PRESEPARATION COUNSELING CHECKLIST FOR ACTIVE COMPONENT (AC), ACTIVE GUARD RESERVE (AGR), ACTIVE RESERVE (AR), FULL TIME SUPPORT (FTS), AND RESERVE PROGRAM ADMINISTRATOR (RPA) SERVICE MEMBERS

(Please read Privacy Act Statement and Instructions in Section III before completing this form.)

SECTION I - PRIVACY ACT STATEMENT

Pf int pe be R(La an pu the htt Tr DI	AUTHORITY: 10 U.S.C. 1142, Preseparation Counseling; transmittal of medical records to Department of Veterans Affairs, and E.O. 9397 (SSN) as amended. PRINCIPAL PURPOSE(S): To record preseparation services and benefits requested by and provided to Service members; to identify preseparation counseling areas of interest as a basis for development of an Individual Transition Plan (ITP). The signed preseparation counseling checklist will be maintained in the Service member's official personnel file. Title 10 U.S.C. 1142 requires that not later than 90 days before the date of separation, for anticipated losses, preseparation counseling for Service members be made available. For unanticipated losses, preseparation counseling shall be made available as soon as possible. ROUTINE USE(S): Disclosure of records are generally permitted under 5 U.S.C. 552a(b) of the Privacy Act of 1974, as amended. Applicable Blanket Routine Use(s) are: Law Enforcement Routine Use, Congressional Inquiries, Disclosure to the Department of Justice for Litigation Routine Use, Disclosure of Information to the National Archives and Records Administration Routine Use, and Data Breach Remediation Purposes Routine Use. To the Department of Veterans Affairs and other federal agencies for the purpose of providing transition assistance and available benefits to the eligible Service member. The DoD Blanket Routine Uses set forth at the beginning of the Office of the Secretary of Defense (OSD) compilation of systems of records notices may apply to this system. The complete list of DoD Blanket Routine Uses can be found online at http://dpcld.defense.gov/Privacy/SORNsIndex/BlanketRoutineUses.aspx The applicable system of records notice is: DMDC 01, Defense Manpower Data Center Data Base. The SORNs may be found at http://dpcld.defense.gov/Privacy/SORNsIndex/DoDwideSORNArticle/S7056																																									
										S	SE(СТ	101	1	- P	ERS	10	NAL	_ IN	IFO	RMA	ATI(ON	(To	be	fillec	d o	ut by	all a	app	lica	nts))									
													h	First	Na	me						Aidd	ie	2. 8	SN							3.	GR	ADE	4				of e 1mdi		ГН	
a.	Las	LINE	ime				T		Τ				<i>b</i> .	1 11 31	. ING						\square	Initia	ai									Γ				Т						
5. SERVICE (X one) 5.a. COMPONEN									NT		-		-		-		LATI	<u> </u>		~									IPA MMD	N TEC ND)) D/	ATI	EO	FS	EP/	ARA	011	N				
									-	a.		TAP		1121	TAL				Y	Т	<u> </u>	٦							,													
MARINE CORPS AGR																								7.a.	ΙA	M	X ol	ne)														
AIR FORCE RPA										b.	STA	TE		-		C. 2	ZIP	CO	DE	-		1	<u> </u>				etiri		,		Γ			epara								
COAST GUARD FTS - Separating Voluntarily														volui	Ildii	у																										
8.	8. DATE CHECKLIST 8.a. Place an X in this box ONLY if you have 89 days or less remaining on active duty before separation or retirement.																																									
	PREPARED (YYYYMMDD) (Please read the following instructions: If separating or retiring and you have 89 days or less remaining on active duty before your separation or retirement, why was your preseparation counseling not conducted earlier? Please go to Section VI - REMARKS and																																									
	(YYYYMMDD) separation or retirement, why was your preseparation counseling not conducted earlier? Please go to Section VI - REMARKS and check the response that best describes why preseparation counseling was not conducted earlier.)																																									
