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Career Counseling Helps Military Spouses Move Ahead

The Department of Defense [Spouse Education and Career Opportunities](#) program provides career counseling services free of charge to all eligible military spouses. Spouses of active-duty service members in the Army, Marine Corps, Navy, Air Force and members of the Reserve Component (regardless of activation status) are eligible for career counseling.

A counselor can help you at any stage of your career — from looking for the right school to connecting with potential employers or growing or starting your own business. Call Military OneSource at 800-342-9647 to speak with a certified career counselor.

Free career counseling program

Each career counselor has a national certification and a master's degree in education, adult education, vocational counseling or human services. Because counselors are knowledgeable and experienced, they're effective at helping military spouses use their education, training and skills to find a career.

Counselors offer resources, support and ideas to help you take the next step toward finding meaningful employment. They can help you with the following:

- Career exploration – Identify your career interests and abilities, understand skills assessments and get information on today's job market, portable careers, entrepreneurship and federal employment options.
- Education, training and licensure – Learn about education options and licensing requirements, and how to identify, compare and weigh the costs of potential schools and programs.
- Employment readiness – As you prepare to join or re-enter the workforce, you'll find out about job-search strategies, resume writing, interviewing, networking and self-marketing skills.
- Career connections – Learn the best ways to connect with corporations, government organizations and nonprofits, and how to use your resources, like the [Military Spouse Employment Partnership](#), for employment opportunities.

You may work with the same counselor during multiple sessions, depending on your needs. A case management system is used to ensure continuity of service.

Certified career counselors are available from 7 a.m. until 10 p.m. EDT Monday through Friday, and from 10 a.m. until 5 p.m. on Saturdays. Get the help you need to start or advance your career – call Military OneSource at 800-342-9647.