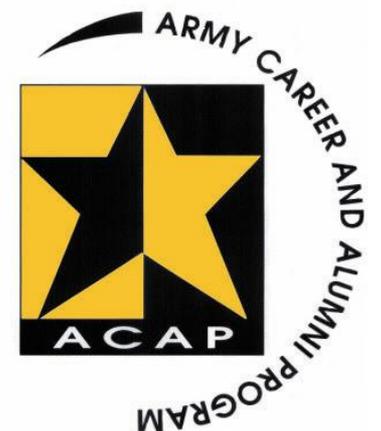


Transition Orientation

Welcome!

No Food Allowed
in the Class Room



Transition Orientation Overview

- Welcome & Introduction
- Transition Center
- Finance
- Transportation
- Education Center
- Child & Youth Services (School Liaison)
- Military OneSource
- Transition Assistance Career Counselors
- Reserve Component
- Performance Triad Campaign
- Post-Government Employment

*****Lunch Break*****



TRANSITION CENTER



ETS
CHAPTER
MEDICAL
RETIREMENT
OFFICERS
DD FORM 214

PROCESSING

- **MILITARY TO CIVILIAN LIFE**
- **RESPONSIBLE FOR:**
 - **ORDERS**
 - **DD FORM 214**
- **COPELAND CENTER, ROOM B309**

CUSTOMER SERVICE : 287-3513

OPERATIONS

**CUSTOMER
SVC**

**0800-1130
1230-1400**



**DD FORM 214
BRIEFING**

- ETS
- CHAPTER
- MED SEP

0730

- OFFICER
- ENL RETIRE
- MED RETIRE

APPOINTMENT

**RECEIVE DD FORM 214 *ONE* DAY PRIOR TO
PTDY/LV OR *ON* SEPARATION DATE**

***KNOW YOUR CAC PIN NUMBER.
DD FORM 214 *DIGITALLY* SIGNED!!!!!!***

KNOW YOUR AKO ACCOUNT

DD FORM 214 BRIEFINGS HOURS AND DATES MAY VARY ON TRAINING HOLIDAY

ETS

- WORKSHEET (HANDOUT)
 - EMAIL ADDRESS
 - PHONE NUMBER
 - # DAYS TAKING LV
 - OR DA FORM 31

- ETS ORDERS AVAILABLE 90 DAYS PRIOR TO ETS DATE OR START OF LV IF WE HAVE LV INFO

- NOT AUTHORIZED PTDY. PDMRA YES IF IN CONJUNCTION WITH TERMINAL LEAVE. REDUCTION IN FORCE AUTHORIZED PTDY

- PROMOTION ORDERS /DA FORM 4187/ARTICLE 15

- DD FORM 93/SGLV

- RETENTION CHANGES
ETS DATE



CHAPTER

- LEGAL REVIEWS
- CDR APPROVES
- UNIT DETERMINES SEPARATION DATE

- ORIGINAL CHAPTER WORKSHEET
- POC FOR CHAPTER

- PAY STOPS ON SEP DATE
- DATES CAN BE CHANGED
- SOLDIER GOES AWOL
UNIT CLEARS

SCHOOL DROP SUBTRACT 90 DAYS FROM ETS DATE
THAT DAY IS 1ST DAY TO TAKE LV OR SEPARATE

- PTDY/LV (SOME CHAPTERS AUTHORIZED)

- MISSING DOCUMENTS

- AWOL
- CONFINEMENT
- PROMOTION
- DEMOTION

- ESCORT FOR:

- CHAP 9, 10, 13 & 14

- BAR FROM FORT HOOD IF

- DRUG RELATED CHAPTER
- OTHER THAN HONORABLE CONDITIONS

- DFR NO DD FORM 214

MEDICAL

- PHYSICAL DISABILITY BRANCH (PDB) APPROVES
- TC CUTS ORDERS & DD FORM 214 FOR ALL SOLDIERS
- DOCUMENTS NEEDED FOR ORDERS
 - APPROVAL FROM PDB
 - PTDY/LEAVE AUTHORIZATION

- WTB SOLDIERS (not cadre)
 - SFAC PROVIDES
 - ✓ CLEARANCE PAPERS
 - ✓ ORDERS
 - ✓ DD FORM 214

- SOLDIERS NOT IN WTB
 - TC PROVIDES
 - ✓ ORDERS
 - ✓ DD FORM 214



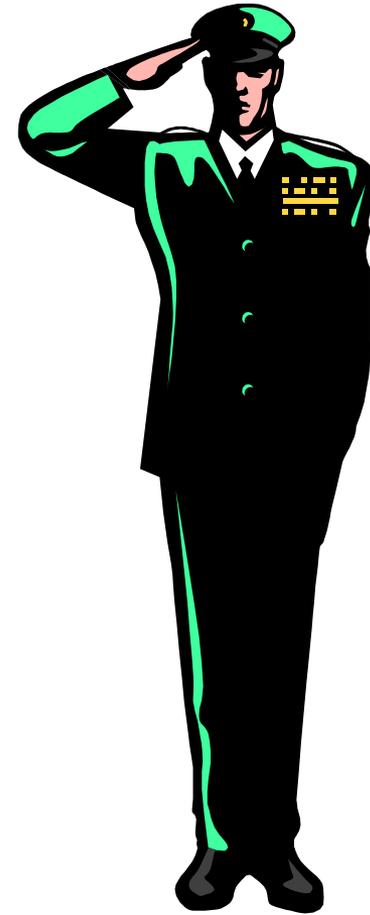
ENLISTED RETIREMENT

- RETIREMENT REQUEST SUBMITTED 9 TO 12 MONTHS PRIOR TO REQUESTED DATE
- NEED DA FORM 4187 AND DA FORM 31
- CALL YOUR TECHNICIAN FOR APPOINTMENT
- OPTIONAL:
 - ERB
 - LES
 - PERSONNEL FILE



