



U.S. Department of Labor

Off Base Transition Training Website Guide



ACCREDITATION

Accredited online website. Search for vocational school's admission and completion rates, www.accreditedschoolsonline.org/vocational-trade-school/

Better Business Bureau, www.bbb.org

Consumer Financial Protection Bureau, www.consumerfinance.gov/complaint/

Council for Higher Education Accreditation and US Department of Education list of recognized accrediting organizations, <https://www.chea.org/search-institutions>

U.S. Department of Education information educational institutions accreditation, <https://ope.ed.gov/dapip/#/home>

U.S. Department of Education information about diploma mills, <https://www2.ed.gov/students/prep/college/diplomamills/diploma-mills.html>

AMERICAN JOB CENTER

U.S. Department of Labor (DOL) online portal for Veterans and Military Spouses; Enter your location in the American Job Center Finder, <https://www.dol.gov/agencies/vets/veterans/findajob>

American Job Center (AJC), <https://www.careeronestop.org/LocalHelp/AmericanJobCenters/american-job-centers.aspx>

DOL's American Job Center locator, <https://www.careeronestop.org/LocalHelp>

APPRENTICESHIP

Apprenticeship.gov. Discover apprenticeships across industries, how programs are started by employers, and how to become an apprentice.

<https://www.apprenticeship.gov/employers/explore-apprenticeship>.

DOL Employment and Training Administration general information about apprenticeships and access to contact information for regional and local state apprenticeship agencies, <https://www.dol.gov/agencies/eta/apprenticeship>.

DoD SkillBridge overview of program requirements and eligibility, <https://dodskillbridge.usalearning.gov/>.

CAREER RESEARCH AND ASSISTANCE

My Next Move, <https://www.mynextmove.org>

O*NET Online. Data on emerging careers; including descriptions, outlook, wages, and relevant in-demand technologies, <https://www.onetonline.org/>

O*NET Interest Profiler, <https://www.mynextmove.org/explore/ip>

CareerOneStop links to up-to-date industry trends, career trends, occupation profiles, business finder and job finder tools. Also use mySkills myFuture to find careers with similar skills.

- www.careeronestop.org/
- <https://www.myskillsmyfuture.org/>

Military OneSource, <https://www.militaryonesource.mil/>

Bureau of Labor Statistics Occupational Outlook Handbook provides occupation descriptions, www.bls.gov/ooh/

CERTIFICATION / CREDENTIALING / LICENSING

The CareerOneStop Certification Finder tool can identify available certifications by keyword or by occupation,

- www.careeronestop.org/Toolkit/Training/find-certifications.aspx
- www.careeronestop.org/Toolkit/Training/find-licenses.aspx
- www.careeronestop.org/FindTraining/find-training.aspx

DoD Civilian COOL, <https://www.cool.osd.mil/dciv/index.htm>

License Recognition for Military Spouses Resource Guide, <https://www.dol.gov/agencies/vets/veterans/military-spouses/license-recognition>

COLLEGE

CareerOneStop guide to colleges, www.careeronestop.org/FindTraining/Types/college.aspx

College Navigator, Institute of Education Services National Center for Education Statics (IES > NCES), <https://nces.ed.gov/collegenavigator/>

My Career Advancement Account (MyCAA) Scholarship Program <https://mycaa.militaryonesource.mil/>

U.S. Department of Education guide to choosing a school, <https://studentaid.gov/resources/prepare-for-college/students/choosing-schools>

COST OF LIVING CALCULATORS

Bankrate.com, <https://www.bankrate.com/calculators/savings/moving-cost-of-living-calculator.aspx>

Numbeo.com, <https://www.numbeo.com/cost-of-living/>

SmartAsset.com, <https://smartasset.com/mortgage/cost-of-living-calculator>

EDUCATION AND TRAINING

No-cost online classes:

- Coursera, <https://www.coursera.org/>
- EdX, www.edx.org
- Grow with Google, virtual training, and certifications, <https://grow.google/>

Financial Aid for Military and Veterans

<https://www.teachingdegree.org/resources/financial-aid-for-veterans/>

EMPLOYMENT RIGHTS

American with Disabilities Act (ADA), <https://www.ada.gov/>

Department of Labor, <https://www.dol.gov/>.

