[Eddy] To day one of your career options track. My name is Eddy Mentzer and I lead the department's spouse education and career opportunities program. Regularly referred to as SECO, the host of this week's symposium. We're in our fifth session today. And this is the first session in the Your Career Options track. I think this track is going to generate a lot of questions, so please feel free to use that chat pod, and again, as a military spouse myself, I know how much I rely on other spouses. So please share all of your experiences as well. It may not surprise you that healthcare is the number one employment sector for military spouses. And there are so many sub fields it can really be difficult to navigate. Our next speaker is Miss Julie Wheeler, a Career Coach with the Spouse Education and Career Opportunities Program. Julie's gonna talk about health care occupations and offer an interactive discussion that checks in on the pulse of career paths in the healthcare industry. Julie, take it away.

[Julie] Thank you for that Eddy. Hello, and welcome to Checking the Pulse on the Healthcare Industry. My name is Julie Wheeler and as mentioned, I am a Career Coach with the Spouse Education and Career Opportunities Program, and will be presenting today's webinar. First of all, happy Military Spouse Appreciation Month. Thank you all for your service and dedication to our nation. I'm truly grateful for all you do. I would like to thank you for joining us today, choosing a career path is something that usually doesn't happen overnight. And add the military spouse factor to the decision making process, and finding a career path can be even more elusive. So I'm here to assist you with asking the right questions, and using the right tools to check the pulse on the healthcare industry to see if this is the perfect fit for you. So to give you an idea of what to expect during today's webinar let's take a moment to look at some of the topics we'll be discussing. We're going to start out by identifying what's going on in the healthcare industry right now. So checking the pulse and exploring labor market information can help you determine if this career field might be a good fit for you. Also, determining the prognosis, or the likely course of action. This will help you understand what a possible career in the healthcare industry might need to advance. This is vital as a military spouse to ensure that your career will continue to grow despite the demands of the military lifestyle. And a great prescription for success is understanding the different tools that are available to help you choose your career path. Identify what is needed. And to take the next steps towards your professional future. And lastly, we will finish with a question and answer session. So the Spouse Education and Career Opportunities Program, better known as SECO, has been providing education and careers resources to military spouses since 2010. The program was developed to provide tools for career exploration, education, training, and licensing, employment readiness, and making sound career connections. With both online tools and career coaches available resources truly are abundant. So consider joining us tomorrow at 12 pm eastern for the MySECO and MSEP, Something for Everyone.
Presentation to learn more about how to maximize resources available to you. Our goal is to ensure that you have access to tools that will help you plan and move forward with your education and career goals. Alright, well when checking the pulse on careers in the healthcare industry it is safe to say that it is alive and well, with a very strong pulse. According to the Bureau of Labor Statistics the healthcare industry will experience an 18% growth rate from 2016 through 2026.

This is a much faster than average growth rate. And if you're looking for a career field with growth opportunities, this would be a strong candidate. The growth rate translates to approximately 2.4 million jobs being added to the industry. And healthcare occupations are projected to add more jobs than any other occupation groups due to several different factors. So there is definitely more healthcare, more to the healthcare industry than just doctors and nurses. And a lot of times when we think of the medical field we narrow in on the most common of careers. However, this is a career field that is very broad, and encompasses many potential career opportunities. Here we have some great examples of different careers at different education levels. This page provides examples of careers at different academic levels starting with a high school diploma. And the next level moves into certificates and certifications.

