

Transitions, Connection, and Young Adult Well- Being



July 28, 2026

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Webinar Essentials



Visit the event page to download a copy of the webinar slides and any additional resources.



Select ***'Everyone'*** from the drop-down menu when commenting in the chat pod.



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Supporting your work so you can better support military families.



Who We Are

A DoW & Cooperative Extension partnership supporting professionals who serve military families.

Our Mission

Strengthening military family service providers through accessible, research-informed learning.

What We Offer

Free, online professional development through webinars, podcasts, courses, and more.



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Today's Presenter

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Learning Objectives

Webinar Overview

This webinar shares strategies to support military-connected young adults' mental health, resilience, relationships, and sense of self as they transition to college, training, work, or new communities.

1

Identify two strategies for helping young adults strengthen mental health skills and access supportive resources during postsecondary transitions

2

Describe two ways to maintain meaningful family connection when living apart due to a relocation or educational choice

3

Demonstrate one method for helping young adults establish supportive peer or mentor relationships in a new or existing location

Let's Chat!

What is your role in supporting emerging adults and/or students with disabilities?



Select ***'Everyone'*** from the drop-down menu when commenting in the chat pod.

Agenda

- Components of Transition
- Significance of Transition
- Considerations for Military-Connected Youth
- Employment
- Postsecondary Education
- Independent Living
- Social-emotional Development
- Father-specific Influences on Transition

Key Components of Transition

Employment

Postsecondary Education

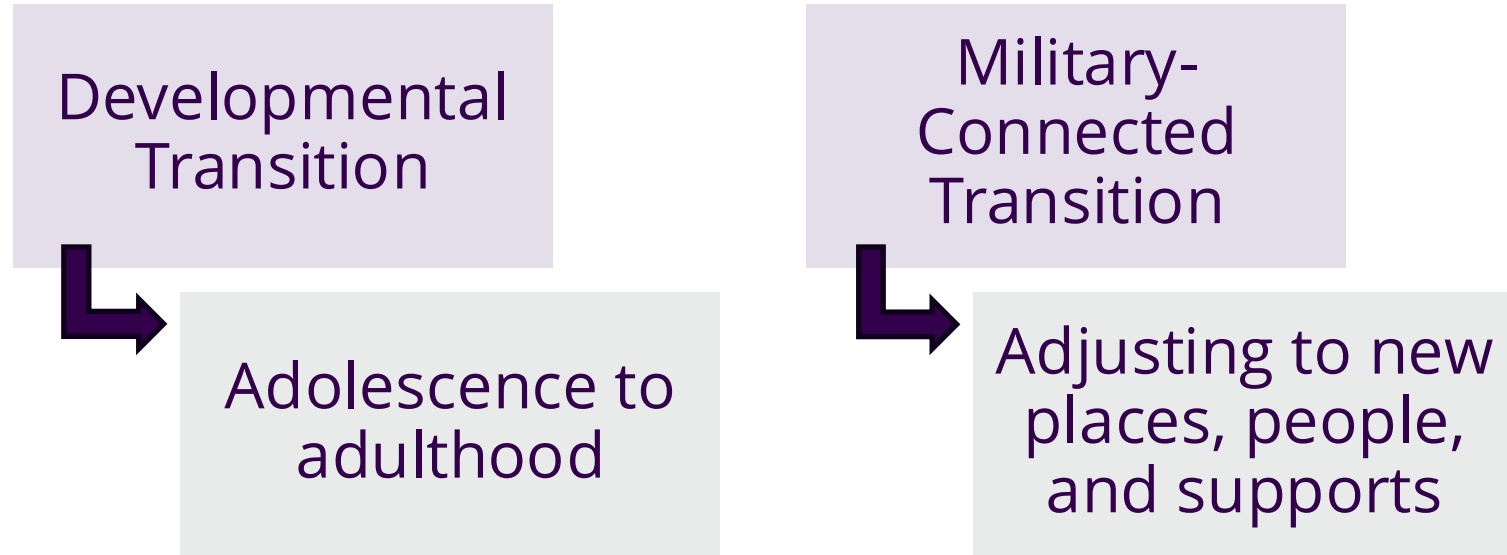
Independent Living

Why Transition is a Pivotal Period

Transition can influence outcomes across many areas of adult life:

