

2026 Transition Readiness Checklist

TO BE COMPLETED BY INDIVIDUAL

Type of Separation Circle One: Regular / AdSep / MedSep / Retiree

DOD ID #: _____ EAS: _____ Rank: _____

Last Name, First Name: _____

Unit: _____ Phone number: _____

Email Address: _____

TO BE COMPLETED BY TRP STAFF ONLY

Employment

Education

Career Exploration

Entrepreneurship

Tier 1 ☐

Tier 2 ☐

Tier 3 ☐

Step	Scheduled Date	Additional Notes
Individual Counseling		
Pre-Sep Counseling		
TRS Core Class		
TRS Track Class		

Notes:

COMPLETE ALL PRE-WORK ON THIS CHECKLIST PRIOR TO SCHEDULING YOUR IC

**** DO NOT LOSE THIS CHECKLIST – This checklist must be brought to your UTC or FA for verification of TRS.**

TRANSITION PRE-WORK INSTRUCTIONS

1. **Launch DD Form 2648 eForm and Download Verification of Military Experience and Training (VMET) – Required**

- Visit <https://milconnect.dmdc.osd.mil>
- Click on “Sign in” and follow instructions to login NOTE: A myAuth account is now required.
- Select the CAC login option (preferred) • Use a personal (civilian) email you can access post-transition
- Follow emailed instructions to create username and password (SAVE this info for ongoing access)
- Once logged in to MilConnect, click on “Correspondence/Documentation”
- Select “DoD Transition Assistance Program (DoDTAP)”
- Click on “Initialize Pre-Separation Counseling”
- Click “Save” but DO NOT SIGN
- Above bold line that says “Transition Documents Reported for Me,” click on “VMET”
- Click blue button that says “VMET Document (DD-2586)”
- Download, save, and print your VMET. Bring it to Initial Counseling & TRS

2. **Register on VA.Gov – Required**

- Visit <https://www.va.gov>
- Click on “Sign in” located at the top right corner of the page
- Follow instructions to login
- Capture a screen shot of your profile page and bring to Initial Counseling

3. **Download Joint services transcript (JST) – Required**

- Visit <https://jst.doded.mil>
- Click on “Register” to create a username & password or login with your CAC
- Once logged in, click on “My Transcripts” located at the top of the page
- Click on “My completed JST Transcript”
- Print a copy of combo report and bring to Initial Counseling & TRS

4. **Complete NAVMC 17031 Self-Assessment / Individual Transition Plan (ITP) – Required**

- Visit <https://hawaii.usmc-mccs.org/marine-family-support/transition-readiness-program> and click on NAVMC17031
- Click “Enable All Features” Fill out form electronically or by hand and bring COMPLETE form to Initial Counseling

5. **Update MOL Email Address – Required**

- Visit <https://sso.tfs.usmc.mil>
- Log in and click on “Personal Info”
- Under the “Personal Updates” section, click on “Contact Information” and add a valid personal email address

6. **Review “Pre-Separation Counseling Resource Guide” – Required**

- Visit <https://www.tapevents.mil/resources>
- Click on “Resources” located at the top of the page
- Click on “Pre-Separation Counseling Resource Guide” to download (not necessary to print)

7. **Complete Reserve Obligations & Opportunities Brief (ROOB) – (only for active duty, non-retiring Marines) - Required for some**

- Visit <https://www.marinenet.usmc.mil/>
- Once logged in, search for “MFRROOB001” and click “view”
- Enroll and watch all videos. Once complete, take picture/screenshot showing name and date. Bring to Initial Counseling.

