

July
2014

The FFSC Focus



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WHAT IS THE TRANSITION GOALS, PLANS, SUCCESS (GPS) PROGRAM?

The Transition Assistance Program has been revamped to ensure that all service members get the practical information and support needed for a successful transition from military service to employment, educational programs, small business opportunities, and/or technical training. The Transition GPS Program consists of three steps for a successful transition:

STEP 1: Pre-Separation Counseling. The Pre-Separation Counseling provides an overview of the benefits available to the service member and their family members. All service members must complete this part of the Transition GPS Program in order to separate from military service. A completed DD Form 2648 or DD Form 2648-1 is the documentation of this required counseling.

STEP 2: 5 day Core Curriculum. The core curriculum consists of the following:

- ◆ Transition Overview
- ◆ Transition Resiliency – Family considerations, special issues, and value of a mentor
- ◆ Military Occupational Code (MOC) Crosswalk - translating military skills to civilian terms
- ◆ Financial Plan
- ◆ Resume writing, job market, and interview skills

- ◆ Veterans Benefits - home loans, disability compensation, and life insurance

STEP 3: CAPSTONE. Members attend a CAPSTONE Event to validate that they are prepared to be successful following their military service through documentation that they met Career Readiness Standards. A completed DD Form 2958 is the documentation of attendance at CAPSTONE.

ADDITIONAL STEP: Transition GPS offers additional Career Track courses on:

- ◆ Accessing Higher Education
- ◆ Technical Training
- ◆ Entrepreneurship

Service members are strongly encouraged to attend the 5 day Transition GPS workshop 12 months prior to separation and 24 months prior to retirement. The 2 day Additional Tracks are recommended for all service members (and their families) to attend at any time to supplement readiness for the civilian sector.

For additional information or to register for any of the Transition GPS courses, please contact the FFSC Transition Specialist, Melissa Garner, at 504-678-2839.



Have a Safe and



Online Veterans Employment Center

A new employment tool is now available as a One-Stop-Shop to connect veterans, transitioning service members, and their spouses with public and private sector employers and to help translate military skills into the civilian workforce.

The Veterans Employment Center provides employers with access to a targeted pool of resumes from veterans, transitioning service members, and their spouses, allowing them to search resumes to identify those with skill sets applicable to civilian employment at their organization and to track progress towards reaching their veteran hiring goals. Resumes are visible to all employers

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INTERVIEWING: DO'S & DON'TS

I got the call back; my resume got me through to the interview. What should I do?

Start by considering the 9 do's and 5 don'ts of interviewing success:

9 DO'S (✓)

1. **Appearance Should Match The Work Environment** – Remember your first impression is made by your manner of dress. Professional Business Attire is vital for most job interviews.
2. **Be On Time** – Arrive approximately 15 minutes prior to the scheduled time. Arriving earlier than 15 minutes may interfere with the employer's busy schedule. Arriving late could eliminate you from being considered for the job.
3. **Use A Strong, Firm Handshake** – A good handshake conveys your self-confidence to a prospective employer. Sometimes the little things can make a difference.
4. **Sit Across From The Interviewer** – This will not only keep your focus on the interviewer but will allow the interviewer to stay focused on you. Sitting too far away may cause the interviewer to question your motivation and interest in the position.
5. **Maintain Eye Contact** – Eye contact shows confidence and that your attention is focused on interviewer. Spread your eye contact equally if there is more than one person in the interviewing room.
6. **Maintain Good Posture** – Sitting up straight reflects energy in addition to confidence. Also, try to minimize any nervous habits such as swinging legs, clicking a pen, or playing with jewelry.
7. **Answer All Questions Fully** – Avoid replying with "I don't know." This process is about providing information on your skills and talents to do this job.

8. **Be Honest** – Answer the questions based on your experiences. Provide an example of how something was handled or accomplished. Don't embellish or stretch the truth.
9. **Be Optimistic** – Optimism projects a positive attitude. Always go in thinking this job was made for you and there are no other candidates.

5 DON'TS (X)

1. **Do Not Chew Gum or Smoke** – Both show a potential employer your lack of etiquette in a business environment. It will also hurt in making a good first impression.
2. **Do Not Distract the Interviewer** – Too much jewelry, make-up, and/or cologne takes away from the focus of the interviewer.
3. **Do Not Bring Friends Or Children To The Interview** – Your social and home life belong outside the work environment.
4. **Do Not Use Slang or Acronyms** – Slang is unprofessional while acronyms do not have the same meaning for everyone or no meaning at all.
5. **Do Not Ramble** – Keep answers clear and concise without going on a tangent. A 30-40 seconds time is ideal.

If you are looking for a job now or if you are preparing for your future job search, please contact our FFSC Employment Specialist at 678-7569. We offer workshops on Resume Writing (including on Federal Resume Writing) and on Interviewing Skills. We also offer individual consultations on job searches, career planning, resume writing, and more. Our Career Resource Center has computers and resource materials available for your use. And, our FFSC Volunteer Program offers a means to boost your skills through volunteer work.



Happy Holiday!



HURRICANE PREPAREDNESS TIPS FOR PARENTS

Hurricane season can provoke stressful feelings for you AND for your children. Children may pick up on the anxieties from news reports or conversations within the family or school. Children may have their own sets of fears and worries about the safety of family and friends and the loss of their belongings. Preparedness is the key to coping with the tensions and other challenges the hurricane season presents. Here are some tips for helping your child cope and develop resiliency skills.

