

Re-Energize Your Job Search



A proud partner of the  network

The text "A proud partner of the" is in a blue, sans-serif font. It is followed by the "americanjobcenter" logo, which features the word "american" in blue, "jobcenter" in red, and a small red star above the "j". The word "network" is in a blue, sans-serif font.

How is your job search going?

How did you get your last job?



FINDING OPPORTUNITIES



100 Candidates complete the application process

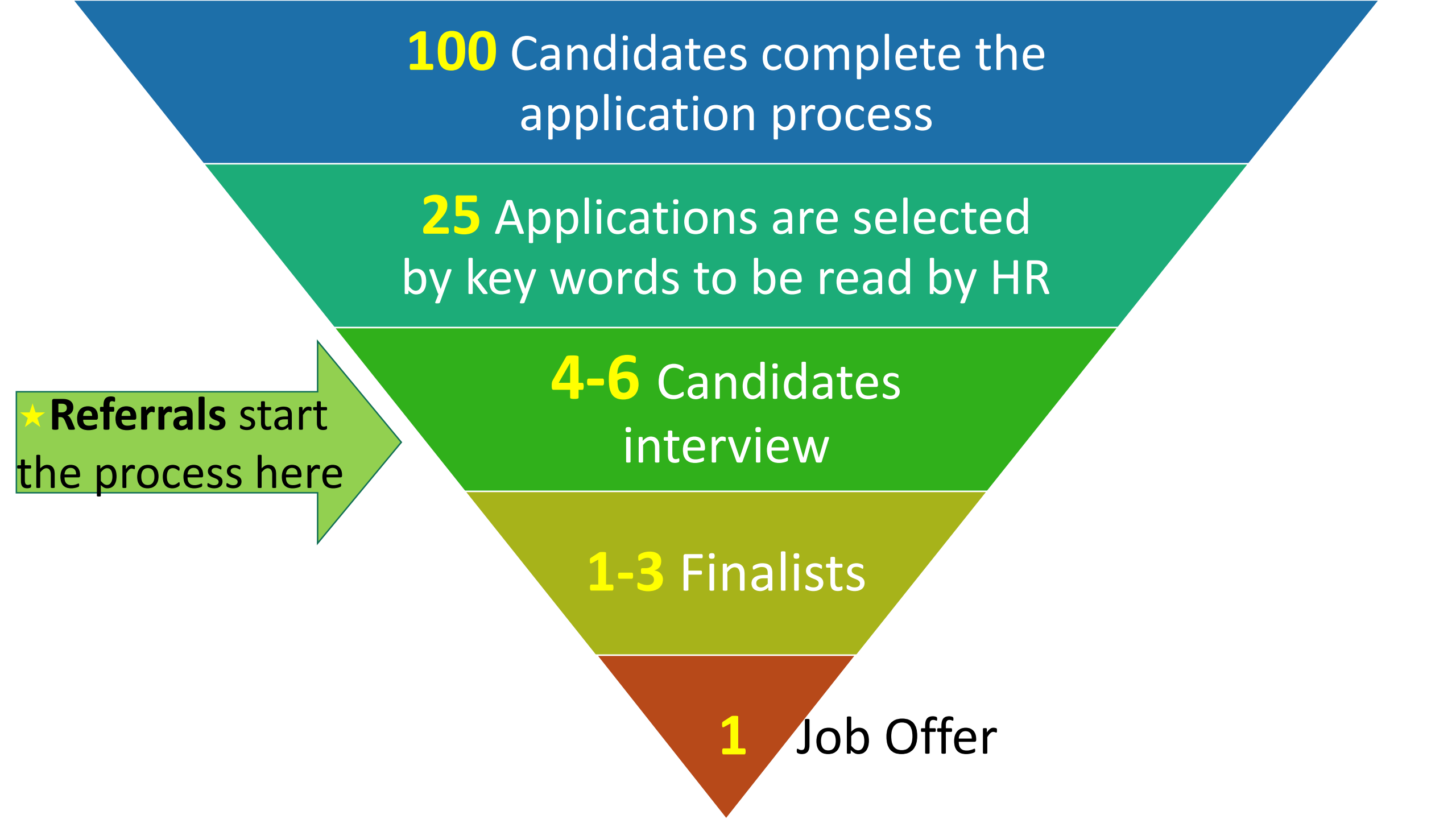
25 Applications are selected by key words to be read by HR

4-6 Candidates interview

1-3 Finalists

1 Job Offer

★ **Referrals** start the process here



GET SELECTED!

- Does your resume & cover letter match the posting?
- Could an employer see what you're looking for and why you're a great fit – in 6 seconds?
- Are you applying quickly enough?
- Is your social media profile up-to-date and complete?
- Have you gotten feedback from career professionals and/or network contacts?