Typically these credentials can be achieved in time frames ranging from a few months up to 18 months or so. And these are often called non degree seeking programs, since the training tends to take less, excuse me, less time than a degree. And credits earned will typically not transfer to a degree in the future. So planning ahead will be vital. However, they can get you into a career field within a short period of time. And an associates degree is usually a two year commitment. This course work takes, is usually taken at an accredited college or a university. And career opportunities tend to expand when pursuing degrees. Coursework can be transferred into other degree programs, opening up more opportunities for professional growth and development of a long term career path. And also, we're finding in the healthcare industry there are several career paths that have an excellent return on your investment at the associates degree level. And this means the time and money that you commit into a two year degree can be extremely rewarding, with greater returns than more advanced degrees in some cases. Alright, and there are many rewarding careers that can be achieved at the bachelor’s level of education as well. And this is typically a total of four years of college education. And these careers tend to be technical, holding more responsibility. And let’s talk about the graduate level of education. Masters degrees can help you acquire more advanced and technical careers. So hard work and dedication can help you achieve these long term goals in the medical field. And in many cases there are opportunities to work in your career field while you're going to school to obtain these long term credentials. Kinda getta build that experience. And lastly the final education level that I want to mention is the doctoral and professional degree level. This degree level is usually several years past your bachelor's and graduate work. The long term commitments usually pay off with the ability to provide more detailed patient care, along with financial rewards to accompany that. So there are different careers that I've mentioned so far. And these only skim the surface of the possibilities that are available. They were mentioned merely to get you thinking. And there are a lot more options out there. And I'll be sharin' some tools with you to find some of these. Alright, so now that we have an idea of just a few careers that are available based on the education and credential levels, let's switch gears to look at an amazing tool to help you dig deeper into your research. There are a lot of ways you can go about exploring career fields. However there are some tools we frequent more often because they're recognized as valid and trusted resources. We're going to take some time to go live in just a moment, to explore the Occupational Outlook Handbook today. This resource is hosted by the Bureau of Labor Statistics. Hence the valid and trusted. And it's really an amazing tool that not only is used for career exploration, but it can be used for career resources long after you're working in your career field. It's gonna take just a moment here. I'll switch over screens. Okay. And just as a quick reminder, if you'd like to maximize your screens, that full screen mode, you
might see some of this information a little bit better. So please feel free to do that as well. Alright, so here we are at the Occupational Outlook Handbook. And using this, you can begin exploring potential careers to make major decisions with confidence. And that's truly what's important when you're choosing a career path. And if you know what you're most interested in, you can get right to the point, and begin researching specific careers as well. So to begin, we're going to use the occupation groups here to the left. And we're gonna scroll down this list here, right down to the healthcare option, to explore this field. And once you select healthcare, it brings you up to a page here that has a list of different healthcare options that are available for exploration. I'm gonna scroll down this. This list is long. And it can give you some great ideas for some career opportunities. The neat thing about this list is it provides at a glance, a quick job summary, the entry level of education needed for the career field, and also, the national median pay. And you can see I haven't even made it to the bottom yet. So there's quite a few here that you get to explore. However for today we're going to use the very common career field of dental assisting to learn how to use this great resource. I think I just made it to the bottom there. So I'm gonna scroll back up. I know it might be hard to read, but we're gonna detail into dental assisting. Okay, and all you have to do is click on the title there. Alright, so if you think back, as a child we were always asked what do you wanna be when you grow up. As an adult the question has a more profound impact, and leave us wondering if we are really making the right decision regarding our career goals. So using various tools can help answer these questions, and allow you to make career decisions, again, with confidence. I've selected the career field of dental assisting to use as an example because, this career has different requirements depending upon the state that you practice within. So let's dive right in. We're going to start by viewing this summary page here. This page is fun because at a glance you can get a lot of career field information. You will have the opportunity to get this information in greater details using the tabs across the top. And I'm scrolling over these so you can see them. We're gonna go through each one of those here in just a few moments. But it gives you at a glance information like median pay for your field, based on the annual and hourly wages. The typical entry level education, this is based on employment statistics, and carries a lot of weight. It also discusses the work experience that is typical for the position, on the job training. This will let you know if your field expects you to learn features of the position while working on the job. The number of jobs is an excellent statistic to look at, because the larger the number, usually this means the greater your chances of finding employment in a career field, especially as a military spouse. We're also going to look at the