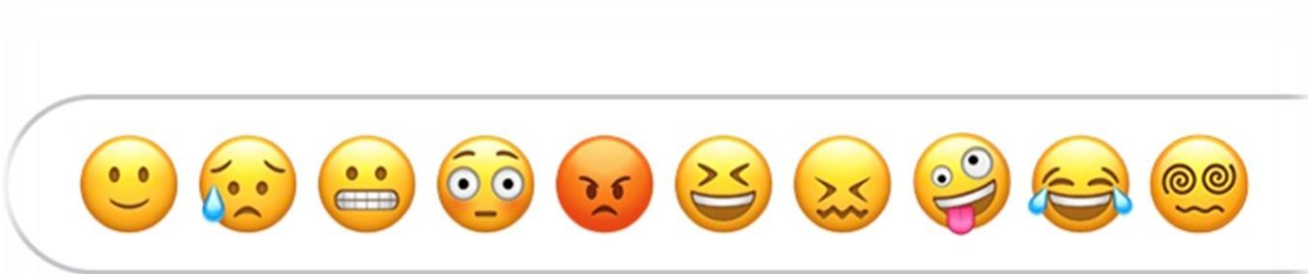


GEER UP NEWSLETTER



THE 'JOB SEARCH IS HARD WORK' ISSUE

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01 ---- WELCOME! ----

GEER UP stands for **G**overnor's **E**mergency **E**ducation **R**elief, **U**plifting **P**rofessionals.
Stay up to date with taking a class/classes, earning your certification or license, and making your next career move.

Are you Certified or Licensed yet?

Earn your CERTIFICATION or LICENSE today!

- Our Goal is for you to get **certified/licensed** to support your career search
- We have resources to support you earning your Certification or License
- [→](#) [→](#)

Please note: That while the GEER program has ended, much of the information in this newsletter is helpful to anyone who is searching for a job.



02 ---- Job Search is Hard Work ----

Written by Sean Wright

If you’ve attended my Career Search Foundations workshop, then you will have heard me say job search is not a cakewalk. It is pretty normal for it to be a long and challenging process, none of us is perfect at it, but when we make regular effort good things come our way.

I thought it would be a good idea to acknowledge something a little different in this issue... The range of emotion that we feel when looking for meaningful work (and sometimes a ‘survival’ job to pay the bills). In the process of searching you will likely have some very happy moments where you aspire to take on whatever comes your way and succeed. You are also likely to have some very frustrating and difficult moments where you don’t know what to do next and question part, or all, of your effort.

How we handle these moments can be greatly impacted by our perspective and our preparation for both our search and the range of emotion we may feel as we go through this process. My hope is that each of you have great success and that it comes with ease. My expectation is that you will face challenges, and when you persist, you will find a more rewarding success that you worked hard to achieve.

To help prevent frustrating moments it is good to review your approach to job search and make sure you are informing yourself about the many elements of job search. Applying through online job boards is good, but also networking as well – reaching out to your contacts to find out more about your chosen field – is better. Actively reading about job search (and job search in your career pathway), actively reading news articles, newsletters, blogs, and following relevant businesses and organizations on social media will help bring perspective and help you have more informed conversations when networking and interviewing. This shows potential employers that you are serious about being in the field and up-to-date on the latest news.

Another tip for managing your frustration is tracking your efforts in a way that makes it easy for you to know where you applied, what you applied for, when you applied, and the specific versions of resumes and cover letters you used. This will provide support for a successful search and help you track meaningful details for interviews and sending thank you emails.

There will be happy and motivating moments along with frustrating and challenging moments in your search, in all moments you should rely on the basics of job search that you are learning and implementing. When you have a foundation of job search skills, you can always go “back to the basics” to review your efforts and make sure you’re on the right track. Good and bad moments will come and go, so whatever moment you are in, remember, this too shall pass. When things are going well and come a little easier continue to apply to more jobs, because you never know when it will become more difficult to handle your search, and a diversified effort that is continuous makes it a little easier to be optimistic in challenging moments. If you continue applying to other great opportunities and keep your search active, then facing the disappointment of something not working out is easier to handle because you have more opportunities immediately ahead of you.