OFFICERS

- UNQUALIFIED RESIGNATION & CHAPTERS
 - PROCESSED THROUGH S1/G1 (APPROVED BY HRC)
 - TRANSITION CENTER WILL ASSIST WITH:
 - SEPARATION ORDERS
 - DD FORM 214
- RETIREMENT
 - TRANSITION CENTER WILL ASSIST WITH:
 - MFR
 - FORWARD TO HRC
 - RETIREMENT ORDERS
 - DD FORM 214
- MEDICAL SEP/RETIRE
 - TRANSITION CENTER WILL ASSIST WITH:
 - ORDERS
 - DD FORM 214



TECHNICIANS

287-9664

287-6099

DD FORM 214

HISTORY OF MILITARY SERVICE

† DEPLOYMENT

† AWARDS

† SCHOOLS

† PROMOTION

† CHARACTER OF SERVICE

† MOS

CAUTION: NOT TO BE USED FOR IDENTIFICATION PURPOSES		THIS IS AN IMPORTANT RECORD. SAFEGUARD IT.		ANY ALTERATIONS IN SHADED AREAS RENDER FORM VOID	
DD FORM 214 WORKSHEET					
1. NAME (Last, First, Middle)		2. DEPARTMENT, COMPONENT AND BRANCH		3. SOCIAL SECURITY NUMBER	
4a. GRADE, RATE OR RANK	b. PAY GRADE	5. DATE OF BIRTH (YYYYMMDD)	6. RESERVE OBLIGATION TERMINATION DATE (YYYYMMDD)		
7a. PLACE OF ENTRY INTO ACTIVE DUTY		b. HOME OF RECORD AT TIME OF ENTRY (City and state, or complete address if known)			
8a. LAST DUTY ASSIGNMENT AND MAJOR COMMAND			b. STATION WHERE SEPARATED		
9. COMMAND TO WHICH TRANSFERRED			10. SGLI COVERAGE AMOUNT: \$		<input type="checkbox"/> NONE
11. PRIMARY SPECIALTY (List number, title and years and months in specialty. List additional specialty numbers and titles involving periods of one or more years.)		12. RECORD OF SERVICE			
		a. DATE ENTERED AD THIS PERIOD	YEAR(S)	MONTH(S)	DAY(S)
		b. SEPARATION DATE THIS PERIOD			
		c. NET ACTIVE SERVICE THIS PERIOD			
		d. TOTAL PRIOR ACTIVE SERVICE			
		e. TOTAL PRIOR INACTIVE SERVICE			
		f. FOREIGN SERVICE			
		g. SEA SERVICE			
13. DECORATIONS, MEDALS, BADGES, CITATIONS AND CAMPAIGN RIBBONS AWARDED OR AUTHORIZED (All periods of service)		14. MILITARY EDUCATION (Course title, number of weeks, and month and year completed)			
15a. MEMBER CONTRIBUTED TO POST-VIETNAM ERA VETERANS' EDUCATIONAL ASSISTANCE PROGRAM		<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
b. HIGH SCHOOL GRADUATE OR EQUIVALENT		<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
16. DAYS ACCRUED LEAVE PAID	17. MEMBER WAS PROVIDED COMPLETE DENTAL EXAMINATION AND ALL APPROPRIATE DENTAL SERVICES AND TREATMENT WITHIN 90 DAYS PRIOR TO SEPARATION		<input type="checkbox"/>	YES	<input type="checkbox"/>
18. REMARKS					
The information contained herein is subject to computer matching within the Department of Defense or with any other affected Federal or non-Federal agency for verification purposes and to determine eligibility for, and/or continued compliance with, the requirements of a Federal benefit program.					
19a. MAILING ADDRESS AFTER SEPARATION (Include ZIP Code)			b. NEAREST RELATIVE (Name and address - include ZIP Code)		
20. MEMBER REQUESTS COPY 6 BE SENT TO		DIRECTOR OF VETERANS AFFAIRS		<input type="checkbox"/>	YES
21. SIGNATURE OF MEMBER BEING SEPARATED		22. OFFICIAL AUTHORIZED TO SIGN (Typed name, grade, title and signature)			
SPECIAL ADDITIONAL INFORMATION (For use by authorized agencies only)					
23. TYPE OF SEPARATION		24. CHARACTER OF SERVICE (Include upgrades)			
25. SEPARATION AUTHORITY		26. SEPARATION CODE		27. REENTRY CODE	
28. NARRATIVE REASON FOR SEPARATION					
29. DATES OF TIME LOST DURING THIS PERIOD (YYYYMMDD)				30. MEMBER REQUESTS COPY 4 (Initials)	
DD FORM 214 WS-AUTOMATED, FEB 2000		PREVIOUS EDITION IS OBSOLETE. GENERATED BY TRANSPRC.		WORKSHEET	

USED FOR
- CIVILIAN JOB
- COLLEGE
- VA BENEFITS
- HOME LOANS

**ETS, CHAPTERS,
 MEDICAL SEP
 BRIEFING**

**0730
 DAILY**

**OFFICERS &
 RETIREMENTS
 APPOINTMENT**

DON'T LEAVE FORT HOOD WITHOUT YOUR DD FORM 214!!!