8. **Join the Marine for Life Network - Recommended**

- Visit <https://usmc-mccs.org/services/career/marine-for-life-network/>

COMPLETE ALL PRE-WORK ON THIS CHECKLIST PRIOR TO SCHEDULING YOUR IC

**** DO NOT LOSE THIS CHECKLIST – This checklist must be brought to your UTC or FA for verification of TRS.**

2026 Capstone Review Requirements

Necessary Timeline Reminder :

- Capstone Review is a mandatory requirement for you to receive your DD214.
 - Schedule an Appointment with the TRS office upon completion of your last TRS course. (Allow 48 hours from last day before contacting the front desk)
 - Capstone Review is to be completed **No Later Than 120 days** prior to your EAS or Terminal leave start date.
 - Unit level Capstone is to be completed **No Later Than 90 days** prior to your EAS or Terminal leave start date.
 - Upon completion of unit level Capstone upload your form to your Outbound interview.
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Tier 1 – Must have # 1 & #2

1. **Completed TRS Checklist:** Have your signed and completed TRS checklist with you to schedule your Capstone Review appointment. Must also have completed your Self-Assessment / ITP
2. **E-FORM:** <https://milconnect.dmdc.osd.mil/milconnect/> Ensure your e-form has been signed in the Pre-Separation Counseling section by both yourself and your Transition Advisor

Tier 2 – All of the ABOVE and #3 and #4

3. **Completed MOC Crosswalk/Gap Analysis:** (See Reverse) You completed this Monday morning of TRS.
4. **Transition Budget:** (Must have PFM below.) If you did not complete your Transition Budget in your TRS class, you must schedule an appointment with PFMP and have then sign off below to receive credit.

Tier 3 – ALL of the ABOVE and #5 OR #6

5. **Resume or Verification of Employment:** Print a completed Resume (one-two page, typed resume) Completed in your DOL Employment Track. You may provide official verification of employment: ie job offer on official letterhead

OR

6. **College/Tech School Comparison Chart:** If your assigned pathway was My Education or the Career Exploration Track (if you attended the employment track this does not apply:)
-

PFMP Signature and date: _____

Capstone Review Appointment Scheduled for: _____

Date : _____

Time: _____

Location: _____

Gap Analysis

The Gap Analysis provides a visual presentation of the “gaps” in your education, experience, and credentials. Complete the columns below in the following order: **Left Column**—Experience I Have Now; **Right Column**—Requirements For What I Plan to Do; and **Middle Column**—What I Need to Bridge the Gap.

Experience I Have Now	What I Need to Bridge the Gap	Requirements For What I Plan to Do
Current MOC: Use VMET, JST, CCAF transcript, MyVector, ESS-CG, CG-4082, evaluations, COOL website(s), and civilian documents to complete this column. Skills I have:	Skills I need to obtain: Education and training I need to obtain: Credentials (license, certification, certificate) I need to obtain:	Civilian Occupation: Use results from MilGears to complete this column. Skills this occupation requires: Education and training this occupation requires: Credentials (license, certification, certificate) or any other requirements for this occupation:
Education and training I have: Credentials (license, certification, certificate) I have:		

USMC TRANSITION READINESS PROGRAM SELF-ASSESSMENT/INDIVIDUAL TRANSITION PLAN

PRIVACY ACT STATEMENT

In accordance with the Privacy Act of 1974 (Public Law 93-579), this notice informs you of the purpose for collection of information on this form. Please read it before completing the form.

AUTHORITY: 10 U.S.C., Chapter 58; 10 U.S.C. 8041 Subtitle C, formerly 5041; E.O. 9397, as amended; and [SORN M01754-4](#).

PRINCIPAL PURPOSE: The primary purpose of this assessment is to develop a plan for attaining employment, education, vocational, and entrepreneurial goals for transitioning Service Members in support of Transition Readiness Program (TRP).

ROUTINE USES: Information will be accessed by TRP authorized personnel with a need-to-know to meet the purpose. A complete list and explanation of the applicable routine uses are published in the authorizing SORN available at: <https://dpcl.dod.mil/Privacy/SORNsIndex/DOD-wide-SORN-Article-View/Article/570629/m01754-4/>.

DISCLOSURE: Providing information is voluntary, however failure to provide the information may effect services and or support provided.

RECORD MANAGEMENT: This form shall be managed in accordance with record schedule 1000-39, "Family Support Programs" of SECNAV M-5210.1.