job outlook. This is a projection on where the career field will be going by the year 2026. And you'll want to closely monitor this statistic because this is the pulse on your career field. If you are average or below average, this might be a warning sign that the career field is starting to slow down making employment and advancement difficult. When it's faster than average, again, more opportunity. And that's the next section here with employment change. This directly relates to that job outlook. And when reviewing the growth rate, always look at the numerical change that's occurring. And this can give you a really good idea, for example, in dental assisting, the career field is estimated to grow by almost 65,000 new jobs by the year 2026. So that's good news. That means a lot of jobs will be available which is our goal especially as military spouses. So now let's explore the tabs across the top of the page. And we'll go in greater detail. So we're gonna start out by clicking on what they do. Now this tab is a great opportunity to review the different tasks that are typical to the career field. Often this list will provide additional information about advanced opportunities in the same career field as well. So for example, dental assisting, the career field outlines some expanded functions that are available, or certain positions after necessary training, and possibly additional certification is achieved. So kind of starts out entry level and can take you to those advancement opportunities. So this can help you to establish your career field, and potentially line up a great career path for the long term career goal you may set for yourself. Alright, we're gonna click up here on work environment. This for dental assisting is pretty straightforward. Most the positions are going to be in offices of dentists. However, for some careers, this can be a huge asset to determine where to target your application. So for example is it
going to be in a doctor's office, or in a hospital setting, where might that care be provided? So that can help you establish where to begin doing some job search. It also gives you information about hazards and safety measures, and even work schedules that are typical to the career field. So, that can be helpful, especially if you have some tight schedules, childcare that you need to work around, that can be helpful to determine that in advance. Alright, I've just selected the tab, how to become one. And this is one of my favorites because, it really breaks down the career field and defines things like education needed, common training, and license, certifications and registration requirements. And knowing this type of information can be especially helpful when you are selecting your education. It provides the general education needed for entering the career field. And it will give you information if there are accreditation requirements, or even associations that you might wanna join, or be aware of for education and employment purposes. Dental assisting is a great example because it gives you the opportunity to connect with CODA which is the Commission on Dental Accreditation and it even gives you a list of about 300 dental assisting programs that are available if this is an option that you're wanting to pursue. Also, if you scroll down, under the licensing, certifications and registrations, it links you with the Dental Assisting National Board, known as the DANB. And you can track what's required to become a dentist, or excuse me a dental assistant in each state. So this can answer many questions and help you prepare in advance. You'll definitely wanna check out your career field for great resources like these. Again these are just samples. But most of these pages like this in the Occupational Outlook Handbook will have links that can really help you prepare and understand your field. Alright so, the pay tab. I just selected that here. And this can be extremely beneficial when you’re looking to find where your career field can make the most income. This example breaks down the career field into three different categories, government, offices of dentists, and offices of physicians. This can help determine where you target your job search once again. And it can also give you an idea of the national median pay. And in just a moment, we'll be exploring some local pay which is kind of near and dear to most people's hearts. So now let's explore the next tab which is the job outlook tab. Alright. So the information was provided on the summary tab when we first selected the career field. But now it goes into greater depth. Here you can look up the growth of your career field based on title. The information included on this page tells you what's going on in the career field that warrants that growth rate, or the potential decline. For example, this tells you that growing oral health and general health awareness will increase the need for dental assistants as preventative dental services grow. It also tells you that there's a population growth with aging baby boomers that understood oral health and have maintained more of their original teeth than did previous generations. So the growth of this career field is tremendous at 19% with other with other healthcare support occupations coming in at 22%. Statistics like these are very encouraging. And again, this translates into jobs for that long term career goal. So checking the pulse on the healthcare, this is what lets us know that it's nice and strong. Alright, state and area data. This has extremely valuable information that can help you determine your financial gain and what that might be. Under the section for occupational employment statistics you will want to select the bulleted item right here for dental assistants. Now several maps will appear. And we're going to use this first green map that comes up on your screen. And this will provide you with state statistics for your selected career field. So as an example, let's look at Naval Air Station, Jacksonville, Florida. So I'm gonna hover over the state of Florida. And this answers questions like, how many dental assistants are employed within the state, and it also reflects that annual median wage as well. If you scroll down three more maps. Gonna scroll down here. There's other maps with a lot of great information. We're just targeting these green ones for now. And when you hover over the Jacksonville, Florida area now you will see that
