



2019-2020 TAP CURRICULUM

MANAGING YOUR TRANSITION

Table of Contents

Transition Overview	2
TAP Curriculum and CRS	2
Managing Your (MY) Transition Timeline	6
MY Transition	7
Course Objectives	7
Transition Concerns	7
Resiliency in Transition	9
Managing Transition Stress	10
Military vs. Civilian Culture	12
Communication During Transition	16
Value of Mentors	16
Resources	18
Pre-Transition Resources	18
Post-Transition Resources	19
MY Transition Reminders	21
Transition Assistance Program Participant Assessment	22

Transition Overview

Early in your military career, you began preparing for transition at various touchpoints as part of the Military Life Cycle (MLC)—a transition model that provides the opportunity to align your military career with your civilian goals. The MLC touchpoints are:

- 1st Permanent Duty Station (Active) or 1st Home Station/Initial Drilling Weekends (Reserve)
- Re-enlistment
- Promotion
- Change of Duty Station
- Deployment and Redeployment/Mobilization and Demobilization/Deactivation
- Major Life Events
- Separation, Retirement, or Release from Active Duty

During these touchpoints, you implemented your Individual Development Plan (IDP) by completing self-assessments and receiving training on financial planning, skills translation, benefits, education, employment, and ultimately, the development of an Individual Transition Plan (ITP).

The final touchpoint is provided by the Transition Assistance Program (TAP). TAP includes multiple steps, beginning with individual counseling and ending with a Capstone event. Throughout the process, an outcome-based curriculum with standardized learning objectives is used to reinforce what was covered during your MLC and finalize preparations for your civilian career. The goal is to assist you in meeting mandatory Career Readiness Standards (CRS)—the Department of Defense's (DoD) measureable outcomes which indicate your preparedness for a civilian career—regardless of your occupational field or military branch.

TAP Curriculum and CRS

Below is an overview of the components included in TAP Curriculum and the mandatory CRS:

Initial Counseling and Self-Assessment/ITP

MANDATORY FOR ALL SERVICE MEMBERS—complete prior to this workshop

CRS: Complete a personal self-assessment/Individual Transition Plan (ITP)

Pre-separation/Transition Counseling

MANDATORY FOR ALL SERVICE MEMBERS—complete prior to this workshop

DoD Transition Day

MANDATORY FOR ALL SERVICE MEMBERS

- **Managing Your (MY) Transition**
 - **Transition Overview**—presents a transition overview of the TAP Curriculum components and mandatory CRS
 - **Managing Your Transition**—introduces topics important for transition and associated resources
- **Military Occupational Code (MOC) Crosswalk and Gap Analysis**—assists with identifying skills and demonstrates how to translate skills, training, and experience into civilian credentialing appropriate for civilian jobs

CRS: Complete a MOC Gap Analysis or provide verification of employment

- **Financial Planning for Transition**—builds on the financial training provided during the Military Life Cycle (MLC) and helps Service members understand how transition will impact financial situations

CRS: Prepare a criterion-based, post-separation financial plan

Department of Veterans Affairs (VA) Benefits and Services

MANDATORY FOR ALL SERVICE MEMBERS—provides information about VA benefits, services, and tools, and shows how to find the help and support needed for a successful transition

CRS: Register on eBenefits

Department of Labor (DOL) Employment Fundamentals for Career Transition

MANDATORY FOR ALL SERVICES MEMBERS (with specific exemptions)—provides a high-level overview of the process used to find and obtain employment