- Short Videos on Labor Laws
 - How VEVRAA Impacts You V1-1 - <https://embed.vidello.com/4388/999y2zsz1r3fhllr/player.html>
 - How USERRA Impacts You V3-1 - <https://embed.vidello.com/4388/aku3ig27hijgda2t/player.html>
 - How EEOC Impacts You V1-1 - <https://embed.vidello.com/4388/c59xgr5x1cecuakt/player.html>
 - How FLSA Impacts You V2-1 - <https://embed.vidello.com/4388/2d7a3dvcu25qeese/player.html>
 - How FMLA Impacts You V2-1- <https://embed.vidello.com/4388/2a704paj18kdaqnn/player.html>
 - How ADA Impacts You V2-1 - <https://embed.vidello.com/4388/y26ibfiex17f6r2x/player.html>
- Office of Disability Employment Policy (ODEP), <https://www.dol.gov/agencies/odep>
 - 20OCT21 YouTube video, US DOL ODEP National Disability Employment Awareness Month (NDEAM). Video is 33:49 minutes long <https://www.youtube.com/watch?v=BVG4YqVZaR8>
- Uniformed Services Employment and Reemployment Rights Act (USERRA), <https://www.dol.gov/agencies/vets/programs/userra>

- Veterans Employment and Training Services (DOL VETS), <https://www.dol.gov/agencies/vets>
 - Regional offices, <https://www.dol.gov/agencies/vets/about/regionaloffices>
- Vietnam Era Veterans' Readjustment Assistance Act (VEVRAA), <https://www.dol.gov/agencies/ofccp/vevraa>
- Wage and Hour Division (WHD), <https://www.dol.gov/agencies/whd>
 - Family and Medical Leave Act (FMLA), <https://www.dol.gov/agencies/whd/fmla>
 - Family and Medical Leave Act Employee Guide, <https://www.dol.gov/sites/dolgov/files/WHD/legacy/files/employeeguide.pdf>
 - Fact Sheet #28M(b): Military Caregiver Leave for a Veteran under the Family and Medical Leave Act, <https://www.dol.gov/sites/dolgov/files/WHD/legacy/files/whdfs28mb.pdf>
 - Wages and the Fair Labor Standards Act (FLSA), <https://www.dol.gov/agencies/whd/flsa>

Equal Employment Opportunity Commission (EEOC), <https://www.eeoc.gov>

- Equal Employment Opportunity Commission, employees' rights and responsibilities, <https://www.eeoc.gov/laws/guidance/veterans-and-americans-disabilities-act-guide-employers>. Locate Employees & Applicants at the bottom of the page
- Understanding Your Employment Rights Under the Americans with Disabilities Act (ADA): A Guide for Veterans, <https://www.eeoc.gov/laws/guidance/understanding-your-employment-rights-under-americans-disabilities-act-guide-veterans>
- EEOC Factsheets Discrimination in the Workplace
- Age Discrimination, <https://www.eeoc.gov/laws/guidance/fact-sheet-age-discrimination>
- Disability Discrimination, <https://www.eeoc.gov/laws/guidance/fact-sheet-disability-discrimination>
- National Origin Discrimination, <https://www.eeoc.gov/laws/guidance/fact-sheet-national-origin-discrimination>
- Religious Discrimination, <https://www.eeoc.gov/laws/guidance/fact-sheet-religious-discrimination>

Health Insurance Portability and Accountability Act (HIPAA), <https://www.hhs.gov/hipaa/index.html>

The Job Accommodation Network (JAN), <https://askjan.org/index.cfm>

- Useful guidelines for how to disclose a disability, https://askjan.org/topics/Disability-Disclosure.cfm?csSearch=3551934_1

Office of Personnel Management (OPM), <https://www.opm.gov/>

- OPM Fact Sheet, <https://www.opm.gov/policy-data-oversight/pay-leave/leave-administration/fact-sheets/disabled-veteran-leave/>

INTERNSHIPS

USAJOBS Pathways for federal government internships, www.usajobs.gov/StudentsAndGrads

U.S. Chamber of Commerce internship opportunities, www.uschamber.com/about-us/careers/internship-opportunities

INTERVIEW PREPARATION

CareerOneStop Interview Preparation, <https://www.careeronestop.org/JobSearch/Interview/interview-tips.aspx>

LinkedIn Interview Preparation, <https://www.linkedin.com/interview-prep>

Indeed Career Guide – Interview Preparation,

- <https://www.indeed.com/career-advice/interviewing>
- <https://www.indeed.com/career-advice/interviewing/interview-questions-for-managers>

LABOR MARKET INFORMATION

Learn about careers, <https://www.careeronestop.org/ExploreCareers/Learn/learn-about-careers.aspx>

The National Labor Exchange (NLx) database of job openings in public, private, and nonprofit sector organizations, <https://usnlx.com/>

Bureau of Labor Statistics site for comprehensive and up to date LMI; provides deep dive into current economic situation in the United States, www.bls.gov/

