

*The following article appeared in the March/April 2006 edition of
THE URBAN CONNECTION*

Veterans Corner: Beating the Job Search Burnout

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Searching for a job can be a full-time task and even more challenging without the benefit of a paycheck. It can be hard not to get discouraged as you wait for responses. As a veteran seeking a job, you will eventually face burnout at some point during the process. However, the more you manage your stress level, the easier it will be for you to stay focused and not feel overwhelmed.

Below are some effective tips from Veterans Resource Central (VRC) to retain your sanity and your motivation and to beat job search burnout.

Assess Your Skills

The job search process is especially stressful if you are unclear about what type of job you want. The Career Planning Guide Skills inventory at www.veteransresourcecentral.org/career/planning.shtml can help you identify your skills and talents, professional and personal goals. Knowing yourself and the type of job you seek will help you to stay focused.

This is where VRC can help. The VRC Mentor Program assigns a Mentor to help veterans execute their Personal Career Plan. The Mentor could provide career guidance, as well as assistance with resume development and networking. This is intended to be a longer-term relationship designed to help you secure and excel in your career of choice. It's volunteers helping people find not just any job, but a good job that will excel their careers forward. VRC will improve your ability to connect with people and to develop valuable business relationships that could lead to potential jobs.

Get Organized

Disorder can cause added stress. Imagine missing an interview or being unprepared. Being organized allows you to take charge of your job search. Whether you prefer an Excel spreadsheet, a PDA or an old-fashioned calendar it does not matter. What matters is that you keep your schedule easily accessible and your workspace clutter free. Do your research and take the time to review potential interview questions.

Seek Support

Although you may feel alone, there are many others sharing this same endeavor. By joining a support group, you will be able to trade tips and bounce ideas off other job seekers. In addition to spending time with other job seekers, don't shut

out family and friends who want to help. Talk to them about what's been going on and accept their assistance when offered. If you find that the job search is really getting you down and your stress level is too much to handle, seek professional help.

Stay Positive

No one said this was easy, but you can easily attract others to you because of your positive attitude and energy. Be sure to connect with VRC before your discharge or completion of your schooling. With the help of VRC, there is a light at the end of the tunnel. Nothing worth having comes easy and with the support, of family, friends and VRC you will find a way to beat the Job Search Burnout.

For more information, call John Carrigan or Barbara Groce today at 717.221.1306 or visit <http://www.veteransresourcecentral.org/>