Two-Day Tracks

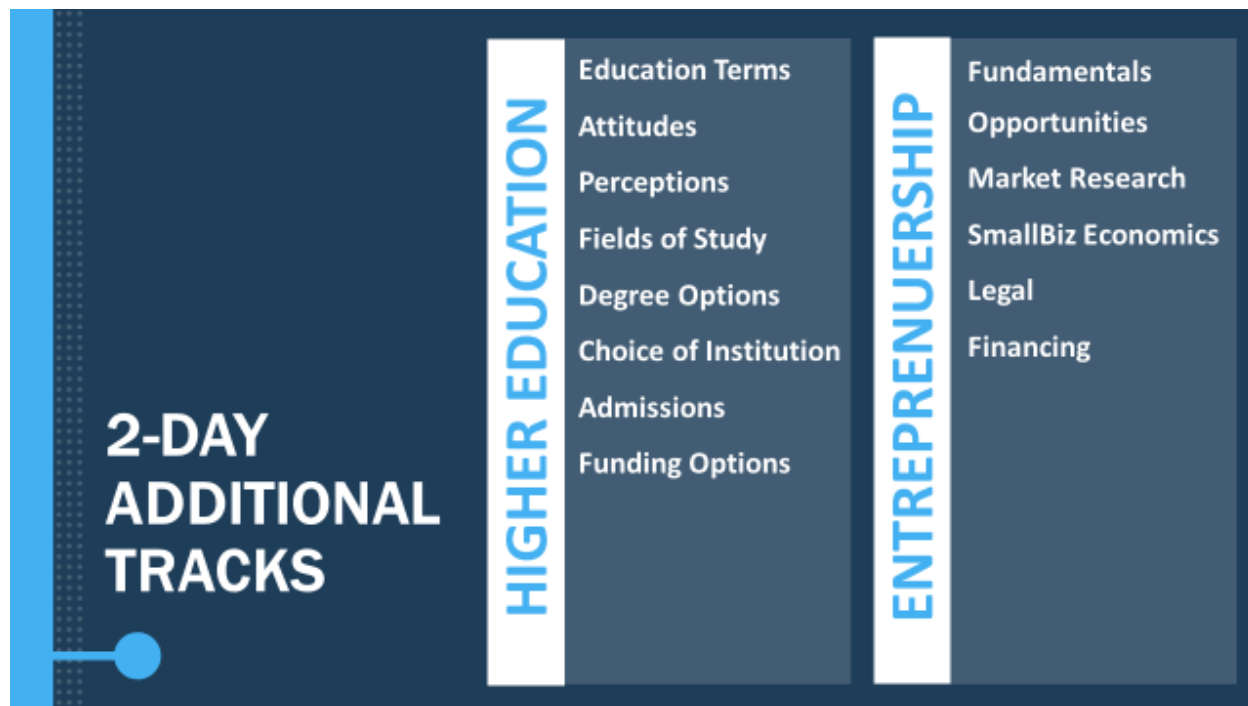


DOL Employment Workshop—provides an in-depth view of the topics covered in the DOL One-Day

CRS: Complete a resume or provide verification of employment

DOL Vocational Training Track—increases awareness of training/credentialing programs, apprenticeships, and certification/licensure requirements and culminates with the development of an action plan to achieve career goals

CRS for DOL Vocational Training Track: Complete a comparison of technical training institution options



DoD Managing Your Education—assists participants in identifying the higher education requirements that support their personal career goals

CRS for DoD Managing Your (MY) Education: Complete a comparison of higher education institution options

SBA Entrepreneurship Track – Boots to Business (B2B)—provides an introductory understanding of business ownership

Capstone

MANDATORY FOR ALL SERVICE MEMBERS—verification by Commander or designee that the transitioning Service member has met all CRS and has a viable ITP

Opportunity to Join the Reserve Component—used to evaluate the option of continuing military Service through Reserve opportunities

CRS: Complete a Continuum of Military Service Opportunity counseling (Active-Component only)

Managing Your (MY) Transition Timeline

A *MY Transition Timeline* is provided on the following pages to assist you in planning your transition. Transition activities can occur as early as 24 months for those retiring and no later than 365 days for those separating/transitioning.

An interactive version is available online at:

https://www.dodtap.mil/rest/docs?filename=Managing_Your_Transition_Timeline.pdf

Managing Your (MY) Transition Timeline

The following checklist is designed to help you transition successfully within an ideal timetable of 18-24 months. If you're planning your transition on a shorter schedule, start at the beginning of the list, and catch up as quickly as possible. Cross out items that don't apply to your situation, and use the boxes to the left of the items to check off tasks as you complete them.