- Education outcomes
- Career trajectory and lifetime earnings
- Unemployment and under employment
- Career satisfaction and stability
- Job quality
- Civic and life engagement
- Mental health and wellbeing

Military-Connected Students May Face Two Transitions Simultaneously





Effective transition planning is a strong predictor of positive outcomes

Poll

Which transition area feels most challenging to support in your role?

1. Employment/career readiness
2. Postsecondary education
3. Independent living
4. Social-emotional wellbeing
5. Maintaining supports across moves
6. Family or father engagement



Please respond using the poll pop-up feature.
If the poll does not appear for you , please leave your answer in the chat.

Employment – More Than Getting A Job

How is employment success measured?

Stability

Maintain work over time

Growth

Build income, skills, and advancement opportunities

Job Quality

Access to benefits, security, and supportive conditions

Wellbeing

Find satisfaction, purpose, and balance through work

From Career Awareness to Job Readiness

Find the fit

- Explore interests, strengths, and occupation alignment
- Use ONET Interest Inventories

Know the skills

- Identify what the job requires
- Use ONET job tasks and skill profiles

Build work habits

- Practice punctuality, deadlines, following instructions, and self-management

Prepare to apply

- Develop resumes, interviewing skills, and job search confidence
- CareerOneStop, American Job Centers

A link to this video can be found on the Additional Resources

https://oneop.org/webinar_resource/webinar-resources-transitions-connection-and-young-adult-well-being/

Finding Early Work Experiences

Ask Directly

- Local employers may offer job shadowing, internships, or first work experiences

Career Readiness: Knowledge, Skills, & Experiences

Career readiness helps students enter, navigate, and grow in the workforce.

- Career Knowledge
 - Understanding options, expectations, and pathways
- Skills
 - Building the academic, technical, social, and self-management skills needed for work
- Experiences
 - Applying skills through job shadowing, volunteering, internships, apprenticeships, or paid work

Considerations for Students with Disabilities

Student Skills

- 
- Disability awareness
 - Accommodations knowledge
 - Self-advocacy

Support System

- 
- Vocational Rehabilitation
 - Career planning
 - Training and employment support

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Considerations for Military-Connected Students

- Shorter Time in One Place
 - Fewer chances for long-term internships or apprenticeships
- Interrupted Pathways
 - Career programs may not continue smoothly after a move
- Weaker Employer Connections
 - Students may have to rebuild local work relationships
- Less Mentorship Continuity
 - Trusted career mentors may change across schools and communities

Mobility does not remove potential, but it can disrupt access, timing, and continuity.

Strategies for Support



Track Experiences

- Document jobs, internships, volunteering, job shadowing, and skills learning across locations