9.																																										
9.a	(X one) 9.a. Are you willing to be contacted after separation or retirement regarding the value of the transition assistance programs and services you received? (X one) YES																																									
S	erv	ice	me	mb	er s	hall	sig	n ai	nd	dat	te t	the	for	m ir	n ite	ems	stru 28.	ctio a. a	nd 2	befo 28.b	ll - IN ore c). serve	omj	plet	ing	Sec	tior												•				1,
(1 pe) I erse	tem on i	s ch n an	iec iotł	ked Ier a	igenc	ъ" і зус	ndic or or	, ga	e th niza	at atic	yoı on d	u ree outs	quire ide (e a of [DoD	or a	itten	idan	nce a	n or re at a s e (exa	che	edule	ed e	mpl	oym	ner	it or ∖	′A's	ess	ion	(Se	ectio	on IV).					•		
re (3	equi	re r)ep	no fu art r	ırth nei	ere ntof	xplar • Lab	nati or	on. TAF	U P E	RLs mp	s ar I oy	rep ∕m	orov ent	ided Woi	d so rks	Ser	vice In	e me acc	emb corda	ers ance	oly to can r e with esepa	ese n Do	arch	n int 133	orm 2.35	atio	n a C, <i>I</i>	at thei AGR,	r lei AR	isure ., FT	e or ⁻ S, a	n a and	give I RF	en to PA se	pic epa	or Irati	sub ing	jec anc	: reti	ring		nent
h	our	per	iod	of	each	DOL	- w	orks	sho	op d	lay	an	d th	ie 12	2 h	ours	imn	nedi	atel	ly pr	shop eced ment	ing	and	foll	owir	ng th	ne	DOL	wor	ksh	op.	In	the	eve								
re w	ill b	sec e e	l to	cor pt	nple from	te the	۶V	eter	an	sВ	ene	efit	s Br	iefin	ng s	pon	sore	ed a	nd c	offer	separ ed by fits B	/ the	e De	epa	tme	nt o	f V	'etera	ns /	Affa	irs ((VA) in	its e	ntir	rety	. S	erv	ice r	nen	nber	rs
"` di B M	ES sch oar em	s" in larg d ol ber	iter le, o r pla /Leç	n 2 r h ce jal	0 (w ave d in Gua	vith sp incur a me irdian	rec dic /De	cial e I an al he esig	em inj olc ne	ipha jury I sta e ai	or or atus	s oi illr s b enc	n We less y the cour	ound whi eir S age	dec ile c Serv d to	l, III, on ac vice, o atte	or li ctive sha end	njure e du all be the	ed) ty, c e rel DT <i>I</i>	who or ao leas AP b	with b have ggrav ed to briefir ceding	e or ateo cor ng.	thir d a j mple Ser	nk tł pre- ete vice	ney l exis the l me	have ting DTA mbe	e a co P P	servi onditio briefir will b	n, ang s	coni and pon xerr	nec tho sor	ted se ed fron	dis refe by ۱	abilit rred /A.	y, a to a Spo	are a P ous	aw hys ses/	aitir sica Fan	ng a ⊨Eva nily	me alua	dica tion	

PRESEPARATION COUNSELING NAME (Last, First, Middle Initial)										SSN									
С	HECKLIST FOR AC, AGR, AR,					ПГ													
	FTS, AND RPA SERVICE																		
	MEMBERS																		
							ON IV												
Ple	ease indicate (by checking either Y	ES or NO) w	hether	you <i>(oi</i>	r if acc	ompai vhich	nied by	your s	pouse/family member/legal guardian/designee if app ntitled. All benefits and services checked YES shoul										
us	ed to develop your Individual Trans	sition Plan (I	TP). Tł	he follov	wing be	enefits													
sp	ecified, will be explained by the Tra	ansition/Com	mánd (Career	Couns	elor.								,					
										VICE	SPC	USE							
									YES	IBER NO	YES	NO	_		REFER	RED TO)		
10	EFFECTS OF A CAREER CHAN	GE							TES	NU	TES	NO							
	EMPLOYMENT ASSISTANCE	GE																	
-	Do you want to attend the Depa	rtmont of La	boror		od Tro	noitio		iotonoo											
	Employment Workshops or Serv																		
b	Verification of Military Experience																		
5.	want a copy of your VMET docum																		
	print your VMET document and co																		
C.	Counselor will provide information																		
	occupations (see Occupational In www.online.onetcenter.org/cross																		
	civilian occupations related to ass			SISTATIO	e piogi	ianis)	anu												
	(1) Licensing, Certifications and A			mation.															