18 TO 24 MONTHS PRIOR TO TRANSITION

- ☐ Make an appointment with your local Transition Assistance Program (TAP) Counselor for your individualized initial counseling
- ☐ Attend initial counseling and complete your personal self-assessment/Individual Transition Plan (ITP)
- ☐ If retiring, schedule/attend Pre-separation counseling (can occur before 365 days, but no later than 365 days)
- ☐ Identify a mentor
- ☐ Create a LinkedIn account at www.linkedin.com and build your network
- ☐ Begin exploring career options
- ☐ Secure your Joint Service Transcript (JST) or Community College of the Air Force (CCAF) transcript and Verification of Military Experience and Training (VMET)

12 TO 18 MONTHS PRIOR TO TRANSITION

- ☐ If separating/transitioning, schedule/attend Initial Counseling and Pre-separation Counseling (can occur before 365 days, but no later than 365 days)
- ☐ Explore SkillBridge or Career Skills opportunities

12 TO 18 MONTHS PRIOR TO TRANSITION (CONTINUED)

- ☐ Review finances to ensure you are financially ready for civilian life. If retiring, schedule a meeting with a personal financial counselor
- ☐ Learn about the VA Home Loan Guaranty Program
- ☐ Register for/attend TAP workshops and additional tracks (employment, higher education, vocational, entrepreneurship)
- ☐ Create a master resume
- ☐ Consider taking CLEP exams

6 TO 12 MONTHS PRIOR TO TRANSITION

- ☐ Begin and refine your job search
- ☐ Use your master resume to begin drafting targeted resumes
- ☐ Arrange for household goods (HHG) transportation counseling if you plan to relocate upon separation
- ☐ Schedule your physical and dental checkups
- ☐ Decide if you want to "opt out" of VA health benefits or not
- ☐ If retiring, meet with your Service Retirement Office
- ☐ Sign up for a free year of the LinkedIn Premium Subscription

4 TO 6 MONTHS PRIOR TO TRANSITION

- ☐ Complete your Baseline Wellbeing Assessment and Separation Health Assessment
- ☐ Start attending career fairs
- ☐ Review and update your will and other legal documents
- ☐ Consider whether to take terminal leave or sell back your leave balance
- ☐ Determine if you are eligible for separation pay or early retirement
- ☐ Submit a pre-discharge disability claim under the Benefits Delivery at Discharge (BDD) or Decision Ready Claim (DRC) programs (if applicable)
- ☐ Connect with an American Job Center (AJC) near the installation or at your post-separation location

3 MONTHS PRIOR TO TRANSITION

- ☐ Schedule and complete your Capstone event with your commander or their designee
- ☐ Review your Pre-Separation Checklist (DD2648)
- ☐ Research your health care insurance options; register for TRICARE (if you are a retiree)
- ☐ Research life insurance options for self and family
- ☐ Contact your medical treatment facility to get copies of your health and dental records
- ☐ Complete VA Healthcare registration
- ☐ Set up a one-on-one session with a VA Benefits Advisor
- ☐ Obtain a Veterans' Preference letter from eBenefits
- ☐ Apply for VA Education and Career Counseling benefit (if applicable)

90 DAYS OR LESS PRIOR TO TRANSITION

- ☐ If seeking employment, begin applying and interviewing for positions
- ☐ Finalize relocation appointments and review your benefits, if applicable
- ☐ Begin to prepare your Disability claim with your local VSO (if applicable and not completed previously)
- ☐ If married, make a Survivor Benefit Plan election decision with your spouse
- ☐ If retiring, complete DD Form 2656 with a retirement services office or counselor
- ☐ Contact Military OneSource to learn about no-cost resources available during the first year post-transition

AFTER SEPARATION/RETIREMENT

- ☐ Ensure you have multiple certified copies of your DD214 (Certificate of Release or Discharge from Active Duty) in a fireproof place
- ☐ Ensure your VA benefits contact information is updated with your correct phone number, email, and address
- ☐ Continue to network and stay involved on LinkedIn and other social media sites
- ☐ Register for the VA burial pre-need program
- ☐ Apply for VA Dental Insurance (if applicable)
- ☐ Apply for Veterans ID card, Veterans Health Identification Card, or print Proof of Service card from eBenefits
- ☐ Utilize Military OneSource (up to 365 days post-transition)
- ☐ If you are married, inform your spouse about the benefits offered by Spouse Education and Career Opportunities (SECO)