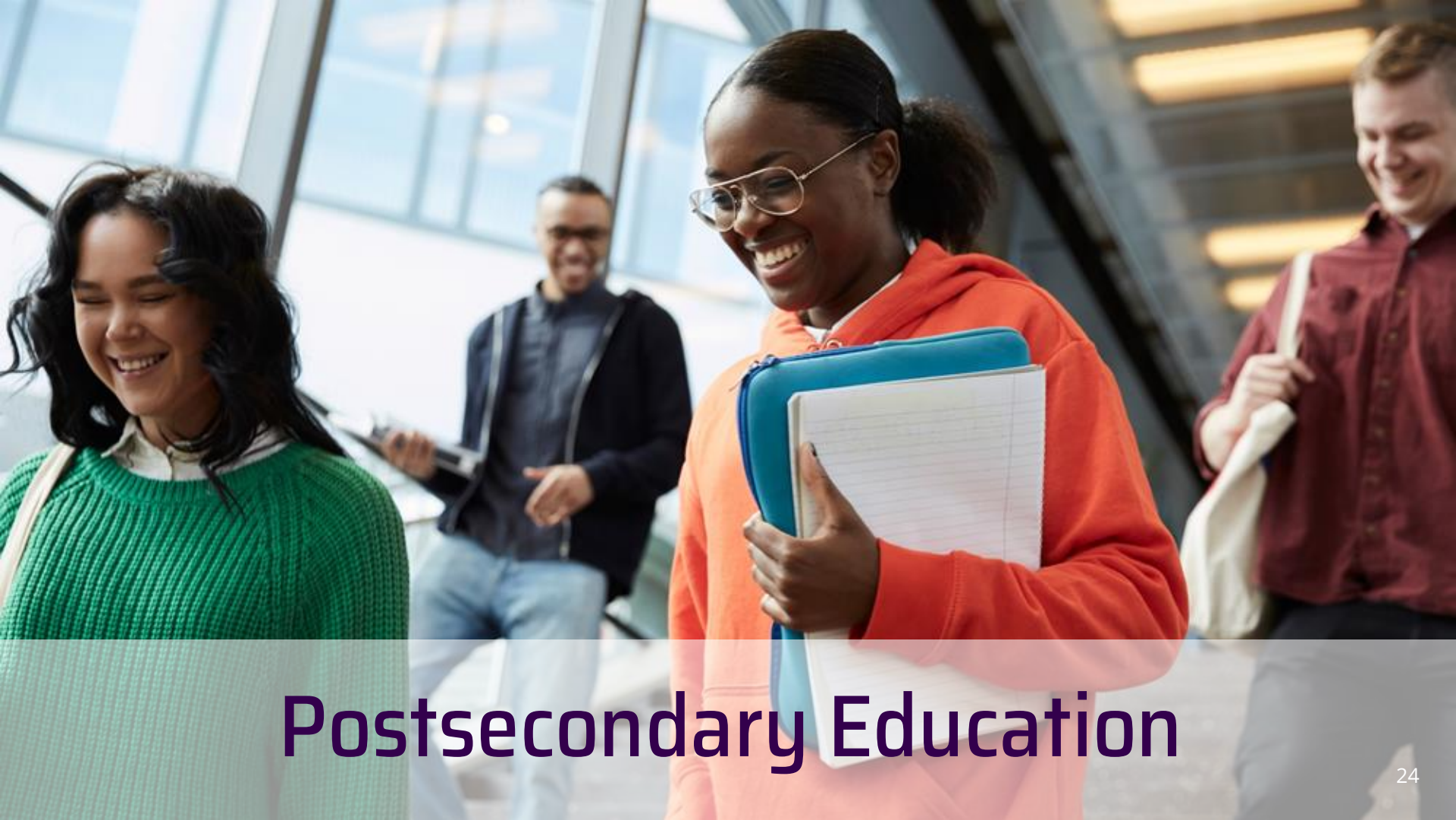
Build Portable Tools

- Keep an updated resume, portfolio, references, certificates, and work samples



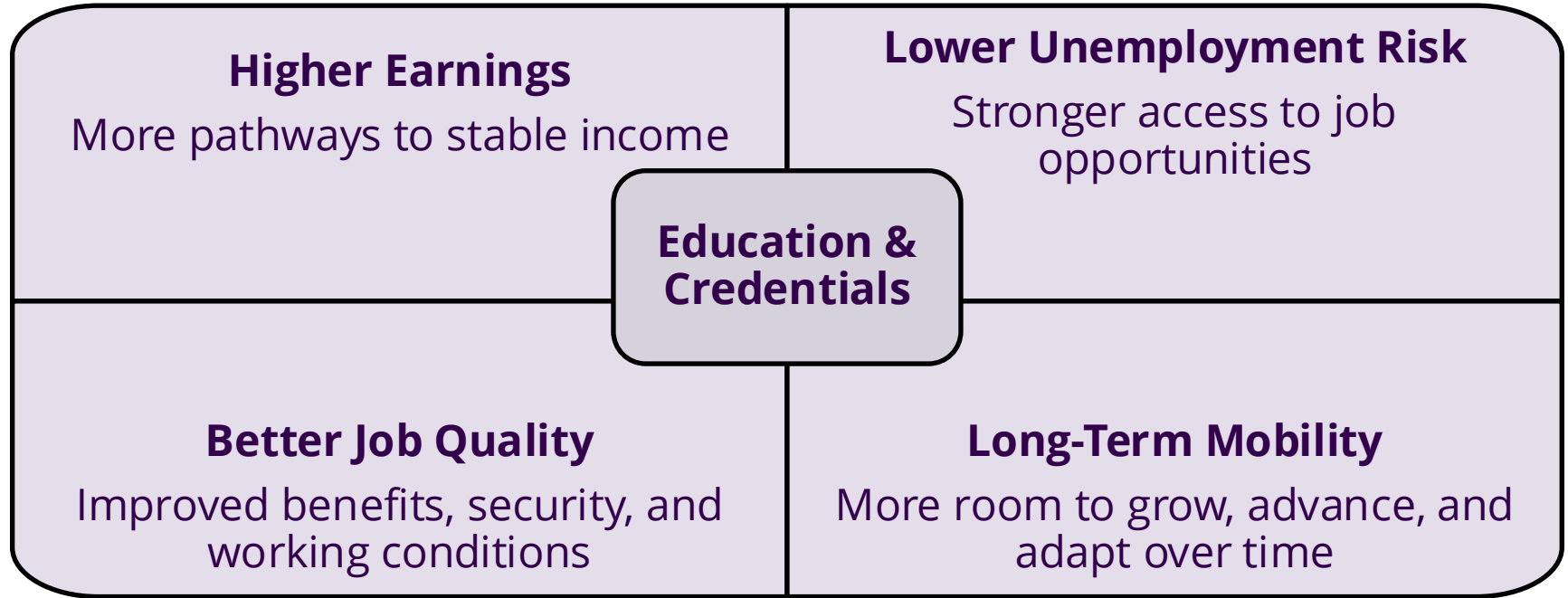
Maintain Connections

- Use virtual mentoring to support continuity when schools, communities, or employers change



Postsecondary Education

Postsecondary Education



Postsecondary Education Choices

Choose a Field of Study

Explore interests, careers, and programs

ONET, MyNextMove

Find the Right Institution

Compare colleges, training programs, costs, and supports

College Navigator, Big Future

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Postsecondary Education Choices

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College Navigator, Big Future

Check College Readiness

Identify strengths and skill areas before enrollment

Diagnostic Assessment and Achievement of College Skills

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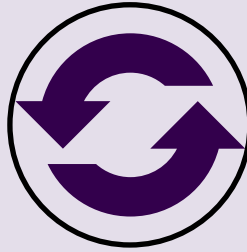
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Executive Functioning = College Survival Skills



Remember & Focus

- Working memory
- Inhibitory Control



Adjust & Adapt

- Cognitive flexibility
- Emotional regulation



Plan & Follow Through

- Planning & organization
- Time management
- Task initiation

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Identify Supports

Academic Supports

*Tutoring, advising, learning centers,
and disability resources*

Mental Health Supports

*Counseling, peer support, and stress
management groups*

Transition Supports

*First-Year Experience programs and
campus navigation resources*

Military-Connected Supports

*Veterans Affairs, military student
services, or related campus offices*

Documentation Ready

*Disability documentation and
accommodation records*

Resource Exploration: The Campus Disability Resources Database

Considerations for Military-Connected Students

- Changing Guidance
 - Students may not have long-term relationships with counselors
- Interrupted Planning
 - Applications, visits, testing, or deadlines may overlap with relocation
- Residency Questions
 - State residency rules can affect tuition and eligibility
- Records & Requirements
 - Transcripts, recommendations, and documentation may need to move across systems

Frequent moves can make college planning harder to keep on track.

