



TRANSITION ASSISTANCE PROGRAM
Start Strong • Serve Strong • Reintegrate Strong • Remain Strong

Soldier for Life – Transition Assistance Program

SFL-TAP Fact Sheet



SFL-TAP Overview

- **SFL-TAP**
The Soldier for Life – Transition Assistance Program (SFL-TAP) delivers transition services that ensure all eligible transitioning Soldiers have the training and counseling necessary to be successful as a civilian. To locate a SFL-TAP Center near you, go to www.sfl-tap.army.mil.
- **Eligibility**
If you are an Active or Reserve Component Soldier with 180+ days of continuous active federal duty service, you and your Family members are eligible to receive SFL-TAP services 18 months prior to transition or 24 months prior to retirement. Some DA Civilian employees can attend SFL-TAP. Contact your SFL-TAP Center for eligibility.
- **Commander's Program**
The unit Commander ensures all transitioning Soldiers use SFL-TAP services. Reports are available to unit leadership to show a Soldier's SFL-TAP progress.
- **CRS**
Career Readiness Standards (CRS) are mandates set forth by the Office for the Secretary of Defense and public law. All transitioning Soldiers must meet CRS prior to their transition date in accordance with their selected individual transition track.

SFL-TAP Requirements

- **Preseparation Briefing (DD Form 2648) – 24-12 months prior to transition for retirees or 18-12 months prior to transition for non-retirees.**
90 minute briefing plus Initial Counseling session with a SFL-TAP counselor.
- **Individual Transition Plan (ITP) – Started 24-12 months prior to transition for retirees or 18-12 months prior for non-retirees. Completed no later than 3 months prior to transition.**
Outlines your career or education goals and milestones.
- **Register for eBenefits – 24-12 months prior to transition for retirees or 18-12 months prior for non-retirees.**
Register for benefits at www.eBenefits.va.gov.
- **MOS Crosswalk – 15-12 months prior to transition.**
Translates military skills and training. Identifies gaps with civilian employment (Gap Analysis). Eligibility for licensure, certification, and apprenticeship.
- **Individual Self-Assessment – 15-12 months prior to transition.**
Complete self-assessment through Kuder Journey, O*NET Interest Profiler, or other assessment tool.
- **DOL Employment Workshop & Gold Card – 12-9 months prior to transition.**
Employment counseling and resume development. Post-9/11 Veterans receive priority at DOL American Job Centers with the Gold Card.
- **VA Benefits Briefing I & II – 9-6 months prior to transition.**
VA benefits and eligibility.
- **Financial Planning Seminar – 5-4 months prior to transition.**
Financial planning and budget preparation. Complete 12-month post-service budget.
- **Job Application Package OR Job Offer Letter – Packet completed no later than 3 months prior to transition.**
Complete private or federal resume (no later than 6 to 5 months prior to transition), references, and two submitted job applications. A job offer letter can be used in place of the Job Application Package.
- **Career Track Courses & CRS – No later than 3 months prior to transition.**
Accessing Higher Education, Vocational/Technical, or Entrepreneurial. In accordance with Soldier's ITP.
- **Capstone (DD Form 2648) – No later than 3 months prior to transition**
Culminating activity verifying the Soldier has a viable ITP and meets CRS.

Additional Resources

- **SFL-TAP Virtual Center**
The Virtual Center provides access to required courses, counselors, transition materials, resume resources, and seminars. Call 1-800-325-4715 to speak with a counselor or go to www.sfl-tap.army.mil to request virtual access. The Virtual Center and call line are open 24/7 to augment center staff and assist Soldiers with their transition.
- **Career Skills Program (CSP)**
Provides Soldiers with the opportunity to participate in apprenticeships, on-the-job training, internships, employment skills training, and job shadowing.
- **Connecting Soldiers to Jobs**
SFL-TAP Centers hold hiring events and other opportunities to meet with prospective employers and connect to civilian opportunities.

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