it's regionalized information. The annual median wage has changed. And you will also see the number employed is local to Jacksonville. So this can be huge. It can help you plan financially, and also ensure that your training and education will provide you a good return on your investment. And not to mention you can also, and I don't wanna forget to mention, that you can use this tool throughout your entire career to help you negotiate a salary comparable to your peers in the field. Especially if you're a spouse that ends up relocating. Because not all areas are economically equal. Alright and all you have to do at the top of your page is just hit the back arrow, and it will return you to the Occupational Outlook Handbook. You can click on the next tab, which says similar occupations. And this will help you explore other careers that have similar job duties and education levels. And it can also be helpful for determining a career path, to get you from that point A to point B in regards to your long term career goals. And if you find another career that you're interested in, all you have to do is simply hover over that career, click on it, and it will bring you up to the same grouping of tabs so you can do research just like we've done for dental assisting. Alright, and the very last tab here on the Occupational Outlook Handbook is the more information tab. And this pulls much of the information that we viewed with the different links into one section. So you'll see the Commission on Dental Accreditation, the Dental Assisting National Board, these were two links previously viewed. And it just kind of puts it into one location, easy to access if you're doing some more exploration. So as you can see, the Occupational Outlook Handbook is an amazing tool that can help you research, and take the next step of choosing your career, or discovering a potential career. So we're gonna go ahead and return back to the slides just for a moment here. And move on to talk about the prognosis. Alright. I just showed you how to check the pulse on your potential career in the healthcare field. Now let's talk about the prognosis, or in other words, what is the likely course of action. So first things first, determining what your state requires for your career field is essential to make sure your training and education, or experience will meet the needs of the career field. So the healthcare field is famous for requiring certifications, licenses, and levels of education. We just explored the Occupational Outlook Handbook, and it gives us some great resources for researching state requirements. However, in just a moment we're going to go live to Career One Stop, which is another resource through the Department of Labor. And we're going to use this tool to explore detailed information for state requirements as well. Alright so here we are, and again just as a reminder, you can put your screen in full view mode so you can see it a little bit better. And you can use this tool to research multiple career fields as well. And let me jump over here. There we go. Now we're on the right page. And using the menu bar at the top of the page, the first thing you'll wanna do is click on the explore careers option. And what this will do is bring up the occupation profile page here. And the occupation profile page, this is where you can begin searching your occupation for a specific location. So first you'll wanna enter in your occupation of interest. And for today, we're going to use the example of pharmacy technician. And as you start typing in the career field it will auto populate here, and you can just select from the drop down menu. And we're going to simulate that we're at, in Washington state, at joint base Lewis-McChord. And the local community there is Tacoma, Washington. So we're going to select that. And then tell it search. And it'll take just a moment to open up here. We're going to see that it gives you, with this profile page, it gives you a lot of information that may be looking familiar to the Occupational Outlook Handbook. But there's other information that's very helpful here as well. So you'll see a description that outlines what they do. And this is kind of a long summary here. But here's your description with other titles for the career field as well. You'll see the career video. And typically this is about a one to two minute video that gives you a glimpse of the daily life of the career field. As you scroll down you'll see projected employment. And what I really like about this, is that not
only does it give you the US numbers, but now it breaks it down for Washington state. And sometimes state employment information can be really exciting because you'll notice here nationally, pharmacy technicians have a growth rate of 12%, and then in Washington state has a 20% growth rate. So this really narrows it down to your local area. Alright, and then over here it says outlook. Will there be jobs? This is directly related to your projected employment. And the fun thing about this is you can click where it says find job openings. And it will populate with local jobs in your area that you can check on. So don't forget to check those out to see what employers are looking for in regards to experience, and potential certifications. When you're done looking at those, all you have to do is just remember to hit the back arrow and it will take you right back to the summary page here. When you scroll down you will see where it talks about the education, over here. And this is great because it will tell you the typical levels of education to get started in the career field. And although we saw this information in the Occupational Outlook Handbook, seeing it again is a very good verification of the information you've received so far. You will also see the wage information under typical wages. There we go. It lists wages for those earning more than 10%, 25%, 75%, and 90% of individuals in the career field, as well as that median pay. So you can determine how your education and experience influences the salary levels in your local area as well. And don't forget to use this information and make sure that you're getting paid on point with your career field, especially if you end up relocating. Alright, and scrolling down through this