

CAREER PLANNING PROCESS

CAREER MANAGEMENT

- Professional Associations
- Keeping Current with your Profession
- Ongoing Skill Development & Enhancement
- Lifelong Learning
- Work-Life Balance & Sense of Purpose
- Ongoing Evaluation

JOB SEARCH SKILLS & PROCESS

- Targeted Search (Occupation, Industry & Company)
- Interviewing
- Targeted Resumes, Cover Letters, Applications & References
- Targeted Networking
- Seeking & Following Up on Job Leads
- Salary Negotiation

GAIN EXPERIENCE & CREDENTIALS

- Short-Term Training
- Education (Classroom and e-Learning)
- Internships
- Volunteer Work
- Interim Employment

OCCUPATIONAL RESEARCH & DECISION-MAKING

- Occupational Research
- Informational Interviews
- Educational Research
- Industry Research
- Professional & Trade Associations

SELF-ASSESSMENT

- Personal Assessment (Skills, Values, Interests, Needs, Aptitudes & Personality)
- Self-Care: Work-Life Balance
- Geography
- Finances



CareerOneStop and Partner Resources

| U.S. Department of Labor Resource | Self- Assessment | Occupational Research & Decision- Making | Gain Experience & Credentials | Job Search Skills & Process | Career Management |
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| CareerOneStop Portal www.CareerOneStop.org www.CareerOneStopcoach.org http://www.careeronestop.org/ usersupport/onlinecoach.asp | Testing & Assessment Center Skills Center COS Coach Career Resource Library | Labor Market Information CenterCOS Coach | Students & Learners Audience Tab Training & Education Center Financial Aid Center COS Coach | Job Seekers & Workers Audience Tab Employment Center Relocation Center BRAC Coach Worker Transition Coach | Workforce Professional Audience Tab Outreach & Teaching Center Staff Coach Credentials Center |
| America's Career InfoNet www.CareerInfoNet.org | Skills ProfilerEmployability CheckupCareer Exploration | Occupational Information Industry Information State Information Videos Career Exploration | Financial Aid Advisor Scholarship Search Licensed Occupations Certification Finder Career Exploration | Employer LocatorResume TutorialCareer Exploration | Career Resource Library Career Exploration Employability Check Up |
| Job Bank Links http://www.jobbankinfo.org/ | | Careers search tool | Occupation requirements | Post a resume.Search for jobs.Create cover letters. | Post a resume.Search for jobs.Create cover letters. |
| America's Service Locator www.ServiceLocator.org | | Locate State Phone Directory Locate State Web Directory National Locators | Locate Community Colleges | Locate a One-Stop Career Center Find Worker Services Find Youth Services Office Search | Locate a One-Stop Career Center Find Worker Services Find Youth Services Find Business Services Office Search |
| O*NET • http://online.onetcenter.org | Skills Search Work Importance Locator Ability Profiler Interest Profiler | Tools and Technology Find Occupations In Demand Occupations KSA's | O*NET AcademyEducation Finder | Find OccupationsJob Accommodations Search | |
| Occupational Outlook Handbook 2006/7 www.bls.gov/oco | | Daily activities on job Working conditions of job Interpret Occupational handbook Expected job prospects Potential earnings | Training and educational requirements Professional associations | State job market Fastest growing occupation/industries Industry/occupation with most job growth Job search tips | Evaluating a job offer Career articles Career guide to industries Tomorrow's jobs Employment projection |
| Career Voyages www.CareerVoyages.gov | Career CompassCareer Links | High growth and high demand jobs Emerging Industry Profiles Hot Careers Career Videos | Apprenticeship Programs Skills to Build Initiative Locate Community Colleges Career Links | Career Links | Research & InformationMultimedia InformationCareer Advisor |
| Workforce ³ One ■ www.Workforce3One.org | | E3 WebinarsCase Studies | Self-paced LearningPresentation TemplatesCollaborative Communities | My Region Locator | Research & Information Multimedia Information Innovations in Action Solutions-Based Tools Hot Links |