MY Transition

The first step in your training for transition from active-duty Service into the civilian sector begins with a module designed to support you and your family members through the transition process by discussing common concerns that manifest during transition. This module also covers some less obvious topics—new stressors that may result during transition and strategies to manage them, differences in the culture of civilian and military life, the value of a mentor and how to obtain one, and resources available during and after transition. These issues may have a significant impact on the transition process and need to be considered in your ITP.

Course Objectives

Upon completion of this course, you will be able to:

- Identify transition concerns
- Understand how to mitigate stress caused by transition
- Compare the cultural differences between military and civilian life, in both personal and employment settings
- Recognize the value of a mentor and identify methods to obtain one
- Locate and identify reliable resources available during and after transition

Transition Concerns

It is normal for you to have concerns about life after the military while going through the transition process. There are two kinds of transitions:

- **Planned**—retirement or a separation that was made through a conscious, thoughtful, decision-making process
- **Unplanned**—medical issues or involuntary separation—could be more stressful since it is not your choice and you may not have time to mentally process or plan for your transition

Regardless of the type of separation, there are great number of unknowns. To start thinking and planning for transition, list your transition concerns and what you are looking forward to most after transition below.

My transition concerns are:

What I am looking forward to after transition is:

Below is a list of common concerns identified by transitioning Service members:

- Feeling a loss of purpose/identity
- Getting and keeping the right job
- Being successful at college
- Creating a fall back plan
- Going into debt
- Surviving in a new environment
- Not being “in charge” anymore
- Medically unable to work
- Moving or relocating self/family
- Spending more time with family
- Having enough money
- Paycheck not guaranteed
- Paying more in taxes
- Earning less leave at a civilian job
- Losing the military support system
- Moving children away from friends
- Putting children in new schools
- Cost of a new wardrobe
- Employment for spouse
- Getting VA Benefits
- Obtaining/paying for healthcare
- Finding affordable housing
- Interaction with extended family
- Entering civilian life
- Changing roles/expectations

Were your concerns listed?

Does knowing that others have some of the same concerns as you relieve some of the pressure?

What changes are you looking forward to after transition?

You are not alone during this transition. Besides family and friends, the last section of this guide contains information on the various personnel, agencies, organizations, and additional workshops available to help you both during and after your transition out of the military.

Resiliency in Transition

Even with preparation, some aspects of your transition will produce stress. However, in the military, you have been trained to be resilient to help mitigate stress. The coping skills you learned will be critical during this time of change.

A reminder of the definition of resiliency:

Resiliency—*the process of adapting well in the face of change, adversity, or significant sources of stress—such as family and relationship problems, health issues, and workplace or financial stressors.*

It is the ability to “bounce back” from difficult experiences and is all about perspective—what’s happening and how you respond to it. Resilience is not a trait that some people have and others don’t. It involves behaviors, thoughts, and actions that can be learned and developed by anyone.

As you learned in your previous training, being resilient means:

- ✓ Being realistic
- ✓ Turning challenges into opportunities
- ✓ Learning from adversity
- ✓ Preparing for challenging situations

(Source: American Psychological Association)

The same resiliency skills you used to face challenges and overcome obstacles in your military career will serve you well as you transition out of the military and into the civilian sector.

Now consider the following questions:

- What changes do you expect to experience during transition?
- If you have a family, what changes might they experience?
- Have you considered what new stress might result from all the changes and how you will handle it?

Realistically, many changes will occur during transition, and the stressors may be different from those you experienced during your military Service. Now is the time to apply what you have learned during resiliency training to your transition. This will support you in a successful transition into the civilian sector.

Managing Transition Stress

Stress due to transitioning out of the military can be both positive and negative.