information you'll see the typical education. So how do you stack up against the competition in the career field. Use this section to research what level of education others in the career field already possess. If you're ahead of the competition with your education and training, you may find employment rather quickly. If you're behind the game, you may want to look for a training program. Or at least understand that finding employment may present challenges since others, your direct competition, may have more education and training to bring to the table. So this can be a little bit of an inspiration to continue your education if needed. Certifications. This is one of my favorites on this page because it will go over the certifications familiar to the career field. And sometimes we just don't know what we don't know. And this can help out. So when you use this feature you can quickly assess how many different certifications are available for your career field. Using the links you can also gather other detailed information. And you start out by clicking find certifications. And you can see that there are three potential certifications that populate here. And with each of these, if you want more information all you have to do is detail into them. And this one, these two actually happen in demand with that red hot chili pepper. So you can click on that. And it gives you a certification description. The certifying organization with a link to them as needed. And also the certification details. So this information can help you choose which certification may be a better fit for your career, especially if there's potentially multiple certifications that you can pursue. Alright I'm gonna go back here to the summary page. Just a few more sections. We're gonna talk about some of the licensing. Again find license details for your state. Much like the certification section, a licensing section provides you with the opportunity to research state requirements. And this is going to open up this page that outlines different licensing requirements for the entire state. And we're going to focus on the pharmacy technician here at the top. If your state did not have a requirement it would not be listed. However, Washington state does. So all you have to do is click on the licensing name. And it pulls up the licensing information such as the license description on what it covers, the licensing agency for Washington State. That is the Department of Health. It gives you the contact information, including phone number, email and web address. So if you find that you're transferring to a new state, especially for the medical field, you'll want to check this out to see if there's any other licensing requirements or restrictions for your state. And once you've viewed that, again all
you have to do is hit the back arrow just a couple times and it takes us back to the main page here. There is other information that's very helpful, such as apprenticeships you can learn while working on the job. Some career fields rely on apprenticeships for advancement opportunities, and for taking the next steps. And there's a link where you can find state sponsored apprenticeships as well. And there's other sections that at your leisure you can look at the activities, the knowledge, the skills, and the abilities, including related occupations, if you're still in that exploration phase. So most importantly please understand when it comes to using these resources that we've discussed today, there are a lot of tools that you can use to make informed decisions about your career field. Alright, so we are going to return to the slides here. Just a moment. There we go. So we've discussed several different resources including those that have helped us diagnose the healthcare career field with a strong pulse. We've developed a prognosis to determine a plan of action regarding state requirements. And we are now preparing to determine the prescription for success. So choosing your education can be tricky and challenging at times. You can always schedule an appointment with a career coach such as myself. And we can help you research information so you can make well informed decisions. And don't forget you can also attend our next session during the Virtual Military Spouse Symposium titled, Making the Right Choices on Schools and Colleges. And that's immediately following our presentation today, at three pm eastern time. So that's just a few minutes away, so feel free to jump into that session when we're concluded here. Also, make your portfolio stand out for the right reasons. A solid prescription for success involves perfecting your portfolio so it addresses current trends in the career field, and showcases your skills targeted for the position. Consider working with a SECO Career Coach to ensure you're making your skills pronounced and creating a portfolio that will catch an employer's eye, again for all the right reasons. And speaking of meeting with a career coach, the SECO program offers a healthcare industry coaching package. And this has already been put in place for individuals considering careers in the healthcare field, looking for employment in the healthcare field. We're here to help. And this is definitely a prescription for success. And if you're interested in developing a plan of action in identifying a career path we can do some exploration with you, and help you take that next step. So you don't have to do it alone when you have a SECO team here to support you. Alright. And if you're interested in a career in the medical field, and discover that you may need additional education and training we can help with that too. If you haven't heard already, the My Career Advancement Account is a $4,000 scholarship that is awarded to eligible military spouses pursuing an in demand occupation. And guess what. Most of the positions within the healthcare field are in demand, so that's good news. If you give us a call we can talk more about the scholarship, give you the details to see if it's a good fit for you. Alright, in addition to the My Career Advancement Account, there are several different resources for researching possible funding options. Using the SECO portal, an entire section of resources dedicated to education, planning and budgeting, you can find tools to research for other scholarships, grants and loans that may be available. But don't limit your opportunities because you think it's too expensive. There are options. So let us help you with that. And let's talk about researching colleges. Here's a checklist of items you may wanna consider when you're researching schools. Spend some time going over each of these areas because all of them will impact you and your success moving forward. Carefully explore these items on the list to find a school that offers programs that meet your needs. And remember the session immediately following this presentation will cover this in greater depth and I can't encourage you enough to attend that. Okay, another great resource is the Virtual Career Network. And in addition the Occupational Outlook Handbook, and Career One Stop, this is the Virtual Career Network that links you to a page that will help you do some exploration into careers in the healthcare
