

# Starting Out or Starting Over!

## Nine Tips to move forward

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Starting out a career takes a lot of motivation and energy. Starting over requires even more and can be equally stressful, particularly in today's market. And, it's far more complicated for those who don't know where to start. Here are 9 tips to begin.

**1) Have your hair styled:** Good grooming is essential to making a good first impression. And, often looking good makes you feel good, giving you confidence.

**2) Shop for the interview outfit:** Why not buy now and be prepared? You'll need appropriate attire for your interviews. Just as having your hair styled may increase your confidence, investing in the right outfit may gain you a professional edge.

**3) Update your technology:** Create a professional email address just for your job search, one that shows your first/last name or first initial/last name. This serves two purposes. Your job-search emails will be in one place and those looking for your resume will spot it immediately. Do the same with your voicemail, LinkedIn and Facebook accounts to ensure these sites also send professional messages.

**4) Reconnect:** If your search is at a standstill, chances are you've avoided friends and colleagues (perhaps rightly so) who ask inappropriate questions like "Haven't you found a job yet?" or "What are you looking for anyway? For now, forget them. Instead connect with new people by volunteering, taking a class or logging on to one of the social networks to connect with others who offer you more support.

**5) Surf the Web:** Learn about the top careers are for 2010. For example, visit US News and World Report to view the top 5 among the top 50 best careers for 2010 at: <http://money.usnews.com/money/careers/features/best-careers-2010>. Also review the top 5 websites for career changers at <http://www.centerforcareerlifeplanning.com>.

**6) Visit a local bookstore:** If you prefer to research by reading, browse the career section of a local bookstore or library to review the latest books on career fields. For example you may discover that veterinary science and health is one of the major fields, creating new careers such as zoo consultants and pet acupuncturists.

**7) Contact a career counselor:** If you still haven't a clue what you want to do, talk to a career counselor and take vocational tests to discover your alternatives. A qualified career counselor will help you focus your goals, prepare your resume, and prepare for interviews. To find a qualified counselor contact Pat Boer under the "About" section on CCLP home page or, to find a counselor in your local community link to NBCC: <http://www.nbcc.org/directory/FindCounselors.aspx>.

**8) Join a professional association:** If you want the inside track to a new career join a professional group. You'll gain a wealth of information, keep abreast of trends and salaries, and have access to job banks. Yes, it's expensive yet an investment in yourself. In return, you'll become connected, gaining the support of people who share your interests/values and who may recommend you to prospective employers.

**9) Trust the process:** Like a rolling ball that gathers momentum, once you start you'll find your search has a life of its own. You may be surprised to find more options and offers than expected. Why, because...taking these steps will prepare you to become focused and professionally connected. So take your pick -- there's lots of ways to jump-start you search. Just do it!