ROCK YOUR INTERVIEWS

- Are you prepared and presenting yourself well in interviews?
- Are you practicing your answers with people in the field and/or career professional?
- Know what “the next step” in the process is, and follow through with your contact(s).



Common nonverbal mistakes made at a job interview

From a survey of 2000 bosses

In a survey of 2000 bosses **33%** claimed that they know within the first **90 seconds** of an interview whether **they will hire someone**

The average length of an interview is **approximately 40 minutes**

47% Having little or **no knowledge** of the company is the most **common mistake** job seekers make during interviews

21% **Bad posture**
38% **Crossing arms over their chest**
9% **Using too many hand gestures**
26% **Handshake that is too weak**
33% **Fidgeting too much**

Statistics show that when meeting new people the impact is:

7% From what we **actually say**

38% The quality of our **voice grammar** and overall **confidence**

55% The way we **dress, act** and **walk** through the door

70% don't want applicants to be **fashionable or trendy**.

65% Of bosses said **clothes could** be the **deciding factor** between two similar candidates.



BODY LANGUAGE = CONFIDENCE



**Wonder
Woman**

**Make yourself
look bigger to
give the
impression of
assertiveness**



**Tall &
Proud**

**Hold your arms
in a V-shape and
lift your chin to
make you feel
powerful**

Social psychologist
Amy Cuddy
delivered a TED
Talk about how
posture impacts
how we feel about
ourselves.



Her research shows
that "high power"
poses increase
confidence, while
"low power" poses
perpetuate a weak
sense of self



TRY THIS:
Before entering a
social or
high-pressure
situation, stick a
"high power" pose
for 2 minutes for a
boost in confidence

INTERVIEWS – AFTER THE FACT

- It can take a long time for a decision for lots of reasons: budget year, internal candidates, management not available / scheduling, changes in the position/ department.
- Continue to apply for other positions.
- If you don't get this position, follow up if you'd like to be considered for other openings later on.



“PLAN B”

- Do you need to use transferable skills in a new occupation?
- Do you need to update skills?
- Will you need to find a “bridge job” to learn skills or gain industry knowledge for your preferred occupation?
- Is it time to change occupation or industry?





a careeronestop website

A proud partner of the americanjobcenter® network



- 1 Tell us a job you've had.
- 2 We'll find careers with similar skills.
- 3 Pick a career and explore!

Build a bridge to your new career.

Enter your current or past job.

**FIND MY
CAREER MATCHES**

Already know the career you want to explore? [Select a Career](#)



Watch Help Video

Tell Us What You Think

New to the Workforce?
Go to **MY NEXT MOVE**

ADDING SKILLS ... FOR FREE

- PROVE IT – skills assessments (ask staff at RochesterWorks for FREE passcode)
- ATTAIN lab for Microsoft Office Certifications at Rochester Educational Opportunity Center (REOC)
- Alison.com, GCFLearnFree.org, YouTube, and more!
- Rochester Public Library



Self Exploration



Assess Yourself - Use a simple combination of the six areas of interests to determine a list of occupations that suit you best.

Career Interests - Need to know what career might be right for you? Enter some activities, and get suggestions of occupations to explore.

Work Values - What do you need to be happy at work? Rate the importance of various job characteristics, and we'll reco

rewarding.

Skills Survey - Find occupations that match the skills you already have and need to obtain.

Work Context Survey - Explore occupations based on the nature of their characteristics.

Report - View a combined summary report of all your assessments.

Career Advisor - How well do you match up to occupations? Compare them and then take the next step.

Career Exploration

Occupations - Get information on over 900 occupations available in New York. Save and review those that interest you most.

Training - Want to update your skills? From GED to advanced degrees, find the training you need here!

Colleges - Keep track and visit the web pages of the colleges you have selected to add to your portfolio.

MY NEXT MOVE



HOME

SEARCH

INDUSTRIES

O*NET Interest Profiler



Progress:



Page 1 of 5
0 of 60 questions

1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Build kitchen cabinets
2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Lay brick or tile
3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Develop a new medicine
4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Study ways to reduce water pollution
5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Write books or plays
6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Play a musical instrument
7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Teach an individual an exercise routine
8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help people with personal or emotional problems
9	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Buy and sell stocks and bonds
10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Manage a retail store
11	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Develop a spreadsheet using computer software
12	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Proofread records or forms



Back

Start

Interests

Results

Job Zones

Careers


Next



KEEP JOB SEARCH FRESH

- Network – make a point to meet with people every week
- Join job seeker groups (Job Strategy Group, August Group, Rochester Young Professionals, professional organizations)
- Stay up to date in your field, follow experts on social media
- Attend workshops, webinars, take free online classes
- Change job search strategies to avoid boredom and burn out





Patience, persistence
and perspiration
make an unbeatable
combination for
success.

– *Napoleon Hill*