- Bureau of Labor Statistics resources for jobseekers, www.bls.gov/audience/jobseekers.htm
- Employment Projections, <https://www.bls.gov/emp/>
- Occupation Comparison, <https://www.careeronestop.org/ExploreCareers/Learn/compare-occupations.aspx>
- Outlook data, O*NET Bright Outlook occupations, <https://www.onetonline.org/find/bright>
- Skills Matcher, <https://www.careeronestop.org/Toolkit/Skills/skills-matcher.aspx>
- Skills data, <https://www.onetonline.org/>

- State employment projections - Projections Central, <https://www.projectionscentral.com/>
- State Labor Market Information office, https://www.careerinfonet.org/select_state.asp?from=&next=lmi1&id=11&nodeid=13&socode=
- Wage data, Occupational Employment Statistics Survey, <https://www.bls.gov/oes/>

LICENSING

The CareerOneStop License Finder tool can help you determine if an occupation is licensed in a state and provide links to the state agency website for information on requirements and how to apply, www.careeronestop.org/Toolkit/Training/find-licenses.aspx

NETWORKING

Hire Heroes USA, free job search assistance to military members, veterans and their spouses, and help companies connect with opportunities to hire them, <https://www.hireheroesusa.org/>

SALARY RESEARCH

Salary.com, <https://www.salary.com/>

Calculator.net, <https://www.calculator.net/salary-calculator.html>

Glassdoor.com, <https://www.glassdoor.com/Salaries/know-your-worth.htm>

SmartAsset, <https://smartasset.com/taxes/paycheck-calculator>

SMALL BUSINESS ADMINISTRATION Resources to start your own businesses, www.SBA.gov/bootstobusiness

SOCIAL MEDIA

Facebook. Stay connected with friends, family, and community, www.facebook.com

LinkedIn. Build and engage with a professional network. Access knowledge, insights, and opportunities, www.linkedin.com

- Access tutorials on how to use LinkedIn and other social media platforms, <https://www.linkedin.com/learning/>
- LinkedIn Premium upgrade for military information, www.linkedin.com/military
- LinkedIn Help topics and tutorials topics, <https://www.linkedin.com/help/linkedin>
- Twitter. Online news and social networking service, www.twitter.com

TECHNOLOGY

CareerOneStop list of hot technologies, www.onetonline.org/search/hot_tech/

TRANSITION ASSISTANCE PROGRAM

Transition Assistance Program (TAP), <https://tapevents.org/>

TAP Online (Virtual) Courses TAP curriculum can be viewed for All Courses or filtered for Core Requirements, Transition Tracks or Military Life Cycle (MLC),

<https://tapevents.org/courses>

- **Boots to Business** - This course is for those interested in exploring business ownership or other self-employment opportunities. Participants learn about evaluating business concepts, developing a business plan, the resources available to access technical assistance, start-up capital, contracting opportunities, and more.
- **DOL Career and Credential Exploration** - This course offers an opportunity to complete personalized career development assessments of occupational interests and aptitudes. Participants will then be guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and licensure requirements
- **DOL Employment Workshop** - This course presents a comprehensive view covering best practices in career employment, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment.
- **Employment Fundamental of Career Transition** - This course lays the foundation for transition from military to civilian careers by introducing essential tools and resources needed to evaluate career options, gain information for civilian employment, and understand the fundamentals of the employment process.
- **Financial Planning for Transition** - This course provides transitioning Service members with an understanding of how transition may impact their finances and provides the tools and resources for a successful financial transition.
- **Managing Your (MY) Education** - This course, designed for anyone pursuing an undergraduate or graduate degree, includes information on choosing a field of study, selecting an institution, gaining admission, and funding your education.

VA BENEFITS AND PROGRAMS

U.S. Department of Veterans Affairs comparison tool for finding estimated benefits by school or program, www.va.gov/gi-bill-comparison-tool

U.S. Department of Veterans Affairs GI Bill benefits for licensing and certification, www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits/test-fees/

VETERANS' RESOURCES

PatriotLink is a resource database filled with thousands of vetted, direct, cost-free resources tailored to the needs of the military and veteran community,

<https://www.patriotlink.org/>

Veterans Benefits Administration information about Veterans' benefits, including education and training, www.va.gov/education/

VOLUNTEERING

AmeriCorps positions, <https://www.nationalservice.gov/programs/ Americorps>

US Public Service and Volunteer Opportunities, <https://www.usa.gov/volunteer>

America's Natural and Cultural Resources Volunteer Portal, <https://www.volunteer.gov/>