-	(a) Department of Labor		P																
	www.careeronestop.org/C	REDENTIAL	ING/C	redentia	alingHo	ome.a	<u>sp</u>												
	(b) U.S. Army Credentialing Or	n-line <u>https:/</u>	/www.c	cool.arm	ny.mil														
	(c) U.S. Military Apprenticeship	o Program																	
	https://usmap.cnet.navy.m																		
	(d) DANTES www.dantes.doo	ded.mil/dante	es_web	/dantes	shome.	.asp													
	(e) Navy Cool Website https://	/www.cool.na	avy.mil																
d.	TurboTAP.org (www.TurboTAP.org	rg) and other	progra	ams, too	ols, and	d reso	urces												
	(1) Employment Hub																		
	www.turboTAP.org/portal/tran	sition/resour	ces/Em	nployme	ent_Hu	b													
	(2) Hire Vets First www.hirevetsfi																		
	(3) State Job Boards www.career						px												
	(4) DOL REALifelines www.hirev	vetsfirst.dol.g	ov/real	ifelines	/index.	<u>asp</u>													
e.	Public and Community Service O																		
	www.turboTAP.org/portal/transition Service _PACS_Registry_Program		Employ	ment/Pi	ublic_a	ind_C	ommur	nity_											
f.	Teacher and Teacher's Aide Oppo	ortunities/Tro	ops to [·]	Teache	rs														
	www.proudtoserveagain.com																		
g.	Federal Employment Opportunitie	es																	
	(1) <u>www.usajobs.opm.gov</u>																		
	(2) <u>www.go-defense.com</u>																		
	(3) Information on Veterans Prefe												_						
-	(4) Information on Veterans Feder																		
-	(5) Office of Personnel Manageme	()		0			4.0												
n.	Hiring Preference in Non-Appropr Separatees)	ialeo Funo (i	NAF) ju	oos (⊏iig	gible In	ivolun	lary												
i.	State Employment Agencies																		
	(1) Career One Stop Centers																		
	www.careeronestop.org/jobse	earch/cos_jot	osites.a	ispx															
	(2) Workforce Investment Act (WI	A)																	
j.	Information concerning veterans s	small busines	ss owne	ership a	and ent	treprei	neursh	ip		ſ	Ī	Ī				-	-		
L	programs												-						
1	(1) Small Business Administration			utsba/s	baprog	grams	/ovbd/												
⊢	and <u>www.score.org</u> SBA Patri			4		. 4 .							+						
L	(2) National Veteran's Business D	· ·	· ·										-						
k.	Information on employment and re Active Duty Service Members (C	eemploymen Chapter 43, Tit	t rights tle 38 L	and ob	oligatior de)	ns (US	SERRA	() for											
⊢,					,		40-1-1												
^{I.}	Information on "Priority of Service and placement services provided							ıg,											
	Department of Labor																		

PF	ESEPARATION COUNSELING	NAM	E (Last,	, First, I	Middle II	nitial)									SSN	SSN						