DD FORM 214

○ BRING TO BRIEFING:

- CLEARING PAPERS W/ **GREEN STAMP**
- ACAP CHECKLIST (DD FORM 2648)
- DA FORM 31 (LEAVE AND/OR PTDY)
- DD FORM 93 (Rec of Emergency Data) & SGLV (Life Ins)
- NG OR RESERVE CONTRACT
- MFR FOR DEPLOYMENTS IF ERB/ORB IS NOT UPDATED
- KNOW ***PIN*** NUMBER ON CAC CARD
- UPDATED ERB/ORB AND “LOVE ME BOOK”
 - ✓ AWARDS
 - ✓ MILITARY SCHOOLS
 - ✓ PROMOTION ORDERS
 - ✓ REDUCTION (ARTICLE 15)
 - ✓ DOCUMENTS TO UPDATE DD FORM 214



DD FORM 214

- **NO CHILDREN** ALLOWED IN TRANSITION CENTER OR THE BRIEFING. YOU WILL NOT BE SERVICED
- GROUP BRIEFING MAY LAST UP TO 6 HOURS
- **DO NOT** MAKE ANY **IMMEDIATE** PLANS, APPOINTMENTS, OR TRANSPORTATION ARRANGEMENTS THE DAY YOU RECEIVE DD FORM 214



ISSUES



- **DOR E4 & BELOW (ERB & LES)**
- **CURRENT OR UPDATED DD FORM 93 & SGLV**
- **PHASE 1 PHYSICAL NOT COMPLETED (288-8888)**
- **REVIEW AND CORRECT ERB/ORB**
- **SOLDIER GOES AWOL, UNIT CLEARS SOLDIER**
- **KNOW YOUR “PIN” NUMBER ON CAC CARD, DIGITAL SIGNATURE ON DD FORM 214**
- **DO NOT LEAVE FORT HOOD WITHOUT YOUR *DIGITALLY SIGNED DD FORM 214!!!***



TRANSITION CENTER

Customer Service 287-3513

ETS, Chapters & Retirement Separation Procedures

Supervisor: Ms. Sharon Sims
(254) 287-0394
or
(254) 287-7373

HOURS AND LOCATION

- Hours of Operation:
Monday – Wednesday, Friday 0830-1500
Thursday 1000 – 1500
- Located in Copeland Soldier Service Center, Bldg 18010
- Room Number: A209B
- Phone Numbers:

ETS/CHAPTERS: 254-287-7373

RETIREMENTS: 254-287-9952

ETS & CHAPTERS

- **Process for clearing Finance (TWO steps):**
 - 1) Initial briefing in **Room B114**, Copeland Center
 - 2) Once you clear all of Fort Hood and the Unit, you will clear Finance, Room A209B
- **Briefings:** Note, no children allowed at briefings
Monday and Thursday
Time: 0930
- **What to Bring:**
 - 3 copies of orders and any/all amendments
 - 2 copies of leave form w/control number
 - Your spouse' SSN (if dual military)

RETIREMENTS

(E1-8; W1-3; O1-4)

- **Process for Clearing Finance (THREE steps):**
 - 1) Initial briefing in **Room B112**, Copeland Center
 - 2) After clearing all of Fort Hood and the Unit, you will clear Finance, Room A209B
 - 3) Turn in copy #7 of DD 214
- **Briefings:** Please, NO children allowed
 - Tuesdays**
 - Time: 1300**
- **What to bring:**
 - 3 copies of Orders and any/all amendments
 - 3 copies of DA 31 Leave form with control number
 - Your Spouse' SSN (if dual military)

RETIREMENTS

Sr Grades (E9; W4 & W5; O5 & O6)

- **Process for Clearing Finance (FOUR steps):**
 - 1) Pick up your installation clearing papers
 - 2) Call to set up an appt for your initial desk-side Finance briefing
 - 3) After clearing the installation and the Unit, come to Finance to be cleared
 - 4) Turn in copy #7 of DD 214 (Final pay will not be released until Finance receives your DD214)
- **Briefings:** Please, NO children allowed
Hours 0800-1100
Copeland Center, A209B-2nd Floor by appointment only
Call 287-9952 to make an appointment
Briefings are held Tuesdays, Wednesdays, Fridays
- **What to bring:**
 - 3 copies of Orders and any/all amendments
 - 3 copies of DA 31 Leave form with control number
 - Your Spouse' SSN (if dual military)

ISSUES

- **Still drawing deployment entitlements**

Need memorandum from Unit Commander stating the start and stop date of deployment.

- **Rank**

Need copy of ERB and DA 4187 signed by CO for effective date of rank

- **Statement of Charges**

CIF, AER, and Education debts(charged against next available pay)

- **MGIB Kicker: \$600 for \$6000.00 (Education Center)**

Payroll deduction (DD 2366-1)

- **DTS**

Must clear through your Brigade DTS Office

No out-standing travel debt

- **Terminal Leave**

You should verify your leave balance prior to submitting Terminal Leave for approval. Finance may need copies of leave taken in the last year to verify.