field, including connecting to education and training that might be needed. And finding rewarding careers that match your skills. So it's a really well rounded site. And I'd encourage you to take advantage of this resource as well. Just remember the more tools, and the resource you use, the greater your information in being able to make that confident career decision. Alright. Several times throughout today's presentation I've invited you to work with a career coach such as myself, and I'm going to do it once again. So give us a call to connect with a career coach. We can always help you with that prescription for success. And right here, we have some of our contact information. Alright, well it has been my pleasure sharing this information with you today. I trust that you have some great resources now to establish a foundation of knowledge, and be able to make that next decision with a possible career in the healthcare industry. And at this time I'm gonna go ahead and take any questions you might have. So please feel free to begin typing any questions in the general chat pod. I have a feeling some of them may have scrolled by while I'm presenting, so I'm gonna be looking here as well. So please feel free to shoot questions my direction. Congratulations Annette, I'm looking through here and I see that you're getting ready to start your grad school I believe. And so I'm glad that these resources you're finding helpful. And the neat thing is, this isn't just for beginners. We find these tools, a lot of people will continue using them throughout their entire career. You can access this information. It's helpful for negotiating salaries. Really neat, informative information. And Barbara I only used dental assisting as an example. You can look up dental hygienist, dentist. if you wanted to stay in the dental field. But you can look up any career field, even outside the healthcare scope. Remember we chose healthcare under the occupation groups, under the Occupational Outlook Handbook. There's about 18 or so other different industries that you can explore. So if you're comparing a few different ideas, and healthcare might be one industry and you're looking at another, this resource is a great tool, ones that I've shared with you to really branch out. 'Cause you really wanna make those good decisions and feel confident in them. And yes, I can see Eddy did answer your question as well Barbara in regards to the webinars. They are recorded and they will be available on the My SECO website. It may take a little bit of time to get those up once we have them completely recorded. But they will be available to you.

[**Eddy**] Julie, this is Eddy. There's a great question here, and I think a lot of the answer is gonna be covered in actually the next webinar on choosing a school and program. But we had a question talking about you know, what schools would you recommend to continue healthcare careers such as nursing. I know that we don't necessarily recommend particular schools, but what are some of the things that a spouse should look for?

[**Julie**] Great question. And I'm just gonna play off that a little bit Eddy, the neat thing about the career coaches through the SECO program, is we're not partial to any school, or any special programs. So our goal is that your goals are met. We're not gonna hard sell you on any tactics trying to get you to go any specific location. In regards to finding a school, again if you have an idea of what your long term career goal is, then that can really help set up what type of school you choose. Do you choose a certificate program which happens to be non degree seeking? And oftentimes those credits will not transfer into a degree later on. But if you know you have this long term goal out there, maybe you choose like an associates program where the credits will transfer. It might take a little bit more work at the beginning, but it will save you time and money in the long term. So those are some things that will definitely be
discussed during our next session when you're looking for a school. But planning ahead you're asking the right questions now. And so determining what education requirements are where you're at and where you wanna be can really help define that clear career path that you might be taking including the education track that you pursue.

**[Eddy]** That's a great answer Julie. And you know it's, it's so important to realize that you have, as a military spouse all of these resources, and you have these career coaches that are literally standing by, ready to assist and help you. As Julie talked about, you know, what are the goals of the career coaches, and that's really to help you make the best informed decision, to give you these resources and these tools to put in your toolbox. And I think we often forget about, what are the goals of a lot of educational institutions. Intrinsically we're gonna think, that their goal is to give us the best education possible so that we go out and get the best job possible. That may not always be a school's goal. Or at least not their only goal. Another goal is to get people through the door. And you know, even if it's a nonprofit institution the funding stream is important. And people that are going to classes are paying tuition, and sometimes, that becomes the goal of a school or an educational institution. And having a career coach there to help you navigate all of those challenges can just be a great, great additional tool in your toolbox.

