

GET THE JOB

Tips for Staying Motivated

The process of job hunting can be a stressful and tiresome experience. However, ensuring that you are motivated to reach the goal of obtaining employment should be a driving factor in your success.

Especially if you are currently unemployed, the journey can feel like a full-time job. When things seem to be proceeding slowly, remember that with perseverance and commitment, you will find an excellent opportunity.

One of the most significant ways to feel defeated throughout your job search is facing rejection from employers. Try not to take it personally, as the hiring manager likely analyzes numerous applicants for each available role.

Instead of beating yourself up over the denial, ask for constructive criticism, if possible. Often, you can gain a unique perspective of how an employer views your credentials and provides you with feedback about what led to their decision. Take advantage of their response to tweak your resume going forward.



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NETWORK WITH OTHER JOB SEEKERS

During the job search, it's common to feel alone and isolated. Keep comfort in knowing that you're not alone in the struggle.

Use social media to find groups of others in the same situation. It's beneficial to discuss your concerns and share your experiences. In addition

to a positive sense of moral support, networking may open the doors to a new opportunity.

Don't hesitate to be open about your qualifications and the type of position you are seeking. You will likely connect with someone who can provide you with a job lead or put you in touch with a hiring manager who finds your cre-

dentials valuable.

APPLY SMARTER

It's important to avoid applying for every opening that you come across. Simply uploading the same resume to every available position is a recipe for rejection and failure.

Instead, treat listings as an opportunity to fine-tune skills

and characteristics that meet requirements for the job. Did you know that 75% of resumes are rejected before they reach a hiring manager?

According to the group Top Resume, many companies use automated tracking software to analyze applications for keywords before promoting it to the next phase of the hiring process. To save employers time, the software rejects the least-qualified candidates based on format and content alone.

TAKE A BREAK

Try to avoid burning out during your job hunt. While it should be the primary focus, you deserve the chance to unwind and rejuvenate yourself at times. If you're struggling to find the motivation or energy to excel during interviews or the application process, a hiring manager may detect your lack of passion for the opportunity.

Make sure to find time to spend with family and friends who can give you advice or lift your spirits. It's essential that you are well-rested, so try not to let the stress of unemployment disrupt a quality sleep schedule.

Once you give yourself opportunities to relax and regenerate your energy for the job search, you will find a more positive attitude and clearer thinking.

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HOT JOB PROFILE

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Number of jobs in 2018: 332,400

Job outlook, 2018-28: 5% (as fast as average)

Employment change, 2018-28: 17,600

The role: Firefighters control and put out fires and respond to emergencies where life, property or the environment is at risk.

Education required: Firefighters typically need a

high school diploma and training in emergency medical services. Most firefighters receive training at a fire academy, must pass written and physical tests, complete a series of interviews and hold an emergency medical technician (EMT) certification.

The need: Physically fit applicants with paramedic training will have the best job prospects.

Source: U.S. Bureau of Labor Statistics

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