- **Positive**—short-term motivator to increase energy and focus and help you set goals and achieve tasks to prepare for transition
- **Negative**—can result in some level of psychological distress and manifest itself in an adverse physical manner

Signs of transition stress include:

- irritability
- changes in appetite
- changes in sleep patterns
- headaches
- depression
- isolation
- decreased communication
- use of alcohol/drugs
- anxiety
- frustration
- helplessness
- apathy

If you recognize these behaviors and feelings or others mention that you seem stressed, it is possible to reduce stress levels by applying different strategies. Review the list below, and think about other techniques you have used during your military career. ***Place a check next to your preferred methods and add any additional strategies in the space provided.***

Ways to Relieve Stress

	Eat Well, Drink Water	Skipping meals, excessive alcohol intake, and overuse of energy drinks can interfere with your body's ability to function well and cope with stress.
	Get rest	Sleep is important to help your body repair itself. Experts recommend seven to nine hours of sleep per night.
	Exercise	Physical activity releases endorphins, clears your head, and releases muscle tension.
	Maintain a schedule	Build time for work, play, family time, and spiritual needs.
	Set goals and move toward them	Setting goals and achieving them will help you organize your transition and build your confidence.
	Break tasks down and delegate	Break large tasks into smaller pieces and share or delegate, if possible.
	List and let go	Write out a list of tasks and assign a priority to get a visual perspective and free up your mind.

	Ask for help/accept help	Reach out to mentors, friends, other transitioning Service members, and Service-related organizations for help.
	Acknowledge and accept your feelings	Acknowledge the changes, and accept the related feelings.
	Embrace change	Build change-stamina by being open to small changes in your daily life in preparation for the more dramatic changes that occur during transition.
	Surround yourself with positivity	Being around those who are positive makes you more likely to adopt a positive attitude.
	Take breaks	Engage in an activity you enjoy...or just relax.
	Listen to music	Listen to slow-paced instrumental (classical) music to relax, or rock out to your favorites.
	Breathing/meditation	Concentrating on your breathing will slow your thoughts and help you feel more relaxed.
	Laugh	Watch a funny show or stand-up routine. Laughing brings more oxygen into your body/organs and relaxes your muscles.
	Communicate	Sharing information, thoughts, and feelings with co-workers, friends, and family members can reduce misunderstandings and tension.
	Have Fun	Free concerts, hiking/biking, game nights, watching movies, camping, talking, and community activities with others can be inexpensive ways to decompress.

One strategy not included in the list above is to plan and prepare for transition. Military members and their families are taught to have multiple contingency plans. Military training focuses on planning and preparation to control the situation and outcome. During transition, there will be situations that you cannot control, and trying to will increase the stress and tension. Having multiple plans in place is an excellent way to reduce the stress you may feel during transition.

Resilience involves being flexible and maintaining balance in your life as you deal with stressful circumstances. Even with careful planning, circumstances can take an unexpected turn, and having the ability to adapt is an important tool. Being open to new experiences, adopting a growth mindset, and embracing the challenge of new beginnings are the keys to remaining resilient. We call this last way to relieve stress...**BE FLEXIBLE**. Flexibility for you and your family will be critical to a successful transition.

Military vs. Civilian Culture

Another area where stress may occur is in trying to identify and understand the differences in military and civilian cultures. When you entered the military, part of your early training was learning about the military culture and rules. In the same way, as you leave the Service, you will need to adapt to a different environment by understanding a new set of rules and expectations. Although these rules are rarely written or verbally expressed, knowing what to expect and finding a culture that is a good fit for you will increase your chances of success in your next endeavor.

- Review the following list of differences between military and civilian cultures.
- Are there any other topics not listed? If so, add them to the chart below.
- Realize that there will be some similarities in military and civilian work cultures.

