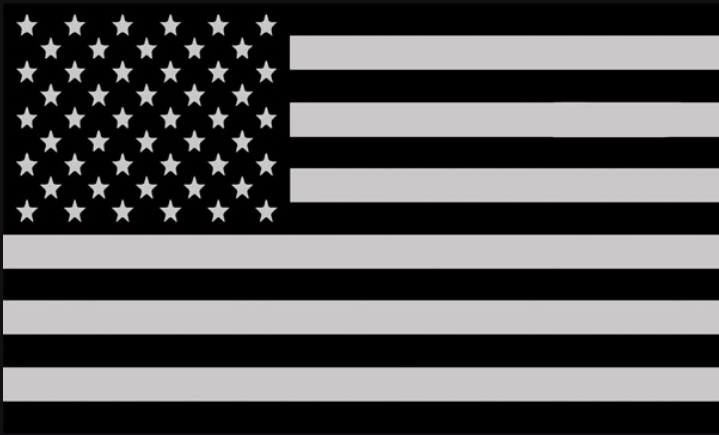


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SSG's

# **Simplified Military Transition**



## **Getting out?**

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Leaving the Military  
simply and without  
stress

# Getting Out?

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## RESOURCES

# Intro to Getting Out

My name is Marc and I want to help you transition out of the Military **without feeling overwhelmed and frustrated**. I am a former Active Duty Staff Sergeant who served 8 years in the Army. During my service, I was a "hard charger", "high speed", "highly motivated" NCO and I gave everything I had to making my Soldiers' lives better. When I started the transition process, I was not expecting it to be so confusing, frustrating, and complicated. I made this guide to help you get out of the Military with less stress and more success.

**If you are feeling a little uncertain about getting out, here's my advice:**

**DO IT!!**

There is a reason why you considered getting out and most of us get caught in the trap of staying in the Military because it seems easier to deal with the problems we know instead of dealing with new problems.

**YOU ARE GOING TO BE OK!**

If you want to talk to someone check out the link below

[Veteran Crisis Line](https://www.va.gov/disability/how-to-file-claim/when-to-file/pre-discharge-claim/)

<https://www.va.gov/disability/how-to-file-claim/when-to-file/pre-discharge-claim/>

# Avoid these mistakes!

**Stop asking your buddies if you should get out**

Instead, ask someone who **found success** outside of the Military about their experience. 9 times out of 10, they're going to tell you they're happy they got out.

**Stop waiting to start SFL TAP**

You need to start SFL TAP now! By law, you are authorized to start SFL TAP 18 months before your the end of your contract. By starting now, you will get introduced to **so many resources** and people who will help you.

**Stop trying to tough it out**

I had a lot of medical issues that I refused to get help with because I thought I was being tough. **That was STUPID.** You probably have some **aches, pains, problems sleeping, anger, anxiety, knee problems, feet problems, back problems etc..** Go to the freaking medic today and get seen. You earned this healthcare and you will need the evidence for your VA claim.

**Stop saying "I'll figure it out when I get out"**

Figuring out what to do when I was leaving the Army was one of the **hardest** decisions to make. A counselor asked me if I had 6 months to plan a mission, range, training, or deployment, would I be stressed about it? No. That's plenty of time. So start **planning your next move now** so that you will have time to pick a career that makes you happy when you get out.

# Focus on these opportunities

## GO TO SCHOOL/COLLEGE

If you are not already enrolled in college, you are missing out on **free money**. Using your Tuition Assistance guarantees you can try out college courses and decide if you want to pursue a degree for FREE!

**ARMY Ignited Website**

## GET A CERTIFICATION

Use the Army's money to get **free certifications** using the Army Cool program or Veteran organizations. A certification will make you more attractive to employers.

**Army Certifications Website**

**Veteran/Active Duty Free certifications**

**Hiring Our Heroes Free Coursera Certifications**

## VETERAN SERVICE ORGANIZATION

Your state is required to provide you with a free Veteran Service Organization to help you apply for benefits, provide support, and be on your team. They helped me apply for benefits, understand the process, and feel like I am not alone.