OVERVIEW: Your Self-Assessment/Individual Transition Plan is your road map for attaining your employment, education, vocational, and entrepreneurial goals and will help you make a successful transition to civilian life. Develop your plan, keeping in mind this is a living document that will be modified as you near transition. As part of your transition, there are Career Readiness Standards (CRS) that you will be required to meet. CRS are designed to increase your ability to successfully overcome any challenges in pursuit of your post-transition goals. This document is a Career Readiness Standard (CRS), and will be required during your **Initial Counseling**, **TRS Workshops**, and **Capstone Review** appointments so make sure you bring it with you to each of these appointments. **CRS are noted throughout the document.**

SECTION A: SERVICE MEMBER INFORMATION

Name		Sex		Marital Status		# of Children		Branch of Service	
Component		Years of Service		Rank		Installation		Unit	

Commander/Designee email address (see Unit Transition Coordinator (UTC))

Anticipated Type of Separation		Anticipated Character of Discharge		Anticipated Disability		Highest Level of Education	
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SECTION B: TRANSITION DATES

Anticipated EAS Date		Anticipated Terminal Leave Date (if known)	
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Step 1: Initial Counseling/Pre-Sep Counseling Due Date (EAS date - NLT 365 days):

Step 2: Transition Readiness Seminar (TRS) Due Date (EAS date - NLT 180 days):

Step 3: Capstone Review Due Date (EAS date - NLT 120 days):

Step 4: Commander's Verification Due Date (EAS date - NLT 90 days):

SECTION C: PERSONAL ASSESSMENT

What are your short-term goals? (between now and 1 year after Transition)

What are your long-term goals? (after 1 year of Transition)

☐ **Register on VA.Gov**

1. Visit VA.gov and [register](#) for a DS Logon Premium Account for access to personalized benefits and information that allows you to log in to multiple VA and DoD websites and apps using a single username and password. A DS Logon Level 2 (Premium) Account is required before you can view personal information in VA and DoD systems.

2. Date completed (select the date you registered for your DS Logon Premium Account):

☐ **Individual/Family Insurance Considerations**

1. Have you identified individual/family needs (e.g. as medical care, dental expenses, location of potential providers, exceptional family member needs, care of elderly parents, etc.)? ☐ Yes ☐ No

2. Visit www.healthcare.gov to evaluate costs of health insurance.

3. Explore options for Life Insurance and/or Survivor Benefit Plans.

4. Visit [MilitaryOneSource](#), [VA Vet Centers](#) or [DoD inTransition](#) Program for information on confidential mental health services.

Your Individual/Family Insurance Consideration Notes

☐ **Post-Transition Housing and Relocation Considerations**

1. Do you have a place to live after leaving the military? ☐ Yes ☐ No

2. Do you plan to relocate after leaving the military? ☐ Yes ☐ No

3. Will you have a support system (e.g. Family, Friends, Mentor, Transportation, and Housing) in place upon relocation? ☐ Yes ☐ No

4. Do you have concerns of homelessness? ☐ Yes ☐ No

5. Have you identified current housing expenses to include furnishings, maintenance/repairs, mortgage/rent, taxes/fees, utilities, deposits, home owners insurances, renting vs. buying, etc.? ☐ Yes ☐ No

6. Will costs of living be higher than current living arrangements? ☐ Yes ☐ No

7. Assess impact of individual/family requirements on relocation options (e.g., quality of local schools, availability of medical care, spouse employment opportunities, etc.).

8. Consider using one or more cost of living calculators, such as those provided by bankrate.com, payscale.com, nerdwallet.com, and/or moving.com

9. Have you connected with the installation transportation office (or DMO) to receive information about the movement and storage of your household goods? ☐ Yes ☐ No

10. Visit the VA website to get information on the [VA home loan program](#)

Your Post-Transition Housing and Relocation Consideration Notes

☐ **Post-Transition Transportation Considerations**

1. Will you have reliable transportation to-from your place of employment and/or school? ☐ Yes ☐ No

2. Have you reviewed your vehicle payment, insurance, registration, and taxes? ☐ Yes ☐ No

3. Is there a need to purchase a new vehicle for you or spouse/dependents? ☐ Yes ☐ No

4. If you are disabled, determine if you are eligible for assistance in purchasing a vehicle and/or automotive adaptive equipment by visiting the [VA's website](#)

