SECO
SPOUSE EDUCATION & CAREER OPPORTUNITIES

Are you a military spouse looking for career guidance?

Call the Military OneSource SECO Career Center at **800-342-9647**.
Staffed by certified SECO Career Counselors, the career center offers you assistance to **LEARN**, **ADVANCE** and **SUCCEED.**

Career Exploration

Counselors assist spouses in identifying their career interests and aptitudes. They provide information about today's job market and work opportunities, including portable skills and careers, entrepreneurship and federal employment options.

Education,Training and Licensing

Counselors assist spouses in learning about education options and licensing or credentialing requirements. They also assist spouses in identifying, comparing and weighing the costs of potential schools and programs to assist them in reaching their education and career goals.

Call

The SECO Career Counselors can assist you at any stage of your education or career.
800-342-9647

Career Connections

Counselors educate spouses on how best to connect with corporations, government organizations and nonprofits, and how to leverage resources such as the Military Spouse Employment Partnership, Hiring Our Heroes Hiring Fairs, USAJOBS and more.

Employment Readiness

Counselors assist spouses in preparing to join or re-enter the workforce and receiving information and assistance with job search strategies, resume writing, interviewing, networking and self-marketing skills.

To access SECO services,

Call 800-342-9647 for career counseling services. Counselors are available Monday through Friday from 7 a.m. to 10 p.m. EST and Saturdays from 10 a.m. to 5 p.m. EST.

Log on to MySECO at https://myseco.militaryonesource.mil or link to the site from the Military OneSource Spouse Education and Career Opportunities program homepage. The MySECO site offers top industry-leading career assessments at no cost. Spouses can explore their interests, skills, passions and personality type to determine the best fit for education and career choices. Access MySECO on mobile devices and tablets seamlessly and quickly.

The Spouse Education and Career Opportunities program provides expert education and career guidance to military spouses worldwide. For more information, visit MySECO **https://myseco.militaryonesource.mil**.