

## MQFP® Study Guide 3.1: Transitioning

### Learning Objectives:

#### 3.1 Transitioning

- a. Identify the purpose, sections, and key players of the Transition Assistance Program (TAP)

**Exercise 1: TAP Components and Key Players**

Identify and describe the purpose of the Transition Assistance Program (TAP), its sections (e.g., Pre-Separation Counseling, Employment Workshops, VA Benefits Briefing, etc.), and the key players involved in delivering the program.

- b. Contrast the life insurance choices available to transitioning personnel and their families

**Exercise 2: Life Insurance Choices Comparison**

Contrast the various life insurance choices available to transitioning personnel and their families, including Servicemembers' Group Life Insurance (SGLI), Veterans Group Life Insurance (VGLI), and commercial life insurance policies. Discuss the advantages and disadvantages of each option.

- c. Describe the process for filing a claim for disability with the Department of Veteran Affairs

**Exercise 3: Filing a Disability Claim**

Outline the process for filing a disability claim with the Department of Veterans Affairs (VA), including the required forms, documentation, and steps involved in the claims process.

- d. List the role and functions of Veterans Service Organizations.

**Exercise 4: Veterans Service Organizations (VSOs)**

List and describe the role and functions of Veterans Service Organizations (VSOs), including their mission, services, and assistance they provide to veterans during the transitioning process.

- e. Identify and describe common tax scenarios for servicemembers transitioning to civilian life

**Exercise 5: Tax Scenarios for Transitioning Servicemembers**

Identify and describe common tax scenarios that may apply to servicemembers transitioning to civilian life, including federal and state taxation of military retired pay, taxation of veteran's benefits, state income taxes, and taxation on the sale of a rental property.

f. List the pros and cons of leaving money in TSP vs. rolling it into an Individual Retirement Arrangement (IRA) account

**Exercise 6: TSP vs. IRA Comparison**

List the pros and cons of leaving money in the Thrift Savings Plan (TSP) versus rolling it into an Individual Retirement Arrangement (IRA) account upon transitioning from military service.

g. Explain the disposition of accrued leave during military transition.

**Exercise 7: Accrued Leave Disposition**

Explain the options and considerations for the disposition of accrued leave during military transition, including the choice between taking terminal leave, selling back leave, or a combination of both.

h. Contrast the costs and features of Veterans Group Life Insurance (VGLI) to commercially available term insurance policies

**Exercise 8: VGLI vs. Commercial Term Insurance**

Contrast the costs and features of Veterans Group Life Insurance (VGLI) to commercially available term insurance policies, including coverage amounts, premiums, and potential benefits.

i. Explain the considerations for a move during the separation/retirement process

**Exercise 9: Considerations for Relocation**

Explain the considerations and factors to take into account when deciding whether to relocate during the separation or retirement process, including job opportunities, cost of living, and family considerations.

**Quiz: (Multiple Choice)**

1. Which program provides transitioning servicemembers with employment workshops and VA benefits briefings?

- a) SGLI
- b) TAP
- c) VGLI
- d) IRA

2. Which life insurance option is available to veterans after transitioning from the military?

- a) SGLI

- b) VGLI
- c) TSP
- d) SCRA

3. How can transitioning servicemembers file a disability claim with the Department of Veterans Affairs?

- a) Through their unit commander
- b) By contacting the VA by phone
- c) By completing and submitting the required forms
- d) By contacting their state's Veterans Affairs office

4. What is the main function of Veterans Service Organizations (VSOs)?

- a) To provide legal advice
- b) To offer financial planning services
- c) To advocate for veterans and provide assistance
- d) To provide healthcare services

**References:**

- Transition Assistance Program (TAP), U.S. Department of Labor:

<https://www.dol.gov/agencies/vets/programs/tap>

- Veterans Group Life Insurance (VGLI), U.S. Department of Veterans Affairs:

<https://www.benefits.va.gov/insurance/vgli.asp>

- Department of Veterans Affairs (VA): <https://www.va.gov/>

- IRS Publication 3, Armed Forces' Tax Guide: <https://www.irs.gov/pub/irs-pdf/p3.pdf>

- IRS Publication 523, Selling Your Home: <https://www.irs.gov/pub/irs-pdf/p523.pdf>

- Thrift Savings Plan (TSP), Federal Retirement Thrift Investment Board: <https://www.tsp.gov/>

\*Answer Key can be found at: <https://mqfp.org/study-guides/>