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
- Entry Level Training
- First Permanent Duty Station (HTC)
- Personal Readiness Seminar
- Individual Development Plan: Employment Preparation, Higher Education, Career and Technical Training, Entrepreneurship
- Individual Transition Plan
- Capstone

WIN BATTLES
- Obtain Employment
- Obtain a Degree
- Obtain a Certification
- Start a Business

RETURN QUALITY CITIZENS
- Veteran Marines
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

**Pre-Work**
- 24-12 months (Retirees)
- 18-12 months (Separatees)

- Register for eBenefits (CRS)
- Initiate Self-Assessment Individual Transition Plan (CRS)
- Complete Pre-Separation Counseling (PLaw)
- Pull Verification of Military Experience and Training
- Pull Joint Service Transcript
- Update Marine Online email

**Counseling**
- 24-12 months (Retirees)
- 18-12 months (Separatees)

- Complete Initial Counseling (PLaw)
- Complete Pre-Separation Counseling (PLaw)

**DoD Day 1 Required P.Law**
- Check-In/Welcome 800-830
- MY Transition 830-915
- MOC Crosswalk 930-1015
- Lab 1030-1130
- Financial Planning 1230-1530
- Closing

**24/18 Months – 180 Days**

- Day 2
  - Veterans Affairs Benefits & Services (8 hrs)

- Day 3
  - Dept of Labor 1-day EFCT (8 hrs)

- Day 4
  - Career and Credential Exploration (C2E)
  - Managing Your Education (MY Ed)
  - Career Employment Workshop (DOLEW)

- Day 5
  - Career and Credential Exploration (C2E)
  - Managing Your Education (MY Ed)
  - Career Employment Workshop (DOLEW)

**Tier 1 & 2**
- Review Self-Assessment/ITP
- Review Pre-Work
- Assign Tier & Track
- TRS Registration
- Update eForm

**Tier 3**
- 2-Day Tracks are based on additional goals if other than employment

**Mandatory Post-Work**

**Capstone Review**
- 180 Days - 120 Days
  - Mandatory Post-Work
  - Commander’s Verification
  - 120 - 90 Days
  - CRS Verification Warm Handover (CDRS Verification eForm)

**Day 2**
- CRS Verification (Capstone Review eForm)

**Day 3**
- Mandatory Post-Work Commander’s Verification
- 120 - 90 Days
- CRS Verification Warm Handover (CDRS Verification eForm)

**Career Readiness Standards (CRS)**
1. Self-Assessment / ITP
2. Register on eBenefits
3. Criterion Based Financial Plan
4. Reserve Opportunities & Obligations Brief (ROOB)
5. Gap Analysis
6. Completed Resume (DOLEW)
7. Comparison of Technical Institute (C2E)
8. Comparison College/University (MY Ed)
# 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
- Health Care
- 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
- Planning Your Next Steps
- Preparing for Success
- Applying for a Job
- Interviewing for a Job
- Receiving a Job Offer
- Communicating Your Decision

## 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: http://www.mccslejeune-newriver.com/trs/skillbridge
  • National: https://dodskillbridge.usalearning.gov/
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
MANAGING YOUR (MY) TRANSITION
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

- Transition Overview
- Transition Concerns
- Finding New Purpose and Identity
- Managing Transition Stress
- Military vs. Civilian Culture
- Value of Mentors
- Available Resources
Transiton Overview

- Individualized Initial Counseling (IC)
- Pre-Separation Counseling

DoD Transition Day

- Managing Your (MY) Transition

NLT 365 days

- DOL Employment Fundamentals of Career Transition
- VA Benefits and Services
- Financial Planning for Transition
- MOC Crosswalk

Continuum of Service
- Employment
- Vocational
- Education
- Entrepreneurship

Capstone

2-Day Tracks

NLT 90 Days

PG, p. 3
<table>
<thead>
<tr>
<th>Completed</th>
<th>CRS</th>
<th>Course/Brief</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Start a personal self-assessment/ Individual Transition Plan (ITP).</td>
<td>IC/Pre-Separation Counseling</td>
</tr>
<tr>
<td></td>
<td>Complete a Gap Analysis or provide verification of employment.</td>
<td>MOC Crosswalk</td>
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<tr>
<td></td>
<td>Prepare a criterion-based, post-separation financial plan.</td>
<td>Financial Planning for Transition</td>
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<tr>
<td></td>
<td>Register on VA.gov.</td>
<td>VA Benefits and Services</td>
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<tr>
<td></td>
<td>Complete a resume or provide verification of employment.</td>
<td>DOL Employment Workshop</td>
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<tr>
<td></td>
<td>Complete a comparison of higher education or technical training institution options.</td>
<td>DoD Managing Your Education/DOL Career Credential Exploration</td>
</tr>
<tr>
<td></td>
<td>Complete a continuum of Military Service Opportunity counseling (Active-component only).</td>
<td>Varies by Installation</td>
</tr>
</tbody>
</table>
MY TRANSITION TIMELINE

Located on www.DoDTAP.mil under Resources/FAQs
WHAT ARE YOUR TRANSITION CONCERNS?
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
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?
MILITARY AND CIVILIAN CULTURE DIFFERENCES

- Personal Choice
- Attire
- Pay
- Work/Life Balance
- Housing
- Starting Over
- Service to Country
- We vs. I
- Peer Interaction
- Mission/Purpose
- Rank/Respect
- Language
DETERMINING CULTURE

STUDY

OBSERVE

LISTEN

RESEARCH

ASK
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 CHARACTERISTICS

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

- Reserve Affairs Management Branch, RAM-1 (HQMC) 703-784-9142/3 ram-1@usmc.mil
- MARFORRES Customer Service Center (IRR Marines) 1-800-255-5082 mfr_csc@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
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

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 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.
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

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: https://www.dodsurveys.mil/tgpsp/
- Select Managing Your (MY) Transition
- Complete assessment

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