Your Post-Transition Transportation Considerations Notes

☐ **Criterion-Based Financial Plan for Military to Civilian Transition (CRS)**

1. Have you initiated a post-transition budget (Spending Plan)
Visit the [TAPEvents](#) site for a copy of the budget worksheet. ☐ Yes ☐ No
2. Are you planning for retirement/separation (e.g., TSP/401(k)/IRA)? ☐ Yes ☐ No
3. Have you evaluated your current and projected income, expenses, and debt? ☐ Yes ☐ No
4. Do you have adequate funds to support family expenses and emergencies? ☐ Yes ☐ No
5. Have you considered additional expenses (e.g., child care, commuting, etc.)? ☐ Yes ☐ No
6. Have you reviewed your free credit report at www.annualcreditreport.com/? ☐ Yes ☐ No
7. Have you reviewed your credit score? ☐ Yes ☐ No
8. Are you aware you can order your free FICO score from your installation PFM staff? ☐ Yes ☐ No
9. Have you examined your tax status with regard to taxable income? ☐ Yes ☐ No
10. Do you have an up-to-date will and/or power of attorney? ☐ Yes ☐ No
11. Do you need additional assistance to prepare for finances post-transition? ☐ Yes ☐ No

Visit an installation Personal Financial Management Specialist to assist with developing a budget based on your current financial obligations and anticipated post-transition expenses.

Your Criterion-Based Financial Plan for Military to Civilian Transition Notes

☐ **Evaluate the Benefits of the [Reserve Component/Inter-service Transfer \(CRS\)](#)**

1. Attend the Reserve Opportunities and Obligations Brief (ROOB), to evaluate the benefits of joining the Reserve Component, if applicable. RC service may be mandatory based on your years of service.
2. Any Guard or Reserve member facing employment difficulty prior to or after an active duty tour can contact [Employer Support of the Guard and Reserve](#) (ESGR) to learn their legal rights.
3. Have you considered transferring to another service? ☐ Yes ☐ No

☐ **Community Resources and Peer-to-Peer Support**

1. Does the thought of leaving the military create stress on you or your family? ☐ Yes ☐ No
2. Do you have a support system (personal counsel/mentoring) in place to support your transition? ☐ Yes ☐ No
3. Visit [MilitaryOneSource](#) for peer-to-peer specialty consultations to discuss personal or career aspirations or challenges of military life.
4. Join the [Marine For Life Network](#). The Marine for Life Network (M4L) 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.
5. Visit the [National Resource Directory \(NRD\)](#) and the [Caregiver Resource Directory](#). These websites connect wounded warriors, Service members, Veterans, their families, and caregivers to programs and services that support them.

Your Community Resources and Peer-to-Peer Support Notes

SECTION D: MOS / CAREER FIELDS

☐ **Career Field:** Designate the career field you wish to pursue based on your personal, family, and financial obligations and desires.

Desired Career Field

Desired Relocation Destination

☐ **Identify your primary and additional MOS Titles (Code and Title)**

1. PMOS

2. ADMOS 1

3. ADMOS 2

☐ **The Interest Assessment (CRS)**

1. You will complete an interest assessment during the MOC Crosswalk course. Greater success and satisfaction occur when an individual's interests and personality type are compatible with their work environment. RIASEC scores are a measurement of your personality. [MyNextMove for Veterans](#) provides RIASEC values for occupations so you can see how your scores align with the values of different occupations.

R

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2. MilGears Engage My Career (EMC): MilGears offers another valuable tool to plan for transition called Engage My Career (EMC). EMC is designed to provide customized best fit career development pathways for active-duty and transitioning Servicemembers, veterans, and their families. The EMC Tool allows the user to: Create a customized Learning and Employment Record (LER), set goals and draft actionable plans. To view the Navigation tutorial for EMC and begin building your LER, visit <https://milgears.osd.mil/emc>.