Military vs. Civilian Culture

TOPICS	MILITARY	CIVILIAN
Personal Choice	Military Service decides location, job duties, and length of duty assignment	Individual chooses location and type of work and can leave a position at any time
Attire	Uniforms—clear guidelines on what to wear	Less restrictive with more chance for individuality; may have dress code, but may not be enforced evenly
Pay	Able to see/know what everyone else makes; pay raises are standardized	Private-sector jobs rarely publicize salaries; starting salaries and pay raises may vary widely among employees; discussions about salary are discouraged
Housing	Base housing/BAH determined by rank; may be required to keep certain standards	Free to choose any housing; Home Owners Associations (HOA) rules/fees may apply
Starting Over	Started new job with each assignment, but kept rank	Earn respect based more on performance than position; may take a lower position and pay cut if changing fields

TOPICS	MILITARY	CIVILIAN
Service to Country	Citizens respond with "thank you for your Service"	Most jobs do not have the thanks of the nation
We vs. I	Part of a cohesive group where the unit's goals are placed above personal goals	May work with a team, but emphasis is placed on self-reliance and employees are expected to highlight their individual contributions
Peer Interaction	Social circle is formed easily as most Service members have common experiences/interests; not unusual to socialize with co-workers	Individual must initiate efforts to find friends with common experiences/interests; some civilians are reluctant to socialize after work with co-workers
Mission/Purpose	Overall mission is clearly defined and embraced by all; individually, incentives for serving may vary	May not be well defined or even known/understood
Rank/Respect	Position in the hierarchy is known by wearing rank on uniform; respected, in part, because of rank	Position in the hierarchy may be unknown initially; accomplishments, work ethic, and how you treat others earns respect
Language-Written	Close with "Very Respectfully" or V/R	Close with "Best regards," "Sincerely"; "Very Respectfully" may be used in government agencies
Language-Verbal	<p>Military-specific acronyms and jargon; use of sir/ma'am or superior's name/rank</p> <p>Profanity may be used among personnel of similar rank</p>	<p>Industry-specific acronyms; no military jargon; use of sir/ma'am varies but used less often</p> <p>Avoid using profanity in the workplace</p>

Reflections:

- Which changes do you see as being the most significant? Why?
- From the list of topics, which one do you think will be the easiest to adapt to and will cause the least stress? Why?



To understand these unwritten rules or expectations, you must conduct research. Knowing what to expect can help lessen any anxiety or stress you may experience as you move into the civilian sector. Below are some ways you can learn more about the culture of a new environment:

- **Study** the organization's website and social media pages.
- **Observe and listen** after starting a new position:
 - What is the pace of the work?
 - Do employees socialize before starting work in the morning?
 - Do they tend to eat lunch together in the break room or alone in their cubicles?

- Observe the dress code in practice (as opposed to what is included in the employee handbook).
 - Do they call each other "sir" and "ma'am," or do they use first names? Are managers/professors addressed differently than peers?
 - Does everyone arrive at the same time, or are arrival and departure times more flexible?
- **Research** the demographics of the population on the organization's website:

For schools:

- How many veterans are on campus?
- Are there pro-active recruitment efforts to attract veterans?
- Do most students live on campus, or is it a commuter school where most students live off campus?
- What is the average age of the student body?
- Are there programs, extra-curricular organizations, and activities specifically for veterans?

For companies:

- How many veterans are employed at the company?
 - Are there pro-active recruitment efforts to hire veterans?
 - Are there mentoring programs specifically for veterans?
- **Ask** if you're not sure about the proper behavior. If a mentor is available, take advantage of having a source for professional advice to help you adapt to your new surroundings.

Your goal as a newly transitioned Service member is to "fit in and stand out"—fit in by following the unwritten rules and stand out by having the experience, education, credentials, and attitude desired; doing your job well; and getting along with others.

Communication During Transition

During the earlier discussion on managing stress, communication was mentioned as a strategy. One key to a successful transition is to communicate with family, friends, coworkers, and mentors and allow others to contribute to the process.

- Share concerns, expectations, fears, and opportunities with friends, family, peers, and mentors
- Engage family members in the planning process and include them in transition activities.
- Look for signs and symptoms of stress.
- If you and your family members are not comfortable discussing issues with each other, reach out to professionals who can answer questions and relieve concerns.
- Conversations among family members should be constructive and inclusive, not venting; venting should be reserved for friends or a counselor—someone who is not emotionally invested in your transition process.