- **Revoked/Rescinded Orders**

If anything changes pertaining to your Separation Finance NEEDS to have a copy





WELCOME TO THE TRANSPORTATION BRIEFING!!



This briefing provides you with general information and guidance regarding your responsibilities for your move.

Detailed information, briefing, and guidance is provided in the ***"IT'S YOUR MOVE" Pamphlet*** on the www.move.mil website.



Transportation Briefing



Briefings are offered :

- on-line at: www.move.mil

OR in person at the Copeland Center

* Wednesday - 0900 or 1300; Rm B114

* Friday - 0900; Rm B114 or 1300; Rm A111

Two sessions are available both days.

(Only one briefing is required)

Kiosk is available for self-counseling at Bldg 18010,
Room A111A, with an Outbound Tech to assist.



Personally Procured Moves (PPM)



- * Briefing is MANDATORY for all PPM Moves.
- * Appointments are ONLY made at the Transportation Office front desk.
- * Orders are required; No Memorandums.
- * Briefings are held: Monday-Wednesday-Friday at 0900 in the Copeland Soldier Center, Room A111.



Office Information



Hours of Operation: Monday-Friday: 0900 -1130 & 1300 - 1530
Closed for Lunch 1130 – 1300

Fax #: (254) 287-5608 or (254) 288-2682

Contact: Inbound: (254) 287-2200 #1
NTS: (254) 287-2200 #2
Outbound: (254) 287-2200 #3

Email: hood.dol.ppopns.distro@conus.army.mil

Quality Assurance Section: (254) 287-6152

Education Services Division Pre-Separation Briefing



The Army Education Center

Bldg 33009, Room G201

761st Tank Battalion Avenue

Hours of Operation:

Monday – Wednesday 0730 - 1600

Thursday 1200-1600

Friday 0730 - 1600



Higher Education Track

Tuesday-Wednesday 0800-1630

Thursday-Friday 0800-1630

Topics:

College & Degree Selection

College Cost and GI Bill Selection

Other Financial Aid

College Admission



Phone# 285-5700/5707

2nd and 4th Tuesday

•Army ROTC Program 1300

•2nd Tuesday only

•Army Medical Scholarships

•1400



Where can you get \$100,000

- For Self

or

- Family



Wednesdays @ 1300

**Chapter 30 & 33 GI BILL
Briefings**

Bldg 33009, RM G201



VA eBenefits Workshop

**Immediately Following GI Bill Briefing
On Wednesdays**

**Bring CAC Card or My Pay Pin
Computer Access provided**

Access VA Site for:

**Your Benefits, Payment History,
Tricare, Military Records & more**



Post 9/11- When to make the switch ?

- **No need to make an immediate selection**
- **Post 9/11 selection is irrevocable !!!!**



ETS & RETIREMENT BRIEFING

MUST HAVE ORDERS

**MONDAY, TUESDAY,
WEDNESDAY**

REPORT TIME 0845

BRIEFING 0900-0945





School Liaison Services

Clearing CYSS and the Schools





Located in the River's Building Building 121

(Across from the Main Food Court & Military Clothing Sales)

Hours of Operation

0730 – 1630

(Open through lunch)



U.S. Army Child, Youth
& School Services



**Withdrawal Procedures for Pre K- 12th Grade Students
Related to Out Processing**

Please return signed withdrawal paperwork to room 147, Building 121, 761st Tank Battalion Ave (Rivers Bldg.) across from the Mainstreet Food Court and Military Clothing Sales.

For elementary and middle school students:

Between August 1 and June 15 (primarily during the school year), contact the school campus(es) directly; take this checklist to the school. In the event that the school is closed please use the Student Services office (KISD only) at 4100 Zephyr Rd. (254) 336-2822.

For High School students, take this form to the High School year round.

Please Print:

Student Name

Grade

Campus

Projected Withdrawal Date

- Notify school registrar's office as soon as you have received an estimated departure date.
- Visit school prior to departure to officially withdraw.
- Ensure parent and student have begun proper withdrawal process at the school to include:
 - Return ID/library card
 - Clear library
 - Clear all charges and fines
 - Clear clinic and attendance office
 - Clear any extracurricular activities

I understand that I will pick up final withdrawal documents on my student's last day of attendance and all textbooks will be turned in at that time as well as paying any outstanding fines/fees which are owed to the school. _____ (Parent signature)

Signature of School Personnel

Date

School Stamp (if applicable)



Educational Resources Online

www.Tutor.com/military

www.soarathome.org



U.S. Army Child, Youth
& School Services



School Liaison Officer Contact Information

Lisa-PerrySmith 254-553-3340





Questions?





Military OneSource

Service Provider Overview



Range of Support



Accessing the Home Page



Welcome. Select a different branch | About Us | Contact Us | Help | En Español



Home **Military Life & Deployment** Family & Recreation Health & Relationships Career & Education Financial & Legal Crisis & Disasters Community

Find More Services, Information and Tools

IMMEDIATE HELP 24/7

Contact a Consultant Now
1.800.342.9647
[International calling options](#)

[National Suicide Prevention Lifeline](#)
1.800.273.TALK (8255)

MORE COUNSELING OPTIONS:

[Face-to-Face Counseling](#)

[Telephone Consultation](#)

[Online Consultation](#)

[Financial Consultation](#)


Quick Tips for Strengthening Family During Deployment »

Welcome to the Military OneSource website!