	HECKLIST FOR AC, AGR, AR, FTS, AND RPA SERVICE													\square			Т					
	MEMBERS																					
SE	CTION IV (Continued)											SP	OUSE	JSE								
	· ·									YES		YES	NC	>		REFE	RRED	го				
12.	RELOCATION ASSISTANCE	*NOT	E: Sta	tus of	Force	s Agre	ement	limita	tions	apply	to ove	erseas	Servi	ce n	nembe	rs.						
a.	Permissive (TDY/TAD) and Exces	ss leav	е																			
*b.	Travel and Transportation Allowa	nces (s	see No	te abo	ve)																	
13.	CONTACT INFORMATION FOR portal.hud.gov/portal/page/portal/H		ING CO	OUNSI	ELING	ASSIS	TANCE	1														
14.	EDUCATION/TRAINING																					
a.	Education benefits (Post 9-11 GI (Veterans Educational Assistance www.gibill.va.gov																					
b.	U.S. Department of Education Fe www.FederalStudentAid.ed.gov																					
C.	Other Federal, State, or local edu																					
15.	PHYSICAL AND MENTAL HEAL	TH WE	LL-BE	ING						I												
a.	Information on availability of Heal stress disorder, anxiety disorders, operational/stress, or other menta Armed Forces)	, depre Il healtl	ssion, h cond	suicida itions a	al ideat associa	tions, co ated wit	ombat h servio	ce in t	he													
	 Transitional Healthcare Benefit go to: <u>www.tricare.mil</u> or <u>www</u> (click on Transitional Assistan) 	.tricare	.mil/Fa	actshee	ets/brov	wsetopi	itional i <u>c.cfm</u>)	nform	ation													
	(2) VA Health Administration www	w1.va.	gov/he	ealth/in	dex.as	<u>p</u>																
	(3) VA Vet Center www.vetcente																					
	(4) State and local healthcare and												_	_								
b.	Describe healthcare and other be the laws administered by the Sect							ed un	der													
	(1) VA health care																					
	(2) VA dental care																					
16.	HEALTH AND LIFE INSURANCE																					
a.	Continued Health Care Benefits F health insurance. Concurrent pre conversion health insurance www.tricare.mil/mybenefit/home/c	-existir	ng con	dition o	coverag	ge with	purcha		sion													
b.	Veterans Group Life Insurance (V and <u>www.turboTAP.org</u> websites		vww.in	suranc	ce.va.g	ov/sglis	ite/vgli.	<u>htm</u>														
C.	Servicemembers' Group Life Insu www.insurance.va.gov/sglisite/de				.turboT	TAP.org	websit	tes														
d.	Traumatic Injury Protection Progra www.insurance.va.gov/sglisite/tsg websites			penefit	<u>s.htm</u> a	and <u>ww</u>	w.turbo	DTAP.	org													
e.	Family Servicemembers' Group L www.insurance.va.gov/sglisite/fsg	ife Insu Ili/sglifa	urance am.htm	(FSGI and	_I) <u>www.t</u>	urboTA	P.org w	vebsit	es													
f.	Service-Disabled Veterans Insura www.insurance.va.gov/inForceGli websites			DVI.ht	<u>m</u> and	<u>www.</u>	turboTA	AP.org	1													
g.	Veterans' Mortgage Life Insurance www.insurance.va.gov/inForceGli websites	e (VML Site/bu	.l) iying/V	'MLI.ht	<u>m</u> and	d <u>www.</u>	turboT/	AP.or	1													
	For more information on Veterans www.insurance.va.gov																					
i.	Transitional Health and Dental Ca information, go to: www.tricare.mi																					
17.	FINANCES																					
a.	Financial Management (TSP, Ret	iremen	it, SBP	, milita	ary vs. o	civilian	pay and	d ben	efits)													
b.	Separation pay (Eligible Involunta	ry Sep	aratee	s)																		
c.	Unemployment Compensation																					
d.	General money management (but	dgeting	, debt	reduct	tion)									$_{}$								
e.	Personal savings and investing																					

PF	RESEPARATION COUNSELING	NAM	E (Last	, First,	Middle I	nitial)			SSN												
Ċ	HECKLIST FOR AC, AGR, AR, FTS, AND RPA SERVICE													$\neg \vdash$					\square		
	MEMBERS									SED	VICE										
SE	CTION IV (Continued)	_	_	_	_	_	_	_	_	MEN	IBER		USE	-	F	REFERI	RED TO)			
18	RESERVE AFFILIATION									YES	NO	YES	NO								
_	Do you want to attend the Veter	rans B	enefit	s Brie	fing?																