No matter where your emotions are, occasionally stop, take a deep breath, and relax your body (unclench your jaw, stop shaking your leg, or otherwise stop fidgeting), recognize your emotions and how you are feeling physically. Simply observe and do not assign a judgement of those feelings being good or bad. Take a second now to breath in deeply.... hold it.... and breath out slowly. Know that it’s okay to feel what you are feeling. You don’t need to impose a judgement on those feelings.

You are not alone. This newsletter goes out to hundreds of students who are learning new and marketable skills and earning certifications. A couple hundred of you open the newsletter, and most of you are job searching. You have resources (see section 3 below), and support systems, including colleagues, teachers, classmates, friends, family, the Placement and Learning Advisor for GEER, future friends, and colleagues you haven’t met yet. Take moments to acknowledge your own hard work, successes you experience, and those who have helped along the way.

To be prepared for the emotional lows that come with job search I suggest you set goals with actionable plans to help lift your spirit and maintain effort when feeling less motivated. Write out S.M.A.R.T. goals. SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound (see article below for more on this). Your aim is to prevent the lows from taking over and your plan should include self-care. There are many ways to handle the challenging parts of job search, but there are some tried and true methods that work for many people. Some will work better for you than others, so if you need to... try something new.

Something as simple as a five minute walk outside, especially around plants or trees, can be therapeutic and help calm ones body and mind. Practicing yoga or meditation enables many to focus more on the body or the breath and take ones mind off of the stresses of life, to some degree. Reading for pleasure, not because you need to, and listening to music that is meaningful to you are great low/no cost options as well. Taking time to exercise, even if tired, gets your endorphins going and has been shown to improve mood. Make sure you include these, or other, self-care activities and intentionally do things that contribute to your contentment and happiness. Perhaps you will reach out

to someone you trust to share the challenges you are facing and how they are impacting you. Do what works for you and consider trying something new that may strengthen you and your efforts.

Create your goals (your plan), occasionally review them, go back to them if/when you are calling your efforts into question, and include concrete things you can do to respond to challenging job search moments.

Review the resources below to assist with goal setting and some methods of self-care.

03 ---- RESOURCES FOR BALANCE & PERSPECTIVE ----

11 Good Study Habits To Develop - <https://www.coursera.org/articles/study-habits>

How To Set (SMART) Goals and Achieve Them - <https://www.betterup.com/blog/how-to-set-goals-and-achieve-them>

Yoga For Beginners Playlist – <https://www.youtube.com/watch?v=AB3Y-4a3ZrU&list=PLui6Eyny-UzzWwB4h9y7jAzLbeuCUczAI>

Yoga At Your Desk - <https://www.youtube.com/watch?v=tAUf7aajBWE&list=PLui6Eyny-UzzWwB4h9y7jAzLbeuCUczAI&index=6>

Meditation (Free 31 day Calm Challenge Playlist) – 90 second to 12 minute long videos
https://www.youtube.com/watch?v=kFPK1dYWUcs&list=PLgdxvG3Ulbfidn2AAEAKohcNV0w_uIStj

9 Free Meditation Apps - <https://www.wellandgood.com/free-meditation-apps/>

Ebooks & e-audiobooks through Montgomery County Library (available to all MD residents, DC and Northern VA residents) – <https://www.montgomerycountymd.gov/library/collection/downloads-and-streaming.html>

Student Health and Wellness (SHaW) Center for Success at Montgomery College – offers programming during semesters for the mind, body and spirit. <https://www.montgomerycollege.edu/life-at-mc/student-health-and-wellness/index.html>

Counseling and Crisis Resources - <https://www.montgomerycollege.edu/counseling-and-advising/personal-counseling.html>

04 ----

o Find your Job Center Here: <https://www.dllr.state.md.us/county/>
Click on your county for more info!

o Calendar of Workshops & Hiring Events - Montgomery County Residents receive priority –Requires registration
<https://worksourcemontgomery.com/calendar>