



***Balancing Military Spouse Employment  
with Family Economic Well-Being***  
*Additional Resources*

Event page: <https://oneop.org/learn/160050/>

## **Spouse Education and Career Opportunities (SECO)**

- What is SECO:  
[https://download.militaryonesource.mil/seco/Media/Default/Collaterals\\_Catalog/Program\\_Overview/What-is-SECO.pdf](https://download.militaryonesource.mil/seco/Media/Default/Collaterals_Catalog/Program_Overview/What-is-SECO.pdf)
- SECO Program Overview:  
[https://download.militaryonesource.mil/seco/Media/Default/Collaterals\\_Catalog/Program\\_Overview/SECO-Program-Overview.pdf](https://download.militaryonesource.mil/seco/Media/Default/Collaterals_Catalog/Program_Overview/SECO-Program-Overview.pdf)
- SECO Career Coaches – Overview:  
<https://download.militaryonesource.mil/seco/Media/Default/PDFs/SECO-Fact-sheet-Career-Coaches.pdf>
- MySECO for Military Spouses: <https://myseco.militaryonesource.mil/portal/>
- Skills training, coaching, scholarship finder, career exploration tools, training, licensure, and education resources: <https://myseco.militaryonesource.mil/>
- Free Udemy Subscription - Online Courses for Military Spouses | MySECO  
<https://myseco.militaryonesource.mil/portal/article/udemy-free-online-courses>
- Military Spouse Career Accelerator Pilot – Paid Fellowships | MySECO  
<https://myseco.militaryonesource.mil/portal/article/military-spouse-career-accelerator-pilot>

- Unemployment Resources for Military Spouses | MySECO  
<https://myseco.militaryonesource.mil/portal/article/learn-about-unemployment-benefits>
- Federal Government Jobs and the Hiring Process | MySECO  
<https://myseco.militaryonesource.mil/portal/article/federal-government-jobs>

## Military OneSource Resources

- My Career Advancement Account:  
[https://download.militaryonesource.mil/seco/Media/Default/Collaterals\\_Catalog/Program\\_Overview/MyCAA-Helping-Spouses-Reach-Career-Goals.pdf](https://download.militaryonesource.mil/seco/Media/Default/Collaterals_Catalog/Program_Overview/MyCAA-Helping-Spouses-Reach-Career-Goals.pdf)
- Resources for Surviving Spouses:  
<https://download.militaryonesource.mil/seco/Media/Default/PDFs/SECO-Fact-sheet-Survivors.pdf>
- Military Spouses Information & Support | Military OneSource:  
<https://www.militaryonesource.mil/role/spouse/>
- Transferring Your Professional License | Military OneSource  
<https://www.militaryonesource.mil/benefits/transferring-your-professional-license/>

## Other Government Employment Assistance Programs

- Military Spouse Employment Partnership:  
<https://msepjobs.militaryonesource.mil/msep/>
- Special Hiring Authorities for Military Spouses & Family Members:  
<https://www.opm.gov/fedshirevets/hiring-officials/strategic-recruitment-and-hiring/military-spouses-family-members/>

- Air Force – Employment Assistance Program  
[https://www.myairforcebenefits.us.af.mil/Benefit-Library/Federal-Benefits/Employment-Assistance-Program-\(EAP\)?serv=26](https://www.myairforcebenefits.us.af.mil/Benefit-Library/Federal-Benefits/Employment-Assistance-Program-(EAP)?serv=26)
- Army – Employment Readiness Program  
[https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Employment-Readiness-Program-\(ERP\)?serv=122](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Employment-Readiness-Program-(ERP)?serv=122)
- Navy – Family Employment Readiness Program  
<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Family-Employment/Family-Employment-Readiness-Program/>
- Marine Corps – Family Member Employment Assistance Program  
<https://www.usmc-mccs.org/marine-family-support/military-family-life/family-member-employment-assistance-program>
- National Guard – Employment Readiness Program  
[https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Employment-Readiness-Program-\(ERP\)?serv=122](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Employment-Readiness-Program-(ERP)?serv=122)

## Other Resources

- Military Spouse Employment Partnership LinkedIn:  
<https://www.linkedin.com/company/military-spouse-employment-partnership-msep/>
- DoDMilSpouse Facebook: <https://www.facebook.com/DoDMilSpouse/>
- DoDMilSpouse Instagram: <https://www.instagram.com/dodmilspouse/>
- DoDMilSpouse X formerly known as Twitter:  
<https://twitter.com/DoDMilSpouse>

## OneOp Programming

### Blog Posts

- Blog Post | Options for Federal Government Hiring of Military Spouses:  
<https://oneop.org/2024/07/16/options-for-federal-government-hiring-of-military-spouses/>
- Blog Post | Navigating Employment: The Unique Challenges Faced by Military Spouses:  
<https://oneop.org/2024/05/16/navigating-employment-the-unique-challenges-faced-by-military-spouses/>

### On-Demand Webinars

- Webinar | Spouse Employment and Family Financial Readiness:  
<https://oneop.org/learn/117023/>

## Webinar References

Executive Order on Advancing Economic Security for Military and Veteran Spouses, Military Caregivers, and Survivors. (2023, June 9). *Exec. Order 6.9.2023, 3 C.F.R.* Retrieved from <https://www.whitehouse.gov/briefing-room/presidential-actions/2023/06/09/executive-order-on-advancing-economic-security-for-military-and-veteran-spouses-military-caregivers-and-survivors/>

L'Esperance, G., Smith, S. A., & Luckhardt, J. (2023). *Military Family Support Programming Survey: 2023*. Military Family Advisory Network. Retrieved from <https://www.mfan.org/wp-content/uploads/2024/06/MFAN-2023-MFSPS-Full-Report.pdf>

Military State Policy Source. (2024). *State policy priorities status tracker*. Retrieved from <https://statepolicy.militaryonesource.mil/status-tracker/military-spouse-employment-and-economic-opportunities>

Office of People Analytics, Defense Personnel Analytics Center. (2023). *2021 Active Duty Spouse Survey* (Report No. 2023-045). Retrieved from <https://dpac.defense.gov/Portals/131/Documents/ActiveDutySpouseOverviewBriefing-Final-508.pdf>

Office of People Analytics, U.S. Department of Defense. (2019). *Survey of Reserve Component Spouses* (Report No. 2019-048). Retrieved from <https://cg-872b0f53-3ed8-4ee5-8078-10a830db319c.s3-us-gov-west-1.amazonaws.com/opa.mil-production1/uploads/refinery/opa/asset/upload/287/RCSS1901>

Blue Star Families & D'Aniello Institute for Veterans and Military Families. (2023). *Military Family Lifestyle Survey: 2023 comprehensive report*. Retrieved from [https://bluestarfam.org/wp-content/uploads/2024/04/BSF\\_MFLS\\_Comp\\_Report\\_Full\\_Digital-042424.pdf](https://bluestarfam.org/wp-content/uploads/2024/04/BSF_MFLS_Comp_Report_Full_Digital-042424.pdf)

*The above resources, links, and references may include both free and fee-based resources and inclusion in this list does not constitute endorsement by DoD or USDA.*

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