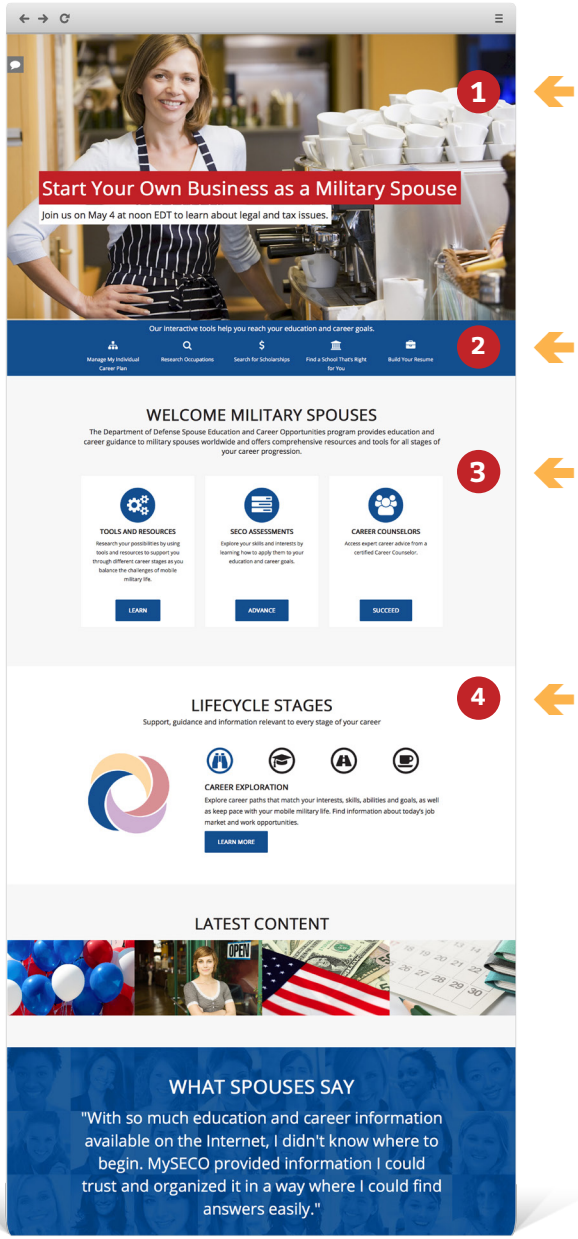
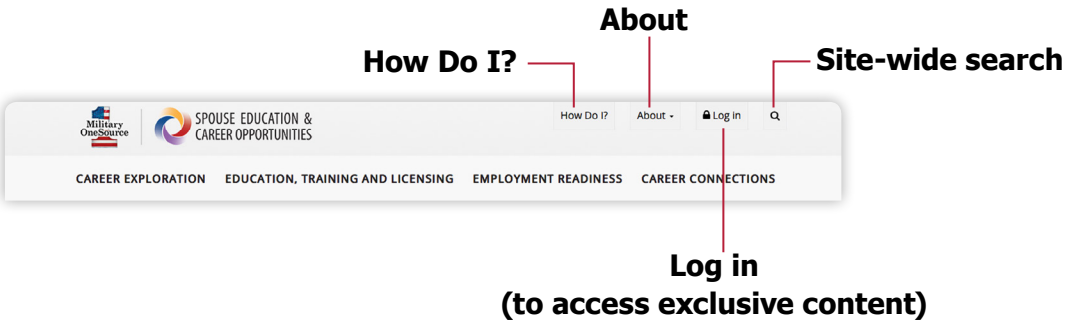
MySECO Overview

Spouse Education and Career Opportunities Website



The Department of Defense established the Spouse Education Career Opportunities program to provide education and career guidance to military spouses worldwide, offering comprehensive resources and tools related to career exploration, education, training and licensing, employment readiness and career connections. A major support component of the program is the MySECO website. MySECO is a one-stop online career and education toolbox filled with valuable information, resources and interactive features.

The MySECO header located on every page allows users to quickly access the following features and information:



The MySECO home page allows users to quickly access tools, resources and information designed for military spouses including:

1. The latest news and event information
2. Customized tools including: MyICP, Resume Builder and the SECO Scholarship Finder
3. Resources and assessments, and access to and access to certified Career Counselors
4. Education and employment information delivered by the SECO lifecycle stages

For more information, visit https://myseco.militaryonesource.mil or call 800-342-9647.

Lifecycle Stages

MySECO provides online access to highly interactive tools and in-depth resources targeting each stage of the SECO lifecycle

Career Exploration

Explore your passions, career options and the job market, and then set your goals and develop a plan.

Education, Training and Licensing

Explore your passions, career options and the job market, and then set your goals and develop a plan.