As we continue to work to make this website an even better resource for you, you may notice things are a bit different as you navigate the site. First, most resources and articles are now available on Military OneSource without having to log in. Throughout the website, you will be able to find information on every phase of military life including deployment, parenting, financial management, spouse employment and more. On the login side of the [website](#) all eligible users will be able to request materials, sign-up for newsletters, request counseling, take personal assessments and access additional information and resources. Our goal is to provide tools and resources to support our

POPULAR LINKS

- [Counseling Options](#)
- [Recreation](#)
- [Spouse Career Center](#)
- [Military Benefits](#)
- [MyCAA](#)
- [Moving](#)
- [Parenting and Child Care](#)
- [Deployment](#)
- [Education and Training](#)
- [College](#)

RESOURCES

- [2011 Communications Calendar](#)
- [Component Emergency Contact Information](#)
- [DoD MWR Library Resources](#)
- [Don't Ask Don't Tell Information](#)
- [MilitaryHOMEFRONT](#)

Access



Toll-Free telephone:
1-800-342-9647



www.MilitaryOneSource.mil



E-mail your questions to a
consultant



Interaction with trained
outreach professionals

You can expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced, caring people
- Up-to-date and useful information
- No cost
- A commitment to quality



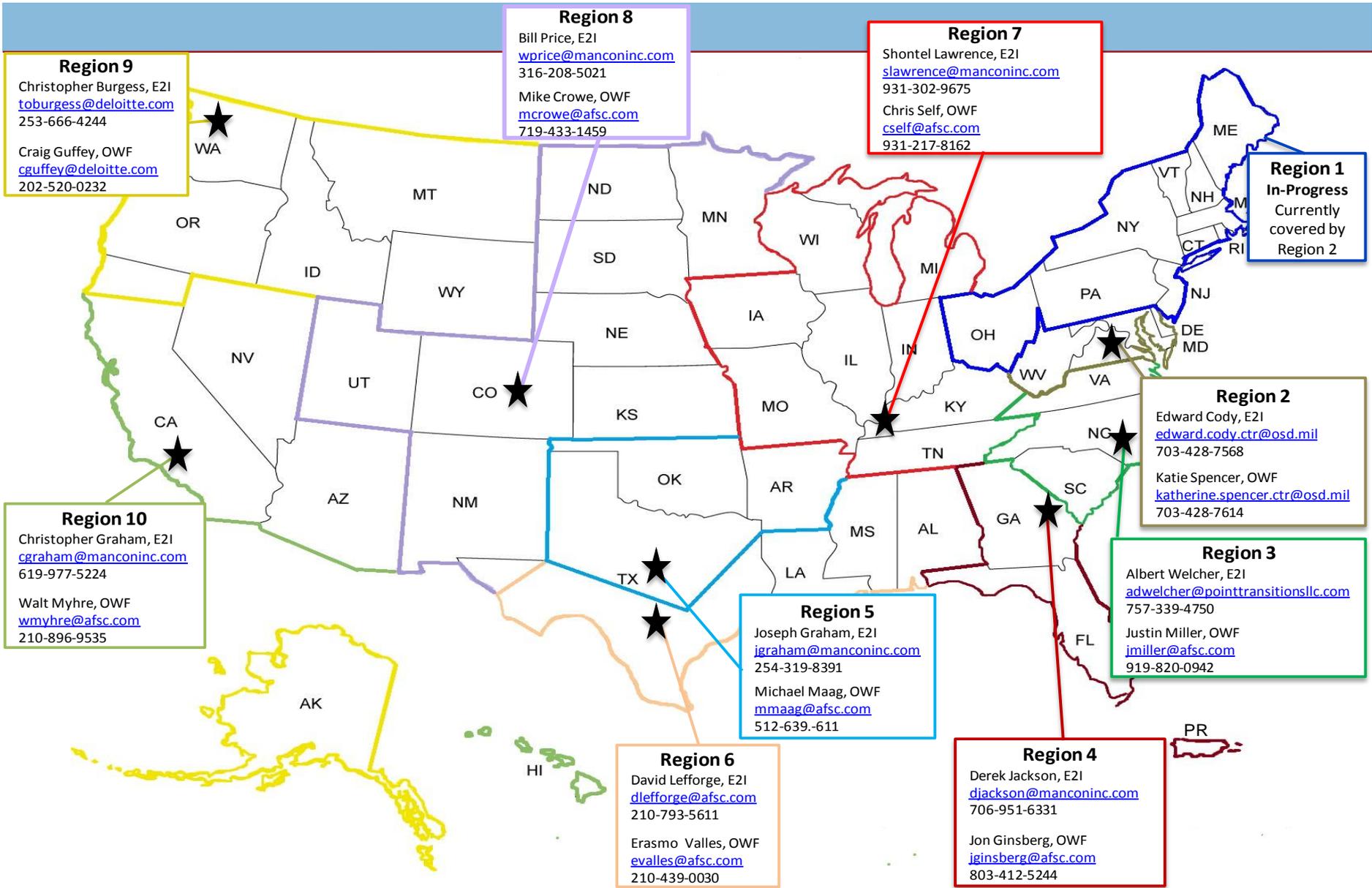
Questions



www.MilitaryOneSource.mil

1-800-342-9647







ARMY CAREER & ALUMNI PROGRAM

Continuum of Service

Transition Assistance Career Counselor (TACC) Services

FT Hood, TX

SFC Corona

SFC Rowe

SFC Bain

MSG Corbin

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ACAP



What's In It For Me?