Strategies for Support

Start College Planning Early

- Build a timeline for applications, testing, transcripts, and recommendations

Know Military Education Benefits

- Explore tuition assistance, GI Bill transfer benefits, scholarships, and military-connected student supports

Navigate Costs & Residency

- Support families with FAFSA, financial aid, in-state tuition questions, and residency documentation

Connect with the School Liaison

- Use school liaison support to bridge military, school, and postsecondary planning

Let's Chat!

Which postsecondary issue is most likely to be missed until late in the process?



Select ***'Everyone'*** from the drop-down menu when commenting in the chat pod.



Independent Living

Teach as Individual Skills, Not One Domain



Daily Living

- Cooking
- Laundry
- Cleaning
- Organization
- Routines



Executive Function

- Planning
- Task Initiation
- Prioritizing
- Managing Time

Teach as Individual Skills, Not One Domain



Self-Advocacy

- Asking for Help
- Communicating Needs
- Managing Appointments
- Solving Problems



Financial Skills

- Budgeting
- Saving
- Banking
- Understanding Bills

Teaching Independent Living Skills

Assess the Need

Identify which skills need instruction or practice

Model It

Show what the skill looks like step by step

Do It Together

Practice alongside the student

Supervised Practice

Let the student try with support nearby

Independent Practice

Build confidence through real-life repetition

Independence grows through repeated practice, not one-time instruction.

Help Students Generalize Independent Living Skills

Skill generalization requires practice, not isolated instruction.

Managing a Weekly
Schedule

Rotating Household
Responsibilities

Handling
Appointments

Managing Small
Budgets

Considerations for Military-Connected Students

- Changing Resources
 - Community services, transportation, recreation, and support programs may differ by location
- Disrupted Support Networks
 - Students may need to rebuild trusted relationships after each move
- Uncertain Next Steps
 - Future housing, location, and community access may be difficult to plan

Strategies for Support



Create a Systems Navigation Plan

- Identify who to contact for housing, transportation, health care, education, employment, and community supports



Connect to Mentors

- Seek peer, school-based, or military-connected mentorship opportunities



Support Mental Health

- Use counseling, school-based services, or trusted adults to process change

Strategies for Support



Normalize Transition

- Name frequent moves as a known military-connected experience, not a setback



Build Identity Beyond Location

- Focus on strengths, skills, goals, interests, and relationships that travel with the student



A Common Thread Throughout Transition: Social-Emotional Development

Common Mental Health Concerns

Work & Performance Pressure

- Work-related stress
- Imposter syndrome
- Anxiety about performance

Financial & Job Security Stress

- Financial pressure
- Uncertainty about job stability

Balance & Support

- Reduced social support
- Difficulty balancing work and personal life

Protective Factors Across All Transition Areas

Strong Family
Relationships

Access to
Mental Health
Services

Mentoring
Opportunities

Positive School
Connectedness



Community
Involvement

Job &
Educational
Opportunities

Supportive
Friendships

Considerations for Military-Connected Students

- Starting Over Socially
 - Rebuilding friendships after each move
- Entering Established Groups
 - Joining schools and peer groups where relationships already exist
- Repeated Peer Loss
 - Leaving friendships, teams, activities, and trusted classmates behind
- Learning a New Culture
 - Adapting to new school norms, routines, expectations, and social dynamics

Strategies for Support

Connect to Support

- Local counseling, school-based mental health services, and Military OneSource

Foster Belonging

- Use peer connection resources, such as Bloom, and intentional relationship-building opportunities

Build Portable Networks

- Support mentorship, military-connected connections, and long-term relationships that can continue after relocation

Strengthen Agency & Identity

- Help students define themselves through skills, goals, values, and interests – not only by location

Let's Chat!

A military-connected young adult says, “Why both making friends or asking for help? We’ll probably just move again.”

What is one response that normalizes the experience while still building agency?



