



## SPOUSE TRANSITION AND READINESS SEMINAR

The Spouse Transition and Readiness Seminar (S.T.A.R.S.) is an informational workshop designed to provide spouses of retiring or separating Service Members the opportunity to gain valuable knowledge of resources and pressing information related to the upcoming transition out of the military. A panel of subject matter experts with extensive knowledge regarding topics such as education and career programs, benefits and entitlements, and financial considerations, will be on hand to ensure that the transition from a military to a civilian lifestyle is as smooth as possible and all of your questions are answered!



## WHO WE ARE

### About Us

FMEAP provides employment assistance, training and other career development opportunities to military spouses and family members. We are focused on offering necessary tools and resources to successfully search for and secure employment locally or upon transition to other areas.

## CONTACT US

### Family Member Employment Assistance Program

Monday-Friday 8:00 a.m.-4:30 p.m.

Building 2473, Tarawa Terrace

(910) 450-1676

[mccslejeune-newriver.com/fmeap](http://mccslejeune-newriver.com/fmeap)

[facebook.com/mccscInr.fmeap](https://facebook.com/mccscInr.fmeap)



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# FMEAP

Family  
Member  
Employment  
Assistance  
Program

## OUR SERVICES

- 1-on-1 Assistance
- Educational Opportunities
- Job Search Strategies
- Résumé Development/Targeting
- Federal Employment Process
- Application Assistance
- Interview Preparation
- Networking Opportunities
- Computer Lab
- Job Fairs

**Questions**  
**HELP** **ADVICE**  
**Support**  
**Assistance**

## EDUCATIONAL OPPORTUNITIES

### FMEAP Career Resource Classes

#### Navigating USAjobs.gov

Learn how to analyze job announcements, utilize employment preferences to include Veterans Preference and Spouse Preference, build a Federal résumé, and build complete application “packet.”

#### Navigating MCCS Employment

Discover how to apply online for MCCS jobs, navigate the headquarters MCCS employment website and answer the assessment questions.

#### Job Search & Résumé Strategies

Learn about traditional and non-traditional job search strategies, techniques, and resources to help you find employment. Find resources and tips to help you write a résumé that gets you the interview. We'll teach you the do's and don'ts of résumés and the different formats that can maximize your marketability.

#### Interview Techniques

Learn about tips for before and after your interview, how to answer tough questions, dressing for success, and common mistakes made during an interview. Develop your introduction to employers.



### Coastal Carolina Community College Human Resource Development Classes

#### Charting Your Course to Success

Emphasis focuses on transferable skills, skills assessment, and career possibilities. An academic assessment and interest inventory will be included. Students will set goals and establish a career plan.

#### Packaging Your Skills for Success

Package your résumé to get you to an interview. Review various résumé styles and offer tips for presenting your individual experiences. Each student will create an effective résumé as part of the course.

#### Putting Your Best Foot Forward

Learn tips of successful interviewing and maximize your chances of getting a job. Designed to build confidence, students will learn how to dress to impress and discover the answers employers are looking for when asking common interview questions. This class will focus on face-to-face interviews but will also cover remote interviews.

#### Success By Choice

Designed to teach soft skills for the business environment. Provides key success factors in accomplishing business goals, building self-confidence, acquiring good communication and listening skills, using sound judgment to problem solve, and the successful and wise use of social media. Learn to tap power of emotional intelligence and use lessons of the past to shape your future.

#### Networking Using Social Media

Learn new networking opportunities afforded by social media. Students will learn the use and benefits of various digital communication platforms in connecting to employment opportunities.

\*Additional technology and computer classes available

\*\*Coastal classes taught on site at FMEAP Bldg 2473  
Tarawa Terrace location.