ACAP

Why see a Transition Assistance Career Counselor?

Counsel

- We provide professional and individual counseling on the benefits of continued service within the Reserve Components. We refer Soldiers to the proper agency for specialized services (ie RCCC).

Inform

- We inform Soldiers of the benefits they have already earned (ie GI Bill) and how to best utilize these benefits.

Liaison

- We liaison between Active and Reserve Component Career Counselors, plus Active Component leadership to better support your needs.

Network

- We network Soldiers with civilian job opportunities at their identified home of record (HOR) after separation.

Ensure

- Lastly, as Reserve Component Soldiers we understand the current struggles Soldiers face after Active Duty and can help make your upcoming transition successful.



Life After Separation from AD

ACAP

- ❑ **When a Soldier becomes unemployed:**
 - ✓ Soldier loses a Paycheck
 - ✓ Soldier loses Healthcare
 - ✓ Soldier loses Dental Care
 - ✓ Soldier loses chance to Retire
 - ✓ Soldier loses SGLI
 - ✓ Soldier loses Base Privileges

- ❑ When a Soldier becomes unemployed it also impacts their FAMILY (spouse, children, parents, and friends).



Pay Benefits

□ Pay Benefits:

- ✓ Battle Assembly Pay (48 MUTAs per Year)
 - Traditionally known as a “Drill Weekend”
 - Sat/Sun = 4 MUTAs = 4 AD Days
- ✓ Annual Training Pay
 - Generally 2 weeks
- ✓ Additional Duty Training, ADOS Orders, Tour of Duty for 179 days or more (subject to funding)
- ✓ AGR Tours

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CoS



Reserve Component Pay (Annual)

Pay is based on two weeks of annual training each year and one weekend each month. Chart updated as of 1-Jan-14

Rank	4 Years Service	6 Years Service
Private First Class (E3)	\$4,273	\$4,273
Specialist or Corporal (E4)	\$4,888	\$5,097
Sergeant (E5)	\$5,365	\$5,685
Staff Sergeant (E6)	\$5,979	\$6,226
Second Lieutenant (O1)	\$7,640	\$7,640
First Lieutenant (O2)	\$9,531	\$9,727
Captain (O3)	\$10,852	\$11,372

DRILL PAY FOR RESERVE COMPONENTSOLDIERS*

Weekend Pay for this same E4 = \$310.40

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ACAP



Health Care Plan Costs

ACAP

TRICARE Select Reserve Premiums:

Type of Coverage	2014
Member Only	\$ 51.68 per month
Member and Family	\$204.29 per month

Maximum Out-of-Pocket Costs

The maximum amount you'll have to pay each fiscal year (1 OCT thru 30 SEP) is called the catastrophic cap. This cap applies to annual deductibles, pharmacy copayments, TRICARE Prime enrollment fees and all other copayments or cost shares you pay for TRICARE-covered services. The cap varies depending on who you are:

- ✓ Active duty family members: \$1,000 per family, per fiscal year
- ✓ Beneficiaries enrolled in TRICARE Reserve Select: \$1,000 per family, per fiscal year
- ✓ All others: \$3,000 per family, per fiscal year

In most cases, you are not responsible to pay for any amounts above the catastrophic cap, but there are some exceptions



Dental Benefits

ACAP

TRICARE Dental Program

- Administered by **MetLife**
- Premium Costs:
 - ✓ **Select Reserve (USAR/ARNG) & Family Members:**
 - Sponsor Only = \$10.96 (2014)
 - Sponsor and Family = \$93.19 (2014)
- Soldier must have 12 months remaining on their obligation.
- After completing the initial 12 month enrollment period, enrollment may be continued on a month-to-month basis.

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Retirement Points

ACAP

- **Troop Program Unit (TPU) (USAR) / Mobilization day (M-Day) (ARNG):** The average TPU/M-day member will earn 78 points each year; 15 membership + 48 other IDT or 63 IDT + 15 ADT for annual training.
- **Active Duty:** An Active Duty Soldier who transfers to a Reserve Component will earn 365 or 366 active duty points, but will not be able to credit the 15 membership points.
- **Active Guard Reserve Program (AGR):** An AGR Soldier on tour for an entire Retirement Year Ending (RYE) will earn 365 or 366 active duty points, but will not be able to credit the 15 membership points.



Family Readiness

ACAP

□ Family Readiness:

- ✓ Army Strong Community Centers
- ✓ Local FRGs to assist your family
- ✓ Continued use of Military One Source
- ✓ Tax Preparation Assistance
- ✓ Networking with other local Soldiers



Counseling Services

ACAP

To schedule an appointment with a Transition Assistance Career Counselor, contact:

SFC Bain Carol
(404) 834-2259
carol.y.bain.mil@mail.mil

SFC Corona Luis
(404) 834-2275
(254) 553-8778
luis.r.corona2.mil@mail.mil

MSG Corbin Brenda
(404) 834-2281
(254) 288-3966
brenda.g.corbin.mil@mail.mil

SFC Rowe Marvin
(404) 834-2146
(254) 553-8777
marvin.h.rowe.mil@mail.mil



RCCC

Reserve Component Career Counselors

- No other place to get an unbiased discussion of Reserve Component opportunities in both the Army Reserve and Army National Guard
- Part of FT Hood out-processing checklist
- Soldier and RC-specific information
- Required Transition documentation



ARMY CAREER & ALUMNI PROGRAM

SOLDIER FOR LIFE.

