



# TRANSITION INFORMATION

An important step when returning to civilian life is knowing the transition isn't always easy. To help, we asked veterans about their experiences and for their advice.

**48%** said their transition was more difficult than expected



They told us that high levels of stress and confusion are common during the transition:



**52%** say it was confusing

**76%** said their transition was stressful

Many said they underestimated the amount of time required to return to civilian life:

**34%** had employment gaps of more than 3 months



**59%** said it took more time than expected



Despite having proven skills and experience, many were disappointed with their initial compensation:



**38%** said their first civilian salary was lower than expected

Learn more about this study or participate in a related project at [Military-Transition.org](https://Military-Transition.org)





# RECOMMENDATIONS

Veterans said that you should:

## 1 START PREPARING EARLY

You should always be thinking about life after the military and we suggest that you begin formal preparation at least 24-months before the transition. You should attend TAP at this point and again when you have between 9-12 months. Pay attend, take notes, ask questions and go a second time because those who attended more than once were 57% more likely to say the program was “extremely” or “very” helpful.

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## 2 HAVE A TRANSITION PLAN

It doesn't have to be complex, but you should have a written plan with timelines. The next two items on this list should be part of your plan along with time to think about what you want to do after taking off the uniform. Remember, you get a choice this time so make it count.

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## 3 BUILD YOUR NETWORK

This is an important but overlooked aspects of a successful transition. Speak with others, both in and out of uniform, and ask about their experiences. Use social media, such as LinkedIn, to identify potential contacts and then reach-out. Offer to share your story and remember to pay it back with other service members once you've entered the workforce.

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## 4 TRANSLATE YOUR SKILLS

This can be a challenge and requires time, effort, and practice. We recommend that you combine with networking and get feedback from others. Successfully translating your skills results in a strong resume, good interviewing skills, and the ability to demonstrate how you fit within an organization.

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## 5 BE PATIENT

The process doesn't happen overnight so give yourself time and learn along the way.

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