

INITIAL COUNSELING (IC) / PRE-SEPARATION COUNSELING

You MUST see your Unit Transition Coordinator (UTC) prior to Initial Counseling and Pre-Separation Counseling.

- **All RANKS:** You are required to attend Initial-Counseling (IC) and the Pre-Separation Counseling prior to being scheduled for any Transition Readiness Seminar (TRS).
 - Retirees must attend within 24 months of EAS but NLT 12 months from EAS.
 - Separates must attend within 18 months prior to EAS but NLT 12 months from EAS.
- You may complete these prerequisites with us or through any Department of Defense (DoD) military installation that offers these mandated classes.

TRANSITION READINESS SEMINAR (TRS) - 0730-1600

6-10 JAN (EM, ED, V)

3-7 FEB (EM, ED, V, EN)

3-7 MAR (EM, ED, V)

7-11 APR (EM, ED, V, EN)

12-16 MAY (EM, ED, V)

2-6 JUN (EM, ED, V, EN)

7-11 JUL (EM, ED, V)

4-8 AUG (EM, ED, V, EN)

8-12 SEP (EM, ED, V, EN)

6-10 OCT (EM, ED, V, EN)

3-7 NOV (EM, ED, V)

1-5 DEC (EM, ED, V, EN)

TRANSITION TRACKS (THU & FRI) – 0730-1530

Tracks are embedded in the TRS Training. Four Track options are available:

Employment Track (EM)	Offered during TRS week	Hybrid
Education Track (ED)	Offered during TRS week	Hybrid
Vocational Track (V)	Offered during TRS week	Hybrid
Entrepreneurship Track (EN)	Offered during TRS week	Hybrid

NEED TO KNOW PRIOR ATTENDING TRS

- Attendees must be registered via their Unit Transition Coordinator (UTC).
- Attendance is mandatory. (Reschedule any appointments that may interfere with TRS week).
- All participants must bring required TRS pre-work in order to attend the class.
- Dress in appropriate civilian "business casual" attire.
 - NO denim jeans, NO yoga pants/leggings, NO shorts, NO flip flops, NO sneakers, NO bare shoulders.
- Spouses are highly encouraged to attend.



facebook.com/mccsmcrdsd.marine.family

PERSONAL & PROFESSIONAL DEVELOPMENT
MARINE CORPS RECRUIT DEPOT/ WRR
4025 TRIPOLI AVENUE, BLDG 14
SAN DIEGO, CA 92140-5290



Jan 2025						
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Feb 2025						
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Aug 2025						
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Sep 2025						
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Oct 2025						
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Nov 2025						
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Dec 2025						
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Transition Readiness Seminar	Employment, Education, Vocational Entrepreneurship Tracks
Resume Essentials (Hybrid) *	Interviewing & Networking (Hybrid) *
USA Jobs Workshop (In Person Only) *	Holiday

Resume Essentials - Discover how to highlight your qualifications and develop an eye-catching resume that gets you noticed! Topics include resume styles and formatting, developing a targeted resume, boosting your resume with power words, creating effective accomplishment statements, and TIPS on what employers are looking for.

Interviewing & Networking - A workshop designed to help you be successful at your next job interview. Topics include understanding the process, winning interview techniques, how to market yourself and dress for success.

USAJobs Workshop - This workshop covers: writing an effective resume, navigating the USAJobs website and understanding veteran and spouse preference.

Workshop Registration - Call or Register at: https://ppd_mcrdsandiego-wrr.eventbrite.com