ACAP

Questions?

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CoS



U.S. ARMY

RESERVE COMPONENT BRIEFING




U.S. ARMY
ARMY RESERVE
It's not your everyday job.

GUARD 101
NATIONAL GUARD



UNCLASSIFIED





U.S. ARMY

RESERVE COMPONENT BRIEFING



Agenda

- Purpose
- Mission
 - Goal
- Eligibility
- Incentives
- Benefits



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U.S. ARMY

RESERVE COMPONENT BRIEFING



Mission

To assist the Total Army in achieving its congressionally-mandated end strength by enlisting or transferring qualified Soldiers into the Reserve Component



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U.S. ARMY

RESERVE COMPONENT BRIEFING



The Reserve Component force has been involved in every major conflict in American history. The RC consists of the **U.S. Army Reserve** and **Army National Guard**

- **Ready Reserve** – a Soldier is to remain in an **Army Reserve** or **National Guard** unit to receive benefits, options, and incentives

Military Service Obligation (MSO) –

- **Statutory** – Requires a Soldier to maintain eight (8) years of military status (Federal Law)
- **Contractual** – Requires a Soldier to remain on active military status for a specific time dependent upon a Soldier's current enlistment, reenlistment, extension, or transfer agreement



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RESERVE COMPONENT BRIEFING



GOAL of the III Corps & Fort Hood Reserve Component Counselor's Office

- Interview 100% of all Soldiers leaving Active duty within 180 days of ETS
- NOTE: This is a mandatory briefing in order to clear the installation
- YOU DO NOT NEED ORDERS TO CLEAR



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RESERVE COMPONENT BRIEFING



Departing the Army and transitioning back to civilian life?

- **All Soldiers - Enlisted, Commissioned, and Warrant Officers**
- Schedule briefing with a Reserve Component Career Counselor
 - Benefits, Options, Incentives
- 180 days prior to:
 - ETS
- **PLAN your future today!**

YOU DO NOT NEED ORDERS TO CLEAR RETENTION



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U.S. ARMY

RESERVE COMPONENT BRIEFING



Considering transferring to another branch of service?

- You will not have a break in service
- Not authorized to be in two (2) DoD components at the same time
- Your chain of command is not authorized to release you
- HRC – only agency authorized to release you from the Army
- Review with your Reserve Component Career Counselor
- Easier to clear up any issues earlier, i.e. Flags, PT, Ht/Wt, Bars



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Reserve Component Briefing



Eligibility

You should be aware of basic eligibility IAW AR 601-280

- Age: **No Waiver**
- Citizenship: Requirement Suspended**
- Trainability: **No Waiver**
- Education: **No Waiver**
- Medical and Physical Fitness
- Weight Control: **No Waiver**
- Rank: RCP does not apply to RC
- Chapter 8 (Pregnancy) if have MSO can transfer



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Reserve Component Briefing



Incentives

1. MSO Reduction
2. Stabilization / Deferment
3. Bonus
4. Tuition Assistance
5. Enlistment Periods or MSO



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Reserve Component Briefing



Benefits

- TRICARE Reserve Select - Single \$51.65
- TRICARE Reserve Select - Family \$195.81
- Life insurance - SGLI
- Dental
- Retirement
- Employer Partnership Organization

ARMY STRONG is AC & RC



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U.S. ARMY

Reserve Component Briefing



The Army's intent is to transition every eligible Soldier into the National Guard or U.S. Army Reserve. Success is based on everyone within the realm of influence to counsel and assist in the decision-making process, as well as making sure their Soldiers attend their briefings to receive the proper information.



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U.S. ARMY

POINT OF CONTACT



All separating Soldiers need to schedule counseling appointments

in the

Copeland Soldiers Service Center (Building 18010)

Room A102

Office Hours M-T-W-F 0900-1600

Thursday Morning 0800-1130

Closed Thursday afternoon training 1300-1600

Closed Lunch 1130-1300 Daily

(254) 287-6878

(254) 288-7682



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Performance Triad Campaign



MAJ Ronald Cole



An Army-wide Educational Initiative



U.S. ARMY

Moving Towards a *System for Health*



III Corps
S
RPS



Lt. Gen. Patricia Horoho,
The Surgeon General and Commanding
General of the United States Army
Medical Command

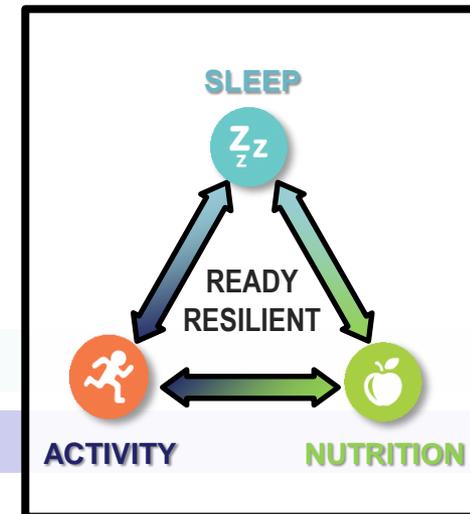




Performance Triad



- The Performance Triad is the first step into the System for Health and is a key enabler of the Army's Ready and Resilient campaign, the Comprehensive Soldier and Family Fitness program, the DoD's Operation Live Well program, and the National Prevention Strategy.
- The Performance Triad is an initiative to influence Soldiers, Families and our beneficiary populations to improve their **sleep** behaviors, increase daily **activity**, and improve **nutrition** – three key components that directly impact cognitive and physical performance and influence overall health.





