



OCHR NEWS

Wounded Warrior: Transitions Take Time

Jonathan Sheets, an engineering technician from the Pacific Northwest, spent 10 years in the United States Marine Corps with tours of duties in both Iraq and Afghanistan. After being medically discharged, Sheets found himself looking for a new job, home and career.

Sheets considered several different career routes, including government contracting or returning to school. Ultimately, Sheets took an unconventional route and applied for an internship with the Department of the Navy, in Keyport, Wash., which led him to a job as an engineering technician near his hometown of Seattle. Sheets knows "that he was fortunate to not only find a great position in a familiar part of the country," but also to find work that was similar to the work he did in the U.S. Marine Corps.

Sheets offers advice for veterans who are looking to make their transition from military to civilian life. "Get out there, keep working on your resume and dress the part. I was surrounded by co-workers in T-shirts and jeans, but I made sure to wear nice clothes even as a fire control technician."

He also emphasizes building and relying on a support network to help you get out there and accomplish a smooth transition. "Military members really know how to get out there and not only lead but they also know how to follow and take direction," Sheet says.

"More importantly it takes time," stresses Sheets. "It's really key to keep trying and make sure you find the right fit."

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