**Veteran Service Organizations Website**

<https://www.va.gov/ve/docs/traditionalVeteranOrganizations.pdf>

## CAREER SKILLS PROGRAM

You can "work" at almost any company for the last **180 days of your contract**. This will be your place of duty and you will get to learn if you want to work with that company.

**SkillBridge Opportunities**

<https://skillbridge.osd.mil>

# DOD SkillBridge Cheat Code

Want to spend the last **6 months** of your contract at your house?

Apply for a **Skill-Bridge internship!!!**

## CHEAT CODE:

Go to **DoD SkillBridge Locations**

1. click "Search" without typing anything in the search bar
2. Sort by "Delivery Method"
3. Look at the companies who offer Online internships
4. Click on the link of the company you want to intern with and contact them by email or phone. Ask them when their next Skillbridge cohort starts, their application process, and what career services they provide. You will be **AHEAD OF THE GAME.**

You can participate in a **Career Skills Program/DOD Skillbridge** where for the last six months of your contract, you will report to a company to work for them while still **getting paid from the military**. There is a new program called VET TEC which will pay for you to attend a **coding bootcamp, cybersecurity bootcamp, or other technical school** so you can break into Tech for free. You can use this before or after you get out. If you use this after you separate from the military, **you will get paid BAH for E5** for the location of the program. I did a 6 month virtual coding bootcamp from my house. I was still **getting paid by the Military and kept all of my benefits.**

## Free Tech Schools/Coding Bootcamps/Cyber Security Training

<https://www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits/vettec-high-tech-program/>

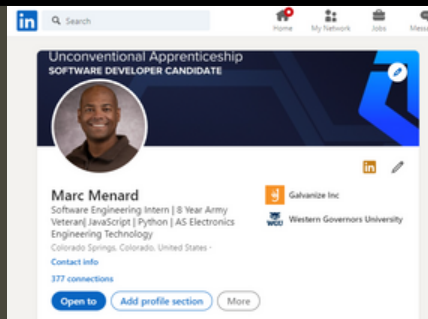
# Build a network with LinkedIn Premium

**LinkedIn** is one of the easiest way to build a professional network. It's social media for businesses and job seekers. **I use LinkedIn to look into companies that I may want to work with and I also use it to participate in Veterans Events like webinars.**

As a veteran, you get one **free year of LinkedIn Premium**. With Premium, you can see who looks at your profile, add extra tools to your profile, get connected with recruiters, and get free skills certificates

To get your free year:

1. Go to <https://www.Linkedin.com>
2. Visit the **Veterans Premium Request page**.
3. Fill out the form to verify your military status with SheerID.



# How to survive SFL TAP

SFL TAP is **boring but it's useful**. Like most government programs, they find most dry method of teaching you about all of the things you need to know to exit Military Service. **THE TOPICS**

**COVERED IN SFL TAP ARE IMPORTANT!!**

But learning about them is death by PowerPoint and it's a struggle to stay awake.

Because it is mandatory, I would treat it as an opportunity to ask the instructors as many questions as possible. **You want to find out:**

- 1. What they did to be successful after the military?**
- 2. Do they have any job opportunities lined up for you?**
- 3. Are there YouTube videos that will explain the material?**
- 4. Which local organizations will help with the transition process?**

Make sure you bring caffeine and dress professionally. Just dressing like a civilian helps **change your mindset** and starts you down the right path.