☐ **Retrieve your Verification of Military Experience and Training (VMET) Document**

The [VMET](#) (DD Form 2586), provides an overview of your military experience and training. You can use this document with your DD Form 214, evaluation records, training certificates, awards, transcripts, and other documentation to complete a Job Application, identify credit recommendations from the American Council of Education (ACE), and possible certification/waiver of apprenticeship

☐ **Retrieve your Joint Services Transcript (JST)**

Your [JST](#) is an academically accepted document approved by ACE to validate your military occupational experience. The JST also includes military course completions, descriptions of military occupations, and college level test scores.

☐ **Update your Marine Online (MOL) email address**

Have you updated your email address in MOL to ensure you stay up to date on meeting your transition milestones?

☐ Yes ☐ No

SECTION E: DETERMINE POST-TRANSITION GOALS (SELECT/COMPLETE ALL THAT APPLY)

☐ **Employment**

1. Do you already have post-military employment? ☐ Yes ☐ No

a. If yes, is it full-time or part-time? ☐ Full ☐ Part

2. Do you plan to get a job and start work as soon as possible? ☐ Yes ☐ No

a. If yes, is it full-time or part-time? ☐ Full ☐ Part

b. If full-time, attend the Department of Labor 2-day track and complete a Resume (CRS)

c. If part-time, consider attending the Department of Labor 2-day track and complete a Resume

3. Do you have an updated resume? ☐ Yes ☐ No

4. Do you plan on staying in your current career field? ☐ Yes ☐ No

a. Obtain your Statement of Service (temporary DD-214) from your S1

b. Obtain at least 3 references who can attest to your technical skills and character

c. Record Volunteer experience that contributes to work experience and community support

d. Establish a [USAJOBS](#) account and research potential federal employment opportunities if interested in federal employment

e. Examine the [Employment related resources](#) provided as part of the [Marine Life Cycle](#)

f. Attend a [LinkedIn course](#)/set up profile and join the [Marine for Life Network](#)

g. Seek out and use additional resources such as the local DOL [Workforce Development Office/American Job Center](#)

☐ Education	
1. Highest Level of Education	
2. Do you currently possess a degree or certification?	☐ Yes ☐ No
a. List degree or certification	
3. Do you currently attend a college or university?	
☐ Yes ☐ No	
a. If yes, is it full-time or part-time?	☐ Full ☐ Part
4. Do you plan to go to college?	
☐ Yes ☐ No	
a. If yes, when?	
b. If yes, attend the Education 2-day track to learn how to compare institutions of higher learning (CRS)	
5. Schedule one-on-one counseling with an Education Service Officer or Counselor	
6. Acknowledge understanding of transferability requirements (if transferring benefits)	
7. If applicable, apply for GI Bill benefits once you understand the criteria. Contact the academic institution GI Bill certifying official to confirm GI Bill eligibility and acceptance	
a. VA Certifying Official name and contact information:	
8. Examine the Higher Education resources provided as part of the Marine Life Cycle	
9. Explore the following Department of Education resources: Choosing a School , College Navigator , College Scorecard , and Federal Student Aid	
10. Identify potential sources of income while attending school (e.g., employment options and scholarship/grant eligibility including academic, athletic, need-based , veteran status , college- or career-specific)	
11. Explore the following Department of Veterans Affairs (VA) resource: Choosing a School	
12. Contact the local VA representative to identify local Veteran resources	
☐ Credentialing/Apprenticeships	
1. Are you currently attending a career technical institution?	☐ Yes ☐ No
2. Do you currently possess professional licenses or certifications?	☐ Yes ☐ No
a. List military and/or civilian license(s) or certification(s):	
3. Have you ever participated in the COOL/USMAP/SkillBridge program?	
☐ Yes ☐ No	
a. If yes, indicate which one(s):	
4. Do you require additional technical/apprenticeship training in your desired career field?	☐ Yes ☐ No
a. If yes, attend the Vocational Training 2-day track to learn how to compare technical training institutions (CRS)	
5. Determine Credentialing/Apprenticeship/On-the-job training opportunities such as:	
a. Marine Corps Credentialing Opportunities On-Line (COOL)	
b. DoD SkillBridge Program	
c. VA On-The-Job Training and Apprenticeship	
6. Examine the Career and Technical Training related resources provided in the Marine Life Cycle	