U.S. ARMY

Effective Sleep Habits



1. Create a quiet, dark, comfortable sleeping environment.
2. Remove distractions from the bedroom.
3. Stop caffeine at least 6 hours before bedtime.
4. Don't drink alcohol before bed.
5. Get your exercise in by early evening.
6. Do not go to bed hungry.
7. Maintain a consistent, regular routine that starts with a fixed wake-up time. (Try to get 7-8 hours of sleep)
8. Get out of bed if you can't sleep.
9. Nap wisely. Napping can be a good way to make up for poor/reduced nighttime sleep.
10. Move the bedroom clock to where you cannot see it.

Resources:

<http://phc.amedd.army.mil/topics/healthyliving/Pages/PerformanceTriad.aspx>

Army Wellness Center 254-553-6196

Strong Star

254-432-4169





U.S. ARMY

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U.S. ARMY

Activity



Physical Readiness Training (PRT) improves performance and decreases the likelihood of overuse injuries. Master Fitness Trainers (MFTs) can be unit advisors on physical readiness issues and monitor unit and individual physical readiness programs.

1. Training quality and variety is more important than quantity.
2. Perform Warm-ups (for example, walking prior to jogging, jogging prior to running, etc.)
3. Stretch **AFTER** (not before) working out to relax muscles and increase flexibility.
4. Everybody should move at least 10 minutes of every hour
5. Walk 10,000 steps a day for optimal health and performance.
6. Get 2.5 hours (150 minutes) of moderate-intensity aerobic activity AND muscle strengthening activities on 2 or more days a week.

Resources:

<http://phc.amedd.army.mil/topics/healthyliving/Pages/PerformanceTriad.aspx>

Army Wellness Center 254-553-6196,

Weigh-To-Live 254-288-8488





U.S. ARMY

Nutrition



1. Good nutrition plays an important role in your daily life. A well-balanced and nutritious diet is a part of the foundation of maintaining peak performance and good health.

2. Aim to improve your eating habits by controlling your portions, making healthy food decisions, preparing meals ahead of time, and snacking smart.
3. Build a healthy plate with lean proteins, fruits, vegetables, each day.

MyPlate: www.choosemyplate.gov

Eat 8 servings of fruits & vegetables each day,

Whole grains, and dairy

Stay Hydrated - Increase Your Water Intake

Resources:

<http://phc.amedd.army.mil/topics/healthyliving/Pages/PerformanceTriad.aspx>

The Army Wellness Center 254-553-6196

Weigh-To-Live 254-288-8488

Nutrition Care 254-288-8860



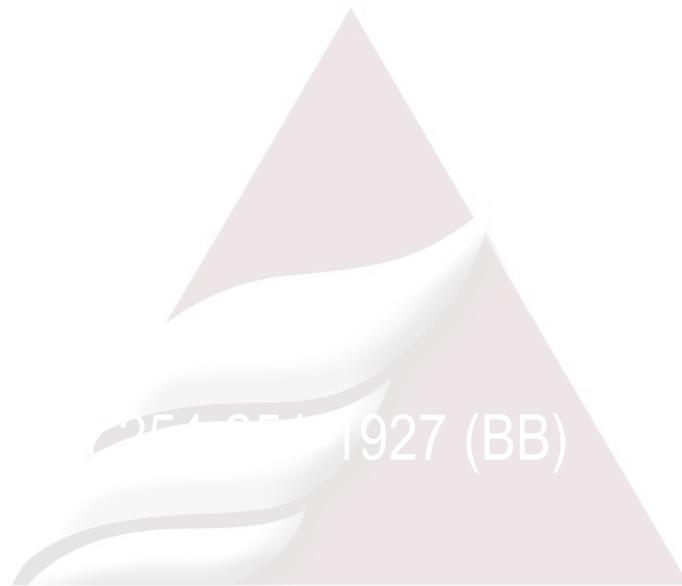


U.S. ARMY

Contact Information



III Corps
S
RPS



USAPHC



POST-GOVERNMENT EMPLOYMENT RESTRICTIONS

Regards:

- Working while on Permissive TDY or Terminal Leave
- Travel and Meal Reimbursement for Job Interviews
 - Conflicts of Interest

For questions, see your Ethics Advisor at:

- III Corps Admin Law: 287-3655
 - 1CD Admin Law: 287-9407
 - 3CR Admin Law: 288-0761



**Copeland Soldier's Service Center
Building 18010, 3rd Floor, B Wing (B309)
Computer Lab Hours of Operation:**

Monday, Tuesday, Wednesday, & Friday: 0800 – 1700

Thursday: 1300 - 1700

Clearing Hours

Monday, Tuesday, Wednesday, & Friday:

0900,1000,1300,1400

Thursday: 0800 - 1130-1300-1700

Pre-Separation Briefings

Monday- Friday: 0830 (Chapters Only) & 0900 (Scheduled)

288-2227 (ACAP) 288-5627 (JOBS)

www.acap.army.mil



After the lunch break, please be back and seated at 12:30pm for the VA Overview briefing

Please return between 1145-1225 to scan your ID Card, prior to the start of the 4-hour VA briefing

Have a good lunch!