Select ***‘Everyone’*** from the drop-down menu when commenting in the chat pod.



**Fathers Have A Strong Influence on
Transition Skills and Domains**

Male Caregiver Involvement



Father involvement is associated with:

Higher Academic Achievement



Increase Resilience

Better Emotional Regulation

Lower Risk Behaviors in Adolescence

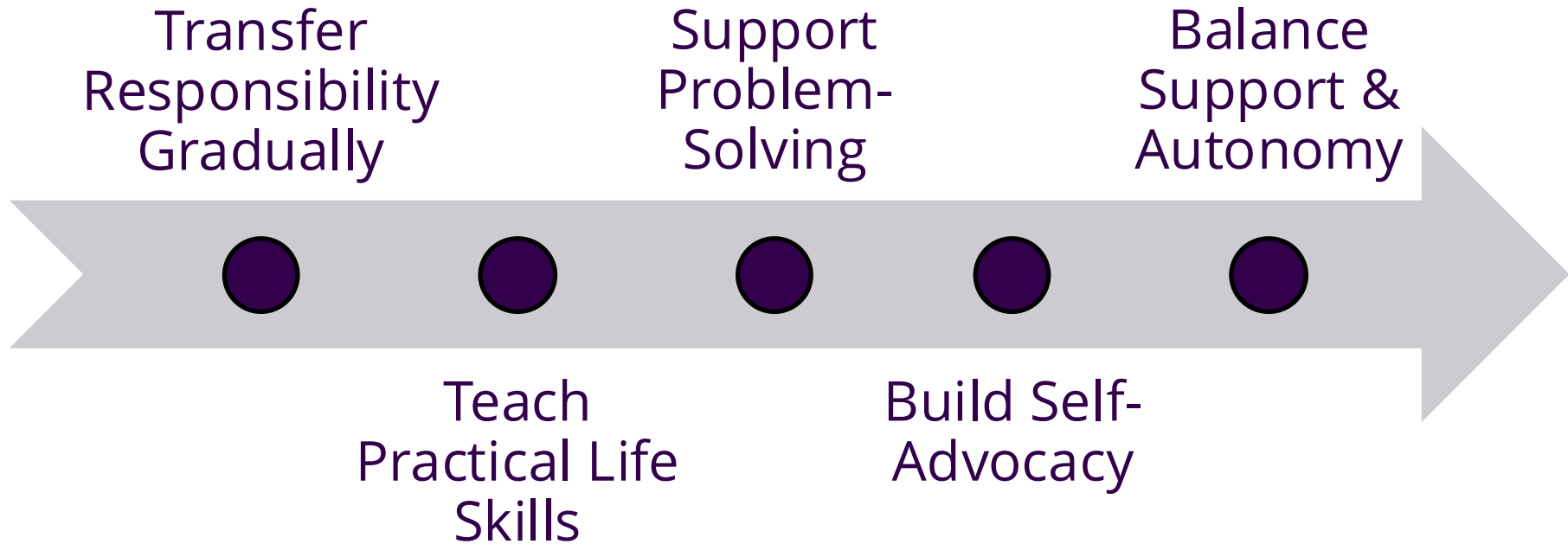
Improved Career Aspirations

Stronger Problem-Solving Skills

How Fathers Support Postsecondary Readiness



Supporting the Move Toward Independence



Everyday Ways to Support Career Development

Help young people connect who they are with where they are going.