☐ **Entrepreneurship**

1. Do you already have your own business? ☐ Yes ☐ No
2. Do you desire to start your own business? ☐ Yes ☐ No
- a. If yes, attend the [Boots to Business](#) (B2B), 2-day track
3. Do you have a business plan? ☐ Yes ☐ No
- a. Conduct market research on the business you plan to start
- b. Determine legal requirements, tax implications, licenses, and hiring practices
- c. Examine the [Entrepreneurship related resources](#) provided as part of the [Marine Life Cycle](#)

☐ **Other Post-Transition Goals**

1. ☐ I do not know what I plan to do
2. ☐ Retiree
- ☐ Other:

SECTION F: TRANSITION READINESS SEMINAR (TRS) ATTENDANCE AND CAREER READINESS

There are TRS attendance and CRS requirements you will be expected to meet prior to transition. Some CRSs apply to all career paths (Employment, Education, Vocational Training) while others only apply to a specific career path. TRS and CRS completion/attainment will be documented on your [DD Form 2648 eForm](#).

1. Transition Readiness Seminar Attendance Requirements

- ☐ * Upon completion of Initial Counseling and Pre-Separation Counseling, check your [DD Form 2648 eForm](#) for specific TRS and CRS requirements as determined by your Transition Counselor

☐ DoD Day (mandatory)

☐ VA Benefits and Services Day (mandatory)

☐ Department of Labor - One Day Course (mandatory unless exempt)

Additional Tracks Offered:

☐ Department of Labor - 2 Day Track*

☐ Education - 2 Day Track*

☐ Vocational Training - 2 Day Track*

☐ Entrepreneurship - 2 Day Track*

2. Career Readiness Standards Requirements

- ☐ [Register on VA.Gov](#)
- ☐ Prepare a criterion-based Financial Plan for military to civilian transition
- ☐ Complete this Self-Assessment/Individual Transition Plan (ITP)
- ☐ Complete a Continuum of Military Service Opportunity Counseling (Active Component Only)
- ☐ Gap Analysis or Verification of Employment

3. Department of Labor Employment Track (if applicable)

- ☐ Completed Resume or Verification of Employment

4. Education or Vocational Training Track Career Readiness Standards (if applicable)

- ☐ Complete a [comparison](#) of higher academic or technical training institution options

SECTION G: CAPSTONE REVIEW AND COMMANDER'S VERIFICATION

- ☐ Complete [Capstone Review](#) with the Transition Readiness staff no later than 120 days from EAS
- ☐ Complete [Commander's Verification](#) no later than 90 days from EAS

SECTION H: TRANSITION TIMELINE

Transitioning Service members are encouraged to develop a [Transition Timeline](#) as part of the [Marine for Life Cycle](#) to follow your individual timeline. The deadlines in Section B: Transition Dates in this document are just a few of the dates you should include in your transition timeline. [Highly qualified professionals](#) are available to assist you in developing this timeline. This sample timeline does not include all of the possible considerations you need to make, as transition requirements vary by individual.

What actionable steps do I need to take to position myself and/or my family for success?

Who do I need to make an appointment with based on my individual/family needs?

Your additional notes/items for consideration

TRANSITION ASSISTANCE PROGRAM

Transition Assistance Program Overview



TAP OVERVIEW

Every year, approximately 200,000 men and women leave U.S. military service and return to life as civilians, a process known as the military-to-civilian transition.

The Department of Defense (DoD) Transition Assistance Program (TAP) provides information, tools and training to ensure service members and their spouses are prepared for the next step in civilian life.

The military to civilian transition occurs within a complex and dynamic network of relationships, programs, services, and benefits, which includes transition planning and assistance efforts by individual Service branches, the interagency TAP partnership, and community resources delivered through local government, private industry and nonprofit organizations.

WHAT IS TRANSITION?

Transition is a period of adjustment, which includes the planning and preparation accomplished during military service, when service members and their families explore and embark on endeavors in the civilian world upon leaving active duty.

