# STEPPING OUTOFITE MARINE CORPS

When transitioning, many service members look forward to leaving behind the structure and strict rules of being in the military. However, veterans have mentioned the lack of structure - along with the loss of purpose and identity - as their most difficult adjustment

#### **STATISTICS FROM THE U.S. CENSUS BUREAU**

### 0.5% OF THE U.S. ADULT POPULATION IS SERVING ON ACTIVE DUTY

### 7%

# OF THE U.S. ADULT POPULATION WERE

## 17% || OF THE U.S. POPULATION WERE VETERANS || IN 1990

The military trained you to be resilient. The coping skills you have learned will be critical during this time of change. The same resiliency skills you used to face challenges and overcome obstacles in your military career will serve you well as you transition out of the military and into the civilian sector.

Connect with your Transition Readiness Program office to learn more about the Transition Readiness Seminar requirements and to learn more about the resources available to you as you prepare to transition.