# Get a heads start on VA Disability Claim

You can start your VA claim for disability **BEFORE** you get out of the military. This is called **Benefits Delivery at Discharge** program and it is so important to use this process. Most Veterans have a hard time getting the disability they deserve because they file their claim **AFTER** they separate from service. With BDD, you start your claim at **180 days from ETS** and the process is so much easier because it is the DOD and not the VA who is scheduling your claims. I went through this process and I was ahead of the game. I had **no issues** getting my appointments scheduled and the VSO I worked with pulled my medical records for me and **helped me with my VA claim.**

## **BDD Website**

<https://www.va.gov/disability/how-to-file-claim/when-to-file/pre-discharge-claim/>

[Click Here to watch  
video on BDD CLaim](#)

# Career Success

The key to finding a **successful career** is to start early. We are always told that there are tons of jobs outside who are dying to hire Veterans. The truth is that most companies are **not impressed** by your **service** but they will be **impressed** by the **skills** you learned in your Military Career. Start by translating your experience and skills into civilian language.

**Military Skills Translator**  
**Free Military Resume Builder**

## **IT IS OK TO START A NEW CAREER FIELD AFTER THE MILITARY**

Just because you did something for many years in the Military doesn't mean you have to do that when you're finished. I am learning to be a **Software Developer** and in my class are mechanics, officers, supply, infantry, EOD, cooks, etc.. Take the limits off of yourself. **You made it this far, you can do anything you put the effort into.**

# Becoming a civilian

For a long time, we were told that we are our **Branch, Rank, or Position** in the Military. The truth is that you are **a person** who filled those roles while you were in the Service but your identity has always been separate from the Military. I was **afraid** that when I got out, I would be telling people to do **Push ups, knife handling my supervisor**, and calling everyone "Sir" or "Ma'am. Yes, you will have to work hard to act like a regular person, but **be patient with yourself** and realize every other single person who got out of the Military went through a similar process and **they made it just fine.**

I was civilian for 12 years after High School before I joined the Military and it has **changed** so much about how I **approach situations, process my emotions, and deal with problems.** Ultimately, I am still the **same person**, I just have some **added skills** and tools to make me successful as I leave the Service. I want you to know, that this process will be challenging but **it is not even close to the hardest thing** that you have been through in your life this far.

# You made it out, now What?

You have a **exciting opportunity** ahead of you. You can pursue all of the things you did not have the time or availability to pursue when you had to **accountability formations, deployments, PT tests, and uniform inspections**. You are going to around people who have different life experiences than you and who will no understand most of your Military experience. **This makes you valuable, interesting, and different.** Your differences are what others will notice about you. This is your chance to be the best version of yourself without the Military's discipline and structure. **You are not alone** in this because you will forever be a **Veteran** and there is a large community of Veterans who look forward to helping you out in this Journey.

**Veteran Community Links**

**Veteran Facebook Community**

**Veteran Financial Education**

[Click here to watch a video on  
Hiring Veterans](#)

# THANK YOU

**Thank you** for taking the time to read through this guide and take a small step toward having a successful transition out of the Military. This has not been comprehensive and there are so many resources available to you I did not include. I hope that this comes to you as **encouragement that you are not alone** and that at the end of this event in your life, you are going to be **better** than you may have thought you would be. Transitioning is such a **huge decision** and it caused me a lot of anxiety and stress. What helped me the most was reaching out to counselors who were **patient with me** and helped me come to my decision to get out. I really hope that you connect with some people who really **care about your wellbeing** and who are in a position to support you and offer you helpful advice or just to let you rant. If you would like more resources or to talk about your transition, feel free to connect with me on [LinkedIn](#). I am not a licensed professional or anything like that, I would just like to help.

Thank you to my Wife, Son, and Father for their support and patience.

# RESOURCES

- Transition Cheat Sheet with resources
- VA.GOV
- Hot Jobs for Veterans
- Security Clearance Jobs
- Veteran Job Board/Community
- Transition Support
- [Free Active Duty and Veteran Services/Support](#)
- [Veteran Crisis Line](#)
- [ARMY Ignited Website](#)
- Army Certifications Website
- Veteran/Active Duty Free certifications
- Hiring Our Heroes Free Coursera Certifications
- [BDD Website](#)
- [SFL TAP Regulation](#)

**Connect with Me**