CORE COMPONENTS OF TAP



TAP INTERAGENCY PARTNERSHIP

In addition to the military departments, TAP is the result of an interagency partnership between the Department of Defense, Department of Labor, Department of Education, Department of Veterans Affairs, Department of Homeland Security, in conjunction with the Small Business Administration and the Office of Personnel Management.



INDIVIDUALIZED INITIAL COUNSELING

- *Must be completed no later than 365 days prior to separation or retirement*

Individualized Initial Counseling (IC) between the service member and a TAP counselor begins the transition process. During the IC, service members complete their personal self-assessment and Individual Transition Plan (ITP) to identify and discuss their unique post-transition goals.

PRE-SEPARATION COUNSELING

- *Must be completed no later than 365 days prior to separation or retirement*

Pre-separation counseling covers benefits, entitlements and resources eligible to transitioning service members as they prepare to enter veteran status. Caregivers and spouses are encouraged to attend this pre-separation briefing.

DOD TRANSITION DAY

The DoD Transition Day is a mandatory eight-hour curriculum that includes the following modules:

- Managing Your Transition
- Military Occupational Codes Crosswalk
- Financial Planning for Transition

VA BENEFITS AND SERVICES

This brief explores VA benefits earned by the service member, how to apply them and how to leverage earned benefits for the best possible outcome.

DOL ONE DAY

This one-day brief provides an overview of employment topics and best practices and how to apply them in transition.

2-DAY SERVICE MEMBER ELECTED TRACKS

Transitioning service members must select one of the following two-days of instruction:

- DoD Education Track
- DOL Employment Track
- DOL Vocational Track
- SBA Entrepreneurship Track

CAPSTONE

- *Must be completed no later than 90 days prior to separation or retirement*

Capstone is the culminating event in which commanders, or their designee, verify achievement of career readiness standards and a viable ITP prior to transition.

Transition Timeline



Start TRS

- Complete Initial Counseling Appointment
- Complete Pre-Separation Brief

**12-14
Months
before
EAS**

**Retirees: 18-
24 Months
before
retirement**

**7-12
Months
before
EAS**

Attend classes

- Complete Core Classes
- Complete Track Classes

Complete

- Complete TRS Capstone Review
- Begin check-out with IPAC

**4-6
Months
before
EAS**

**1-4
Months
Before
EAS**

Final Steps

- Complete checkout
- Take Terminal Leave (if applicable)



**MARINE
FOR LIFE
NETWORK**

www.marineforlife.org

866.645.8762

Company/marine-for-life-network

/MarineForLifeNetwork

CONNECTING MARINES WITH OPPORTUNITIES

BENEFITS OF JOINING



Gain access

to our LinkedIn networks with ability to post discussions, job openings, and other opportunities to transitioning Marines and family members



Get added

to our resource repository that we use connect transitioning and Veteran Marines to employers and resources



Be introduced

to your closest Marine For Life Representative who can connect you to the M4L Network community on a local level

About Us

Marine For Life Network (M4L) connects transitioning Marines and their family members to employment, education, and community service resources that aid in their career and life goals when they transition from military service. To expand our network, the Marine For Life Network continually seeks to connect and collaborate with Veteran-friendly employers and other services.

Eligibility Requirements

Do you think your organization is a good fit for the Marine For Life Network?

- ☒ Provide resources at no cost
- ☒ Feedback on hiring/selection process of Marines we connect you with
- ☒ Keep the Marine For Life Network updated on current contact information

How to Get Started

Visit our website and complete our [Military Friendly Resource form](#):

A Marine For Life Network staff member will contact you and introduce you to the network

Join your respective M4L LinkedIn group

- 1 Create a new post on the group and introduce yourself and your organization
- 2 Post your job openings in the JOBS tab of the group
- 3 Network with group members

Skillbridge & TRS Timeline



Start TRS

- Complete Initial Counseling Appointment and Pre-Separation Brief
- Attend a Skillbridge Brief
- Begin Skillbridge Research

7-12
Months
before
EAS

Complete

- Complete TRS Capstone Review
- Submit Skillbridge package to command
- Submit signed Skillbridge package to TRS
- Begin check-out with IPAC

