The Transition Readiness Seminar (TRS) is a mandatory 5-day seminar for separating and retiring Service Members. The curriculum provides vital information and resources to assist Service Members with developing a solid transition plan to include a draft budget, draft resume, and an individual transition plan.

Tracks are now embedded in the week of TRS training. Four track options are available: Employment (EM), Education (ED), Vocational (V), and Entrepreneurship (EN). Availability by week is displayed below.

### MAINSIDE
Transition Readiness & Career Center  
Bldg. 1339 (Bowling Alley)  
Target: Less than 20 years of service

#### JANUARY
- 6-10 (EM, ED)
- 13-17 (EM, ED)
- 27-31 (EM, ED, V)

#### FEBRUARY
- 3-7 (EM, ED)
- 10-14 (EM, ED)
- 24-28 (EM, ED, EN)

#### MARCH
- 2-6 (EM, ED)
- 9-13 (EM, ED)
- 16-20 (EM, ED)
- 23-27 (EM, ED, V)
- 30-3 Apr (EM, ED, EN)

#### APRIL
- 6-10 (EM, ED)
- 13-17 (EM, ED)
- 20-24 (EM, ED, V)
- 27-1 May (EM, ED, EN)

### SAN ONOFRE
Unit Event Center  
Bldg. 51919 (Next to Sonic)  
Target: Less than 20 years of service

#### JANUARY
- 6-10 (EM)

#### MAY
- 4-8 (EM, ED)
- 18-22 (EM, ED, V)

#### JUNE
- 1-5 (EM, ED)
- 8-12 (EM, ED)
- 15-19 (EM, ED, V)
- 22-26 (EM, ED, EN)

#### JULY
- 3-7 (EM, ED)
- 10-14 (EM, ED)
- 17-21 (EM, ED)
- 24-28 (EM, ED, V)
- 31-4 Sept (EM, ED, EN)

#### AUGUST
- 6-10 (EM, ED)
- 13-17 (EM, ED)
- 20-24 (EM, ED, V)
- 27-31 (EM, ED, EN)

#### SEPTEMBER
- 14-18 (EM)

#### OCTOBER
- 5-9 (EM, ED)
- 21-25 (EM, ED)

#### NOVEMBER
- 26-30 (EM, ED)

#### DECEMBER
- 7-11 (EM, ED)
- 14-18 (EM)
- 17-21 (EM, ED)
- 24-28 (EM, ED, V)

### TRS Pre-Retirement
Location: Bldg. 1339 (Bowling Alley) Classroom 3  
Target: All Retirees

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### TRS Requirements
- Initial Counseling and the Pre-Separation Counseling Brief must be completed prior to attending TRS.
- All participants must be registered through their Unit Transition Coordinator.
- Please send all registration requests to cptrsprs@usmc.mil.
- It is recommended that attendees bring a personal laptop.
- All attendees must be in business casual attire; no jeans, no shorts, no flip flops, etc.