Another key component of transition is the willingness to ask for and accept help from others. This can be achieved by obtaining a mentor who can offer advice and support during and after transition. Most Service members have experienced mentoring during their military Service and can name at least one person who has been influential in their personal or professional life. This same type of support through mentorship is even more valuable as you transition. Ideally, you should find a mentor who has navigated the military-to-civilian transition experience and is willing to share what was learned during the process.

To find a mentor:

- Seek out a trusted counselor, teacher, or influential senior sponsor—preferably someone who is already employed in your desired field or in your new location
- Utilize your existing military network—consider asking past supervisors or peers who have already transitioned out of the military or are further along in the process
- Social media (especially LinkedIn) can be used to find industry-specific mentors by connecting you with former military members who are working in your career field of interest
- Military and Veteran Service Organizations (MSO/VSO) often have members who are willing to mentor others. (National Resource Directory at <https://nrd.gov> is a repository of reputable MSO/VSOs where you can search for organizations that provide mentoring for transitioning Service members.)

Good mentors display the following characteristics:

- Assist in setting goals and priorities and staying on task
- Serve as a resource and a sounding board
- Give specific, constructive feedback to improve behavior, but never attack character or personality
- Remain supportive and encouraging even in difficult situations
- Demonstrate success in their lives and are well respected in their organizations and in the community

Once you find a mentor, be someone who is enjoyable to mentor. Be open, respectful, flexible, and eager to learn. Most of all, be committed to adapting as you gain information so you can transition successfully.

Resources

When asking for help and accepting help, consider the following resources that are available both during and after transition for you and your family members.



Family Support Centers

- Navy: Fleet and Family Support Centers
 - https://cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html
- Air Force: Airman and Family Readiness Centers
 - www.afpc.af.mil/Separation/Transition-Assistance-Program/
- Army: Soldier For Life
 - <https://soldierforlife.army.mil>
- Army Community Service
 - www.armymwr.com
- Marine Corps: Marine Corps Community Services
 - www.usmc-mccs.org
- Coast Guard: Office of Work-Life Programs
 - www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/



MY (Managing Your) Transition Participant Guide

- <https://go.usa.gov/xQGf3>

Military OneSource

- A 24/7/365 call center and website providing comprehensive information, resources, and assistance
- Transitioning Service members, including Coast Guard and their immediate family members, are eligible for up to 365 days post separation or retirement
- Provides confidential non-medical counseling in-person, by phone, secure online chat, and video to address daily life situations
- Financial counseling in person, by phone, or video for budgeting, money management, retirement, debt, and housing issues
- Tax consultations by phone and electronic filing to help with tax situations unique to the military
- Offers a variety of specialty consultations (health and wellness coaching, building healthy relationships, elder care, special needs, education, wounded warrior, and adoption); peer support is from consultants who are veterans, National Guard, reserve members, or military spouses who can relate to eligible callers through their shared experience
 - <http://www.MilitaryOneSource.mil/>
 - <https://www.facebook.com/military.1source>
 - <https://twitter.com/military1source>
 - <http://www.youtube.com/military1source>
 - <https://www.pinterest.com/military1source>
 - Toll-Free: 800-342-9647

inTransition Program

- Voluntary program offered through the Defense Centers of Excellence (DCOE) for Psychological Health
- Provides behavior health care support to Service members and veterans as they move between health care systems and/or providers and works to maintain continuity of care across transition
 - Toll Free: 800-424-7877
 - <http://intransition.dcoe.mil>
 - <https://www.facebook.com/PHCoE>

Military Crisis Line

- Provides Veterans in crisis with qualified VA responders, signs to look for, and how to locate the nearest veteran facility.
- Required to provide a warm handover to the VA for Service members who do not have post-transition transportation or housing arrangements; VA will provide services to prevent homelessness in our veteran population.
 - Call: 800-273-8255, Press 1
 - Text: 838255
 - Chat: <https://www.veteranscrisisline.net>

Department of Veteran Affairs (VA)

