



Getting Your Job Search Started

Course Description

While looking for work can be an exciting time, it can also involve fear and discomfort about change and the unknown. This workshop will help you teach participants how to determine what their skill set is made up of, the kind of work that is important and realistic to include in their search, and how to get started.

Course Objectives

Upon successful completion of this course, students will be able to:

- Assess their skills, values, and beliefs about work and looking for opportunities.
- Develop an understanding for the types of work available to them and where to find more information.
- Recognize the differences and benefits available through career coaches, counselors, and mentors.
- Learn different approaches to job searching, such as networking and tapping into the job market.

Course Content

Introduction and Course Overview

You will spend the first part of the day getting to know participants and discussing what will take place during the workshop. Students will also have an opportunity to identify their personal learning objectives.

Change and Transitions

To begin, participants will learn about the change cycle in the context of searching for a job.

The Important Stuff

This session will give participants a chance to identify their core values and how those values affect their job search.

Skill and Ability

Next, participants will identify their key skills.

Vocation and Strategy

During this session, participants will evaluate their job satisfaction. They will also learn about the importance of living your purpose, and how to know when you're doing what you were meant to do.

Resources

This session will give participants some tips on additional resources to check out after the workshop, including the NOC and different types of career development professionals.

The Job Market

Did you know only about 10% to 20% of jobs in the United States and Canada are actually advertised? This session will give participants some ways to tap into the hidden job market.

Invite Your Network

During this session, participants will build a networking plan.

Ready, Set, Goal!

Next, participants will set some SMART goals to get their job search started.

Keeping It Real

This session will help participants set some action steps to start working toward their goal.

Thinking Unconventionally to Get What You Want

In order to do the work that we love, we have to also consider the environment we live in, the realities of the job market, and the things we want to do most. This session will look at those factors and how participants can use them to their advantage.

Getting Things Moving

To wrap up the day, participants will complete a personal action plan.