1-4
Months
Before
EAS

12-14
Months
before
EAS

Retirees: 18-
24 Months
before
retirement

Attend classes

- Complete Core Classes
- Complete Track Classes
- Construct SkillBridge Package

4-6
Months
before
EAS

Final Steps

- Complete checkout
- Begin Skillbridge

VA Benefits Advisor

VA Benefits Advisors are available to provide One-On-One assistance to help you understand how to navigate VA and the benefits and services you've earned through your military career;

- ✓ Disability and Compensation
- ✓ Education
- ✓ Insurance
- ✓ Home Loan Guaranty
- ✓ Pension
- ✓ Personalized Career Planning and Guidance
- ✓ Veteran Readiness and Employment
- ✓ Find Local Support

Savannah Levison

Site Lead (Contractor)

MCBH BLDG 220 RM 203

571-461-8578 (cell)

Savannah.Levison@calibresys.com

Arthur Romero

Master Benefits Advisor (Contractor)

MCBH BLDG 220 RM 203

571-461-8703 (cell)

Arthur.Romero@calibresys.com

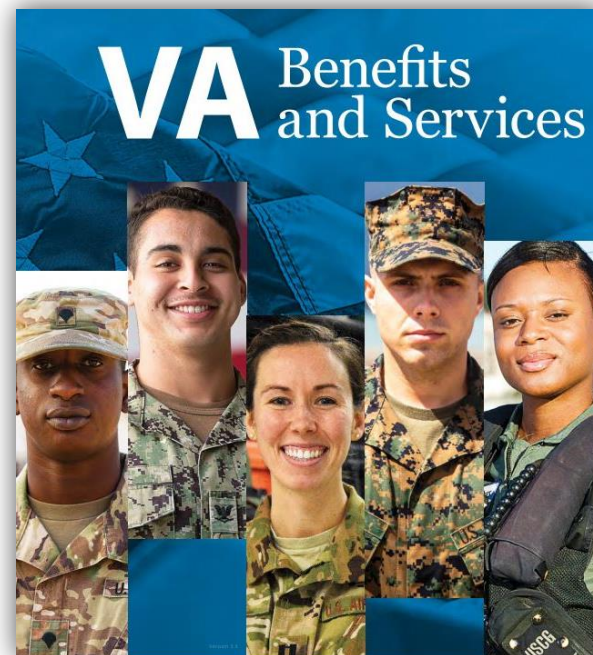
Everardo (Ever) Perez

Benefits Advisor (Contractor)

MCBH BLDG 220 RM 203

571-461-8981 (cell)

Everardo.Perez@calibresys.com



Office Hours: 07:30 – 16:00
Monday through Friday

Please do not send any personally identifiable information (PII) or protected health information (PHI), including medical records, social security numbers, driver's license information, education and employment history, passport information, DD Form 214, to VA Benefits Advisors.



**U.S. Department
of Veterans Affairs**

Completed TRS?

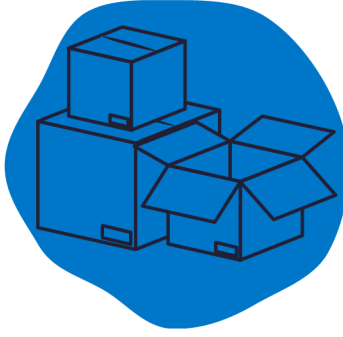
Prepare for your move:



IPAC

(808) 496-1440

After receiving your completed DD2648 (E-form) visit IPAC Separations section for more information regarding your DD214 and orders, travel, etc.



DMO

(808) 496-3566

Be sure to attend a DMO brief, create your online move account, and complete your Outbound Interview with your command. Don't forget to ask about the VPC if moving a car.



Housing

(808) 470-5400

Be sure you understand any requirements you may have to give notice of your intention to move out of your housing. This applies whether you are living on base or not.

Best of luck in your transition!

IPAC

To Do:

- ✓
- ✓
- ✓
- ✓
- ✓

DMO

To Do:

- ✓
- ✓
- ✓
- ✓
- ✓

Housing

To Do:

- ✓
- ✓
- ✓
- ✓
- ✓

Other

To Do:

- ✓
- ✓
- ✓
- ✓
- ✓