**[Julie]** Absolutely. And Ruby, I see that you have a question. You said that you have an MBA in finance, but you wanna switch to healthcare. How difficult or easy will that be? The good thing about the healthcare field is it's not all clinical. There's a lot of administrative side of things. So if you're not wanting to pursue the patient contact side, but more the business side, finance is an excellent way to go, because hospitals, they have strict budgetary policy that they have to adhere to. So taking your skills there and transferring them over is not an unrealistic expectation. So I always encourage people, if you have an idea of what you might wanna do long term, start looking at those jobs as if you were to apply to them today. You might not be qualified today. But look at the jobs to see what the employer’s expectations are. Are they looking for five years medical experience, or working in the medical field before they would promote you to a management position? If that's the case, you might have to start working your way into the field at kind of like a preparatory position so you can gain that experience, the knowledge, the vocabulary, the terminology. And then plan that you know, at a certain point you'll be able to potentially advance into these more management level positions. Or you might find that they're looking for somebody with a great finance background and they're saying, hey, you know the medical stuff we can teach you. But we need your finance skills first. So again looking at those positions now at the level that you're wanting to achieve you might be qualified. There might be a little preparation that you have to do. But, those positions are really gonna tell you what to expect.

**[Eddy]** And as we get ready to wrap up I saw a great question that ties into an early session we had today, and it's always something we talk about, it's from Janice. And she says, what do we know about remote medical positions?
[Julie] Yeah so remote medical positions. That is a big question that we get asked often. One of the things that I would encourage you to do just as I mentioned previously, is start looking at those positions. We're finding that many of the employers are expecting some experience in the field. So it's typically not something that you could start right into. And I say typically. Sometimes you can find those. But the industry's saying anywhere between two to five years experience, when it comes to maybe doing things like medical billing and coding. That's a big one that we see often, and a lot of people get excited about that. And it's a great industry to get into with lots of potential. But it is one of those where you do need to potentially work in the field to get a sound knowledge and understanding of the position before you would attempt to work independently in a remote setting.

[Eddy] That's great. Julie this has been amazing. We are so appreciative of all of the information you were able to push out. One of the posts I put there in the middle of the chat that I talked about how every military spouse needs a Julie in their back pocket. And literally you do, as military spouses. Our career coaches, they're all like Julie. They're all an amazing wealth of information and resources. And they're a phone call away. If you connect with us through Military One Source our career coaches are literally there to assist you in what you need, to answer all of these questions. There's so much passion there. Many of our career coaches are military spouses themselves, so they've experienced and lived this life that we live as military spouses. Just great, great information. So I would encourage you to give our career coaches a call. Because we can't even explain all that they can provide to you. They are a great resource. As we get ready to wrap this session up, as always, we have information across the top you can download. This presentation as well as a fact sheet about our career coaches and the overall SECO program. If you're having trouble with any downloads, if you're on mobile, or if things just aren't workin' for ya, you can enter your email into the trouble with downloads pod and we will email you all this information. And then on the resource links, and also in the chat pod we have provided links to our participant feedback which is very important. We use that feedback for a couple different things. A to make things better. We let you tell us what you need as military spouses. And we try to design things around that. But it also shows our leadership across the department that we are engaging with military spouses, and how we're doing it, and how valuable this type of engagement is. So please use that participant feedback form. In addition we have provided that link to the SECO certificate of participation for the Virtual Military Spouse symposium. A ton of information. I wanna thank Julie one more time as we wrap this session up and head into the last session of the day. I saw a question up there that I thought was a great question, I'm not sure where it went. But they asked if we had a podcast at SECO. And while we don't have a podcast we do a lot of live work on Facebook, and also on LinkedIn. Through Facebook we focus a lot on information dissemination. Quite often our career coaches will show up take over our Facebook page for a week, and answer questions around specific topics. Sometimes we have them on live. We have our military spouse employment partnerships that come on live on Facebook. On LinkedIn, and just provide an amazing amount of information. So if you do not follow us on Facebook, and you are on social media, I would highly recommend that you do that. And we also have the military spouse employment partnership group on LinkedIn. It's about, just under 8000 military spouses that participate in that group, as well as all of our MSEP partners. So more and more resources out there for you. Thanks again for joining us today for this session. Thanks again to Julie and the entire tea.