



# SECO

## Transitioning Support

**The Spouse Education and Career Opportunities** program supports a successful transition by providing spouses with the information, tools and resources for career exploration, education, training and licensing, employment readiness and career connections before and up to 180 days after separation.

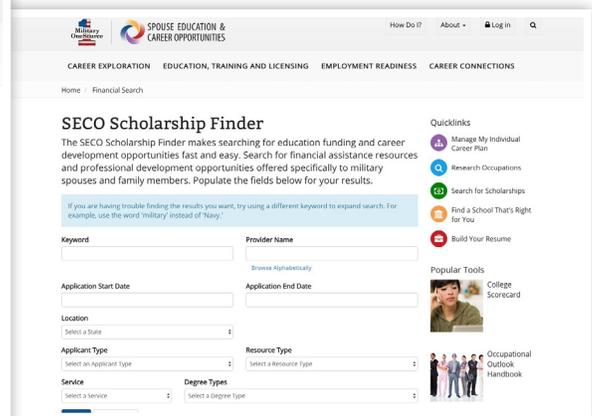
### Program resources

Spouses are encouraged to take advantage of the SECO resources throughout their service member's military career and during the transition to civilian life. The SECO resources are available to military spouses for six months, or 180 days, post-separation. Program resources for transitioning spouses include the following options.

- The [MySECO website](#) ensures spouses have 24/7 access to online education and career information, resources, tools and assessments. Specific transition articles on MySECO include [Transition Preparation](#),

with tips for preparing for transition, and [Transition Translation](#), which compares military provided benefits and services with the benefits and services provided by the civilian world in your local community.

- The [SECO Scholarship Finder](#) provides a searchable database with information on education funding and grants offered specifically to military spouses and college-bound dependent children.
- Certified Career Counselors are only a phone call away, 800-342-9647, to provide spouses with personalized assistance and support with their career, job search and education plans.



- [Military Spouse Employment Partnership Career Portal](#) is a website where spouses can research open positions and apply for jobs online with companies and organizations interested in hiring military spouses.
- The [Spouse Ambassador Network](#) is a group of organizations committed to assisting military spouses in achieving their education and career goals and providing networking connections to potential employers.

## Mentoring

Spouses may also consider finding a mentor or mentors to provide career guidance, advice or support through one of the following mentoring groups:

- [Military Spouse eMentor Program](#)
- [Military Spouse Foundation](#)
- [Blue Star Networks](#)

## Did You Know?

The [Veterans Employment Center™](#) is the federal government's single authoritative internet source for connecting transitioning service members, veterans and their families to meaningful career opportunities.

- [Blue Star Educators](#)
- [Blue Star Entrepreneurs](#)
- [Blue Star Health Care Professionals](#)



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**Take advantage of certified Career Counselors, resources, mentoring programs and the wealth of information available to you on MySECO to assist you in managing your transition period from the military service.**

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The Spouse Education and Career Opportunities program provides expert education and career guidance to military spouses worldwide. For more information, visit <https://myseco.militaryonesource.mil> or call to speak to a certified Career Counselor at 800-342-9647.