

Volume 5— Fall 2008, Issue 12 - Week of November 24, 2008

Avoiding Job Search Paralysis

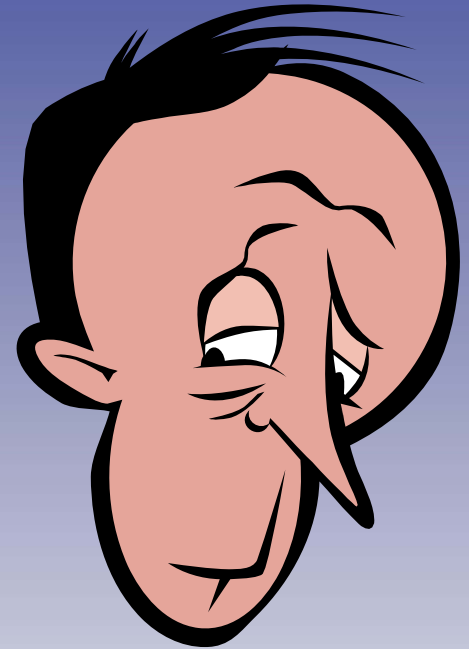
Composing resumes, writing cover letters, sending thank-you notes, paying for wardrobe updates and ironing outfits every day while on the job search can get a little exhausting. Receiving letters or phone calls from potential employers that say "Thanks, but no thanks" can take a toll on your self-esteem. You begin to think that something is wrong with you and that you have no value to an employer. Don't get stuck in job search paralysis; here are some tips to combat the rejection and keep your chin up.

Depersonalize the interview. Employers may get as many as 500 resumes for one job opening. How can you, I and the other 498 of us be no good?

Don't make it all or nothing. Don't set yourself up for a letdown: "If I don't get this job, I'm a failure." Tell yourself, "It could be mine. It's a good possibility. It's certainly not an impossibility."

Don't blame the interviewer. Realize interviewers aren't in a hurry to think and behave our way. Blame your turndown on a stone-hearted interviewer who didn't flatter you with beautiful compliments, and you will learn nothing.

Keep up your sense of humor. Nobody yet has contracted an incurable disease from a job interview.



Some material taken from our Career Development Guide.

ATTENTION!

CODEWORD: INTERVIEW28

In our attempts to make the e-Minder more convenient and efficient for students, we're conducting a short survey. If you are reading this notice, or you read the e-Minder on a regular basis, print this e-Minder out or write down the codeword and bring it to Career Services to claim a small prize.

When you come to pick up your prize, we'll ask you about your thoughts on the e-Minder and what you use it for.

See you soon!

Spotlight

::RESUME AND COVER LETTER REVIEW::

Not sure where to start when starting from scratch?

Have no idea what a cover letter is?

Come by during our drop-in hours: 11-3 Monday through Thursday to get reviewed by our staff. We're trained to help you target your resume towards a specific job interview or even if you just want to start recording your job history.

Call 474-2254 if you have any questions or email us at career@uwf.edu

Announcements

- **Co-Op Information Session** on November 25th @ 8am. *Registration is required!*
- **Co-Op Information Session** on December 4th @ 3pm. *Registration is required!*