



TUITION COURSES

MQ 104	Regulations, Allowances, & Finances in the Foreign Service Context
MQ 107	English Teaching Seminar: An Employment Option
MQ 115	Explaining America
MQ 116	Protocol and U.S. Representation Abroad
MQ 703	Post Options for Employment and Training
MQ704	Targeting the Job Market
MQ 802	Communicating across Cultures
MQ 803	Realities of FS Life
MQ 899	Post Community and Country Research (Special Arrangement Only)
MQ 911	Security Overseas Seminar
MQ 912	Advanced Security Overseas Seminar
MQ 914	Youth Security Overseas Seminar
MQ 950	High Stress Assignment Outbrief Program

When a non-State employee enrolls in one of the SOS courses, his/her family members (adults and youth) may take a SOS course free of charge.

NON TUITION WORKSHOPS

MQ 110	DCM Spouse Seminar (Invitation Only)
MQ 117	Tax Seminar
MQ 200	Going Overseas without Children
MQ 203	Singles in the Foreign Service
MQ 210	Going Overseas with Children
MQ 220	GO: Logistics for Adults
MQ 230	GO: Logistics for Children
MQ 250	Young Diplomats Day
MQ 302	Transition to Washington for Foreign Born Spouses
MQ 500	Encouraging Resilience in the Foreign Service Child
MQ 801	Maintaining Long Distance Relationships
MQ 851	Raising Bilingual Children
MQ 852	Personal Finances and Investments in the FS
MQ 853	Managing Rental Property from Overseas
MQ 854	Legal Considerations in the Foreign Service
MQ 855	Traveling with Pets
MQ 916	A Safe Overseas Home