Transitioning can be stressful and overwhelming, but you’re not alone. We’re here to help you every step of the way. Use our guide to assist you throughout the process.

18 Months to Separation

Before you join the Transition Assistance Program (TAP), start by making some decisions:

- Where do I want to live?
- Does my military occupation translate to a civilian job?
- Do I want to pursue a civilian career similar to what I did in the military?
- Do I want to go back to school full time?
- Do I have a good idea of when I’ll be separating?

As you move forward, you might change your plan (and that’s okay). Everything will go more smoothly if you’re working towards a goal:

- Learn about the GI Bill and Tuition Assistance benefits, deciding on a degree and college you would like to pursue.
- Make an appointment with your local Transition Counselor:

Army
The Soldiers for Life program can be found at: http://soldierforlife.army.mil

Air Force
Find the nearest Airman and Family Readiness Center office using the military installation finder: http://www.militaryinstallations.dod.mil

Navy
Use the Fleet and Family Support Center. Navy personnel should make an appointment with their Command Career Counselor for a pre-separation counseling interview and the Navy CONSEP (Career Options and Skills Evaluation Program) self-assessment at least 180 days before separation: http://www.cnic.navy.mil

Marines
The Career Resource Management Center (CRMC)/Transition & Employment Assistance Program Center is available: http://www.usmc-mccs.org/

Coast Guard
The Worklife Division offers a Transition Assistance program. Coast Guard Worklife staff can be found at your nearest Integrated Support Command: http://www.uscg.mil/worklife

12 Months to Separation

Whether you’re looking to start your own business, go back to school or jump into the workforce, there are a few things you should be doing:

- Review your Pre-Separation Checklist (DD-2648).
- Attend a TAP Workshop.
- Develop an Individual Transition Plan.
- Begin your job search!
• Become familiar with Military Friendly Employers and research their military engagement, recruiting, support efforts and Employee Resource Groups (ERG).
• If you plan to go school, consider taking CLEP exams to get your general education requirements.
• Get your Verification of Military Experience and Training (VMET).

Did you know: At AT&T, we have a 30-year-old Veteran ERG with more than 7,500 active members. Learn more about it at www.attveterans.org

7-10 Months to Separation

• Develop your personal and professional network. For instance, LinkedIn has resources, organizations and webinars – plus, it’s a great source for career opportunities.
• Become familiar with resume tools like the Military.com Skills Translator.
• Assess your need for employment assistance programs.
• Start drafting your resume.

Did you know: At AT&T, we also have an MOS translator that’s tailored to our careers. Learn more about it at www.att-veterans.jobs

4-6 Months to Separation

• Start applying for jobs.
• Learn about and prepare for your new civilian career’s dress code.
• Learn about Transition Assistance Management Program (TAMP).

3 Months to Separation

• Familiarize yourself with your future hometown.
• Focus on the companies you’d like to work for and become familiar with the company goals, history and culture.
• Make sure you have a copy of your military service and medical records for the VA.

Upon Separation

The most important piece of paper will be your DD-214 (Certificate of Release or Discharge from Active Duty). Always have multiple certified copies in a fireproof place.

Continue to network on LinkedIn and stay involved on social media.

Connect with us at www.att.jobs/military