Start Meaningful Conversations

Strengths, interests, values, and purpose

Normalize Multiple Pathways

College, trades, military, work, or entrepreneurship

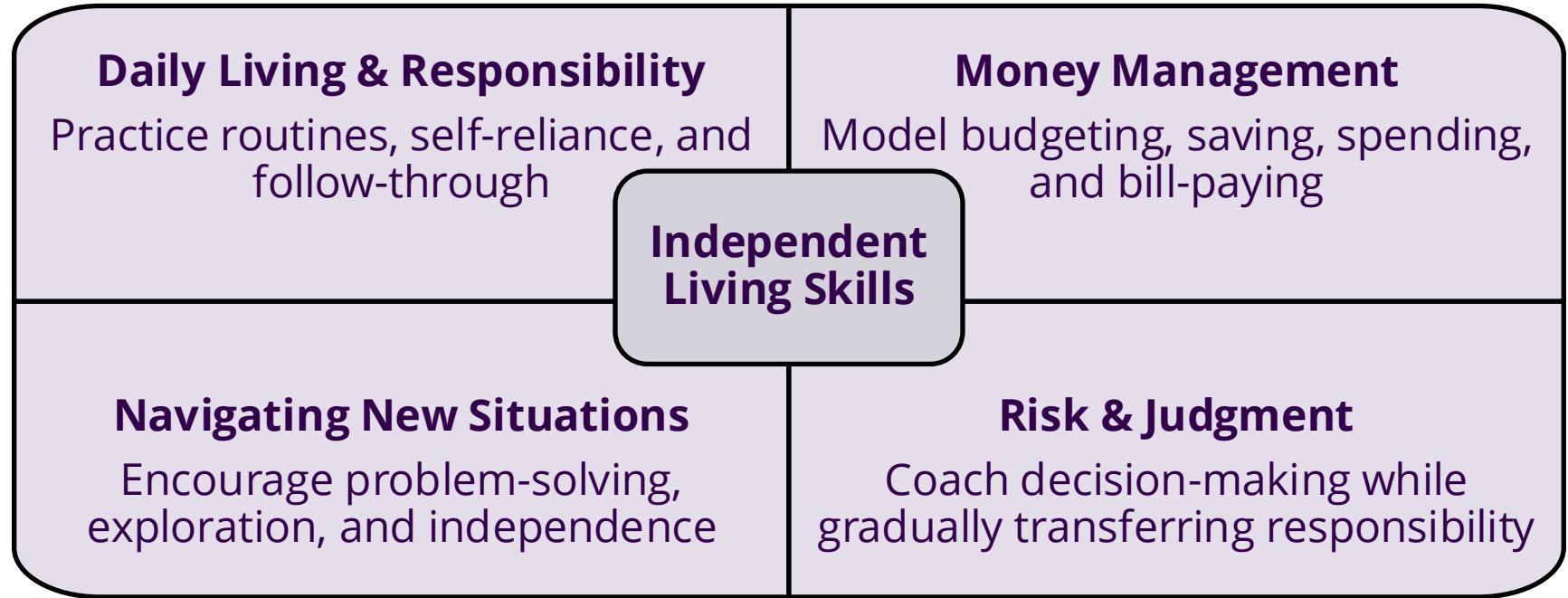
Expand Career Exposure

Conversations, job shadowing, visits, and community connections

Model Work Habits

Responsibility, persistence, communication, and balance

How Fathers Support Independent Living Skills



How Fathers Support Social-Emotional Growth

Model Emotional Regulation



Normalize Setbacks



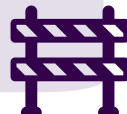
Build Confidence Through Challenge



Encourage Safe Risk-Taking & Independence



Set Clear Boundaries



Talk About Emotions



Let's Chat!

How might you rewrite this statement so it encourages independence but is also supportive?

"You need to figure it out."



Select **'Everyone'** from the drop-down menu when commenting in the chat pod.



Conclusion

Successful Transition Is Not A Single Event

It is a coordinated, skill-building process that depends on relationships, opportunities, and intentional support across home, school, and community systems.

Build Confidence Through
Challenges

Encourage Increasing
Independence

Maintain Clear Expectations
& Boundaries

Foster Open Communication
About Emotions

Military-Connected Transitions Are Often More Complex

Intentional planning and portable systems of support are especially important.

Family, school, and community systems each play a key role in building:

Confidence

Identity
Development

Independence

Future
Orientation

Father involvement can be a crucial developmental asset.

Any
Questions?

Contact Info

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Webinar Schedule

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