During Hurricane Season:

- ◆ Be prepared so that if a storm approaches, it won't set off a wave of panic in the household. If you panic, so will your child.
- ◆ Knowledge is power. Ease your child's fears by telling them how the family is prepared for a storm. Show them your preparedness kit and explain your plans.
- ◆ Encourage your children to visit the FEMA website designed for children at www.fema.gov/kids/.

If a Hurricane Threatens:

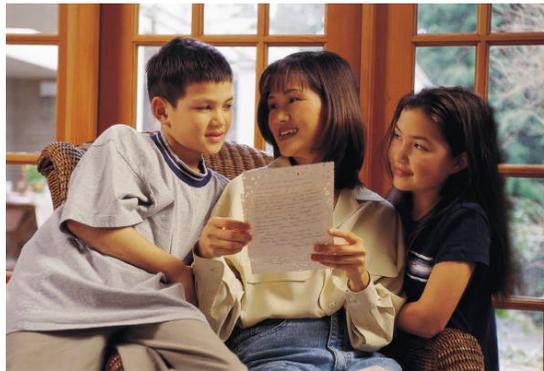
- Reassure your children that you will keep them safe during and after the storm. Remind them that you have a safety plan and review it with them.
- As you prepare, stress the importance of the safety of family members over material belongings.
- Although it is important for you to stay informed, limit your child's exposure to news reports.

As you prepare for a possible evacuation, give your child a task to complete such as testing flashlights or preparing snacks and games for the journey. Give your child crayons, pencils,

pens, and paper and ask them to document what's happening as the family prepares to leave. Giving them some responsibility will help your child feel more in control and reduce anxiety.

For an Evacuation:

- Make sure you bring plenty of activities and snacks for the journey. Also, remember to bring books or activities to entertain your child while away from home.
- Encourage your child to pick out a favorite stuffed animal or favorite toy to bring along for comfort.
- Talk to your child about what's going on and allow them to voice their worries and feelings. Ask them if they have any questions.



These tips can help in other disaster situations, as well. Want more information or a consultation? Call or stop by the FFSC for assistance with all aspects of preparing for hurricane season—information on preparedness, assistance with financial planning, counseling, and more! The FFSC counselors are available to talk with parents and children about hurricane season concerns and other stressful situations such as deployment, moving, and school issues.

Online Veterans Employment Center

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with an active LinkedIn or Google profile. To prevent spam, an applicant's name and email address are redacted and only visible to employers verified by the VA as registered companies with the IRS. The site is built using open data and an open application programming interface to attract private-sector innovation.

The Veterans Employment Center can be found at: <https://www.ebenefits.va.gov/ebenefits/jobs>. For a tutorial video on how to use the Veterans Employment Center, please visit: <https://www.youtube.com/watch?v=VWfhl-eSoWk>.

JULY 2014 FFSC EVENTS

All workshops and classes are held at the Naval Air Station, Joint Reserve Base, Fleet & Family Support Center (FFSC), Bldg. 555 unless otherwise noted. To register, or for additional information about FFSC events and services, please call 504-678-7569.



ACTIVE PARENTING

Tuesday 01, 08 & 15 July 2014

0830-1030

Healthy families aren't born; they're made one day at a time.



MILITARY SPOUSE ORIENTATION

Monday 14 July 2014

0900-1100

New spouse or not, stop by to get great information and resources.



EDUCATION TO CAREER SYMPOSIUM

Tuesday 01 July 2014

0900-1400

Explore educational opportunities and enhance the development of your career skills.



SMOOTH MOVE

Tuesday 15 July 2014

0900-1000

Get the answers and resources you need to complete a successful and stress-free move.



OMBUDSMAN ASSEMBLY

Tuesday 01 July 2014

1700-1800

Provides knowledge and skills to effectively handle the roles and responsibilities.



ANGER MANAGEMENT

Wednesday 16 July 2014

0900-1100

Discover your own coping strengths and develop new anger management skills.



EFFECTIVE COMMUNICATION

Wednesday 02 July 2014

0900-1100

Develop skills to foster effective verbal and written communication skills.



BUDGET FOR BABY

Wednesday 16 July 2014

1000-1100

Get money saving ideas and receive "Baby's First Seabag" filled with baby items.



SPONSOR TRAINING

Tuesday 08 July 2014

0900-1000

Get trained to provide proactive assistance to newcomers and their families.

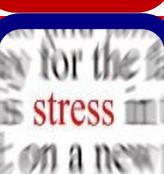


Command Financial Specialist Forum

Thursday 17 July 2014

0900-1100

Please attend for important programmatic updates.



STRESS MANAGEMENT

Wednesday 09 July 2014

0900-1100

Stop by to determine what is stressing you out and the skills you need to handle it.



CONFLICT MANAGEMENT

Monday 21 July 2014

0900-1100

Use effective communication as a vehicle to enhance relationships at work and at home.



MOMMY & ME (NASJRB Chapel)

Wednesday 09 July 2014

1000-1130

Playgroup is for moms and kids who want to make good friends and have a good time.



NEWCOMER'S ORIENTATION & TOUR

Thu-Fri 24-25 July 2014 (2 Days)

0800-1600

Everything you need to know about base services and the New Orleans community.



TRANSITION GOALS PLANS SUCCESS

Mon-Fri 14-18 July 2014 (5 Days)

0800-1600

Information and training to make informed decisions as you transition out of the military.



FEDERAL RESUME WRITING

Friday 25 July 2014

0900-1530

Learn how to write an effective Federal Resume and navigate the Federal hiring process.