

An Online Partnership for Wounded, Ill and Injured Service Members, Veterans, Their Familes and Those Who Support Them

Marine For Life Network

What does M4L Do?

Connects members to:

- Education resources
- Employment opportunities
- Other Veteran services

Who's Eligible?

- Marines
- Veteran Marines
- Family members
- Sailors who have served with Marine Corps units

MARINE FOR LIFE NETWORK STAFF

Regional Network Coordinators Marine for Life Representatives



Bering Sea

North Pacific Ocean AK

YT.

NT

C

Marine For Life Network

Why Should I Join the Marine For Life Network?

- Plug into an established network
- 80% of jobs are found through networking
- Connect with other Marines
- Take advantage of Marine friendly employers and resources
- Be proactive: cultivate your network before you need it



Marine For Life Network

Government Relations 11-50 employees

Home





Marine For Life is an extension of the Marine ethos "Once a Marine, Always a Marine". Marine For Life is a continuation of the Marine Corps' strategic engagement with Marines and their families across the continuum of the Marine For Lifecycle - commencing with their transformational entry into the Corps, symbolized in their earning the Eagle, Globe, and Anchor, through their transition to Veteran Marine status and the return of these quality citizens back to their communities.

Marine For Life Network connects transitioning Marines and their family members to education resources, employment opportunities, and other Veterans services that aid in their career and life goals outside of military service.

Marine For Life uses LinkedIn groups for online networking opportunities. The Marine For Life LinkedIn networking groups consist of one national group, four regional groups, and several community-specific groups.

Marine For Life Network employees



Emily Lamb Outreach Specialist, Marine For Life

See how you're connected >

MARINE FOR LIFE NETWORK



STATEMENT OF BENEFITS ACTIVITY



- 1. Go to: www.DoDTAP.mil
- 2. Select Resources/FAQs from the top menu bar
- **3.** Click on the hyperlinked text for *Statement of Benefits Guide for Military Members*
- 4. Download the guide and email a copy to yourself

5. Click on your Service seal on the cover page of the guide for specific benefit information

MANAGING YOUR TRANSITION REMINDERS

- Acknowledge concerns
- Find a new purpose and identity
- Manage stress
- Understand culture differences
- Find a mentor
- Use available resources

QUESTIONS?

Reminder:

We are here to help YOU! If you have any questions at any point during your transition, please let us know.

TAP PARTICIPANT ASSESSMENT

PG, p. 24

We want your feedback!

Your feedback is anonymous and very valuable to the success of TAP. Every comment is read and addressed as appropriate.

- Use computer or mobile device
- Go to: <u>https://www.dodsurveys.mil/tgpsp/</u>
- Select Managing Your (MY) Transition
- Complete assessment

OR...SCAN THIS QR CODE WITH YOUR PERSONAL DEVICE TO BEGIN THE ASSESSMENT