- VA.gov website offers resources, tools, and contact information for all VA benefits and services
 - <https://www.va.gov/>
- VA's eBenefits website allows you to apply for and use benefits
 - <https://www.ebenefits.va.gov>
- VA Social and Emotional Health course on Joint Knowledge Online (JKO) provides resources for coping with life experiences and stressors
 - <https://jko.jten.mil/> (MLC US018)

VA Medical Treatment Facilities

- Over 1700 VA medical facilities available to Veterans which provide necessary medical services
 - <https://www.myhealth.va.gov/mhv-portal-web/treatment-facilities>

National Resource Directory (NRD)

- More than 17,000 organized and vetted resources for Service members, veterans, and families
- Information on various topics including benefits, compensation, education, training, family and military caregiver support, health, homeless assistance, housing, and other resources
 - <https://nrd.gov>
 - <https://www.facebook.com/NationalResourceDirectory>
 - <https://twitter.com/NRDgov>
 - <https://www.linkedin.com/in/nationalresourcedirectory/>

American Job Center (AJC)

- Department of Labor local resource to assist with unemployment benefits, employment and training, job search assistance, and at some locations, financial counseling provided by the Consumer Financial Protection Bureau
 - <https://www.careeronestop.org>
 - <https://www.facebook.com/CareerOneStop.org/>
 - <https://twitter.com/Career1Stop>
 - <https://linkedin.com/company/careeronestop/>
 - <https://www.youtube.com/user/CareerOneStop>
 - <https://www.pinterest.com/CareerOneStop/>

Yellow Ribbon Reintegration Program (YRRP)

- DoD-wide effort to promote the well-being of National Guard and Reserve members, their families, and communities by connecting them with resources throughout the deployment cycle
 - <https://www.yellowribbon.mil/>
 - YRRP General Mailbox: osd.yrjrp@mail.mil

MY Transition Reminders

- Understand and acknowledge your concerns.
 - Stress is a normal part of the transition process—manage it or it will manage you.
 - Know the differences between military and civilian cultures.
 - Communicate with family, friends, coworkers, and mentors.
 - Mentors are a valuable resource during and after transition.
 - There are abundant resources available to support both you and your family throughout the transition process and beyond.
-

Transition Assistance Program Participant Assessment

<https://www.dodsurveys.mil/tgpsp/>

At the end of each module, you are encouraged to complete an online Participant Assessment specific to that module. See the following page for more details.

Because the assessment is completely anonymous, demographic information is not stored and must be reentered for every module.

- Select the box for the module you just completed ONLY; if you are uncertain of the module title, ask the facilitator to clarify.
- Information is gathered and analyzed quarterly, and participant feedback is used to make improvements/updates.
- The Participant Assessment can be completed on your personal mobile device.

Thank you for your feedback—your opinion matters to us!

YOUR FEEDBACK IS IMPORTANT

TELL US WHAT YOU THINK



The Transition Assistance Curriculum Participant Assessment, located at:

<https://www.dodsurveys.mil/tgpsp/>

Is a critical evaluation tool to gain Service member feedback on Transition Assistance Program (TAP), facilities, facilitators, and module curriculum and materials. This feedback is read by an actual person and is used to determine if modifications are needed within a module/track or to the overall program. Participant feedback is essential to ensure a high-quality program.

Assessments are available for all TAP modules/Tracks:

- Managing Your Transition
- MOC Crosswalk
- Financial Planning for Transition
- Department of Labor Employment Workshop
- VA Benefits and Services
- Managing Your Education Track
- Vocational Training Track
- Employment Fundamentals/Employment Track

Examples of updates made to the curriculum based on Service member feedback from the assessment include:

- Providing a list of website resources after each module.
- Removing unnecessary or obsolete information.
- Adding information pertaining to healthcare, life insurance, and SBP options after transition.
- Adding more hands-on activities and enhanced content on American Job Center resources, social media, and resume examples.



TAKE A PICTURE OF OR SCAN THE QR CODE BELOW WITH YOUR MOBILE DEVICE OR TABLET TO BEGIN THE ASSESSMENT NOW



PLEASE NOTE:

- Each assessment should be completed at the end of each module.
- Participation in the assessment is anonymous; therefore you will be asked to re-enter your background information for each assessment (such as component and time until separation).