Employment Readiness

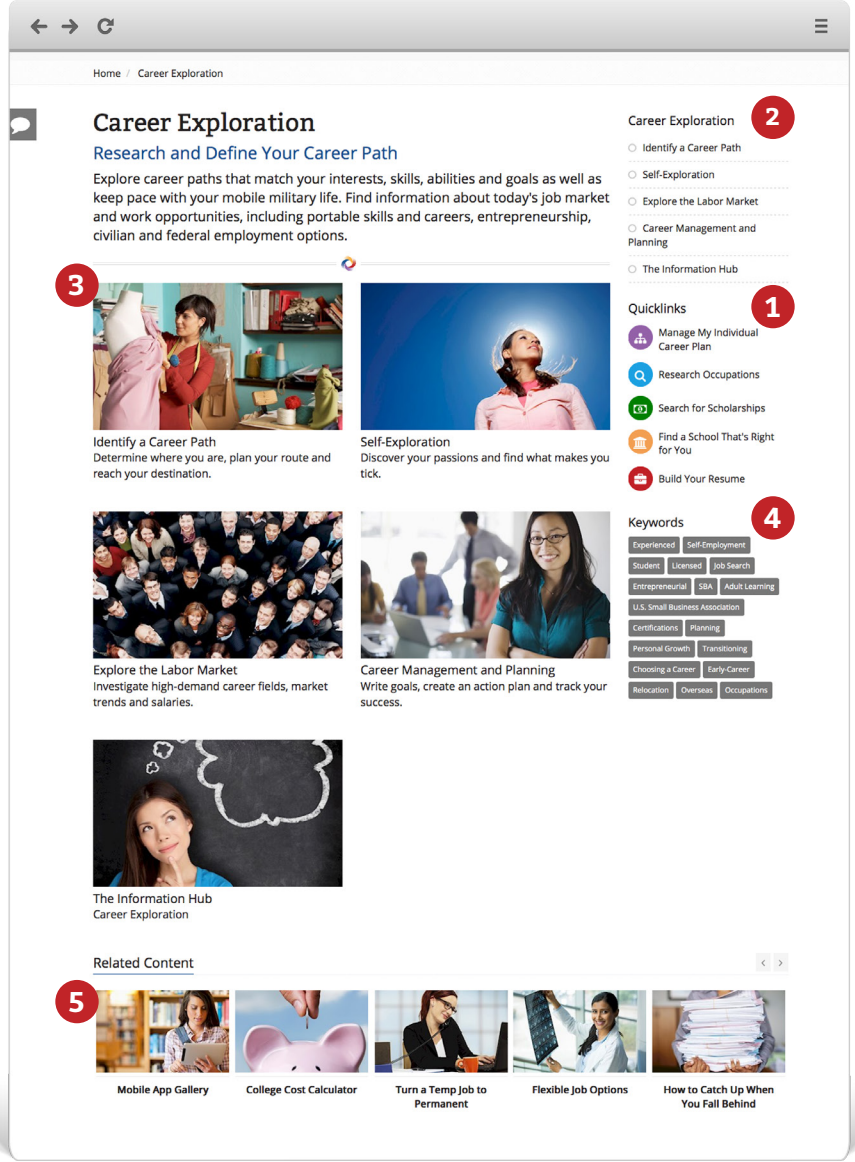
Jump-start your job search, polish your resume and develop your skills and readiness. You may even decide to learn about entrepreneurship.

Career Connections

Expand your network, make connections, attend job fairs and find links to organizations interested in hiring military spouses.

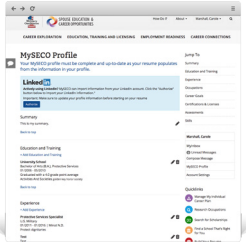
On the lifecycle pages such as Career Exploration or Career Connections, you can find information using:

1. Quicklinks
2. Navigation menu in the right-hand column
3. Primary content links
4. Keyword links in the right-hand column
5. Related content links at the bottom of the page



Be sure to log in and access the exclusive tools developed to help you navigate your education and career path as a military spouse. It's so easy to create and update your profile, your resume and your career plan each time you advance your education, change jobs or relocate.

Develop a personalized MySECO profile



The MySECO profile allows you to capture and track personal information and progress as you advance your education and career.

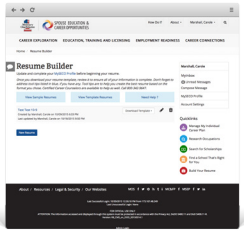
- Education
- Experience
- References
- Certifications and licenses
- Skills and abilities

My Individual Career Plan, or MyICP

MyICP is an interactive and printable individual career plan containing customized tools, resources and activities to help you plan and meet your career and education goals.

- Test-drive the MyICP Wizard
- Watch the video demo

Resume Builder



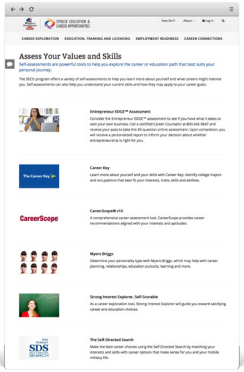
Create your resume using the MySECO Resume Builder by importing your profile information into your choice of several popular resume formats.

Use the tool tips to step through the process and easily create targeted, customized resumes.

The Resume Builder provides resources designed specifically for military spouses including:

- Sample job announcements
- Sample cover letters
- Sample resumes

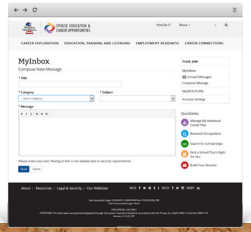
SECO Assessments



You can explore your interests, skills, passions and personality type to determine the best fit for education and career choices. MySECO offers a variety of top industry-leading career assessments free to military spouses.

- Entrepreneur EDGE™ Assessment
- Career Key®
- CareerScope® v10
- Myers-Briggs
- Strong Interest Explorer, Self-Scorable
- ISeek Skills Assessment

MyInbox



Use MyInBox to communicate directly with a certified Career Counselor via secure messaging.

Find more information on Spouse Education and Career Opportunities programs, tools and resources using the following options:

- How do I? resources
- Information Hub
- Call 800-342-9647 and speak with a certified Career Counselor

Need Help?