20	(See section III, Instructions, item DISABLED VETERANS BENEFI																				
	Do you want to attend the Disal																				
	Briefing? See Section III - Inst Rehabilitation and Employment																				
b.	VA Disability Benefits www.vba.v	a.gov∕∖	/BA/be	enefits	/factshe	<u>eets</u>															
C.	Benefits Delivery at Discharge an																				
21.	STATE VETERANS BENEFITS																				
22.	2-YEAR COMMISSARY AND EX Separatees)	CHAN	GE PR	RIVILE	GES (E	Eligible	Involu	untary													
23.	LEGAL ASSISTANCE																				
24.	POST GOVERNMENT (MILITAR Information on post government (be conducted by Services as app an installation legal office (Staff Ju restrictions briefing or counseling	oloymer hall refe	nt, impo er sepa	rating a	and ret	iring S	Servic	e mem	nbers t	0											
	INDIVIDUAL TRANSITION PLAN As a separating Service member,	· /																			
	family member/legal guardian/designee (if applicable) are entitled to receive assistance in developing an Individual Transition Plan (ITP) base on the areas of interest you have identified on this checklist. The Preseparation Counseling Checklist addresses a variety of transition services and benefits to which you may be entitled. Each individual is strongly encouraged to take advantage of the opportunity to develop an ITP. The purpose of the ITP is to identify educational, training, and employment objectives and to develop a plan to help you achieve these objectives. It is the Military Department's responsibility to offer Service members the opportunity and assistance they need to develop an ITP. It is the Service member's responsibility to develop an ITP based on his/her specific objectives and the objectives of his or her spouse, if appropriate.															p these					
	Based upon information received of legal guardian/designee desire as Command Career Counselor is av	sistanc	e in de	evelop	ing you	ır ITP?	If YE	S, the	Transit	ion staf				YE	IEMBI S	NO	YES	N	0		
b.	To assist your transition counselo I already have post-military em I plan to get a job and start wor Other <i>(please describe/write in,</i>	ployme k as so	ent.			best d	escrib	es you	I plan t	nilitary o go to know w	schoo	and us	se my '		lucatio	on ben	efits.				
		SE	стю	N V -	LANG	GUAG	E SK	ILLS/	REGIC	NAL E	EXPE	RTISE							—		
	unselors will ensure all transitioning n 26.	g Servi	ce me	mbers	, Active	e, Guar	d and	Reser	ve with	langua	ge skil	s and/o	or regio	onal e	xperti	se con	nplete				
26.	The Department of Defense and or expertise to meet emerging requi Federal agencies may want to co potential employment that would	emerg willing to	ency. o volun	The De iteer yo	partm	ent of	Defer	nse an	d othe												
a.	Do you consent to being contacte	d by th	e Dep	artmei	nt of De	efense	for su	ch pur	poses?						YES			NO			
b.	Do you consent to having the Dep such purposes?	partme	nt of D	efense	e share	your ii	nforma	ation w	ith othe	er Fede	ral age	ncies f	or		YES			NO			

PRESEPARATION COUNSELING	NAME (Last, First, Middle Initial)												SSN								
CHECKLIST FOR AC, AGR, AR, FTS, AND RPA SERVICE													\square								
MEMBERS																					
	SE	CTION	I VI -	REN	IARK	(S (At	tach ad	lditional	pages	if nece	essary	·)									
Complete the following ONLY if you p 27. MY COUNSELING WAS CONDU	laced ar	n X in Ite 89 DAY	em 8. ′S OR	.a. <i>(</i> S R LES	See pa S BEF	ge 1, . FORE	Section MY SE	II, item PARAT	8.a.) 1 10N O	R RET	IREM	ENT E	BECAI	USE C	ο F : (Χ	one	e)				
Mission requirements						Legal	separa	ition													
Personal reasons								areer de													
Medical separation/discharge						Other	(Pleas	e provic	de a bri	ef expl	lanatio	on)									
28. SERVICE MEMBER ACKNOWL By signing and dating this form, y (item 28.b.), and that you underst	ou, the and the	Service																ow			
U.S.C., Chapter 58, Section 1142. a. SERVICE MEMBER SIGNATURE b. DATE (YYYYMMDD) c. TRANSITION COUNSELOR SIGNATURE d. DATE (YYYYMMDD)													וח								
a. JERVICE MEMBER SIGNATUR	-	J. L		. (11)						JNJEI		ANONA		. u					<i></i>		