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## 10 Tips to Build your Resilience When Job Searching in the Current Labor Market

1. **R**ecognize some aspects of job searching are different. Interviewing styles and the length of an application process may change. At the same time, **hard work** and **perseverance** will continue to be key in getting the job you desire.
2. **E**njoy time to take a course or do remote volunteer work. This investment can help with the release of stress and anxiety while also building your skills and experience.
3. **S**earch for positions online and offline. Employers are reopening their doors to customers, patrons, and new employees. Look for jobs online, for signs in the windows of businesses in your community, and talk to neighbors, friends and family members who can directly refer you to current open positions.
4. **I**nterviewers want to know how you handle a challenge. Be prepared to share stories of how you handled difficult challenges and situations.
5. **L**et yourself be open to other possibilities. Don't miss out on new or different types of jobs that could prepare you for the next opportunity. Be ready to tell an employer how your past personal and work experiences can specifically apply to the new job you will do for them.
6. **I**nterviews are still a two-way street. Be prepared to ask questions that show your interest in the specific position, as well as the company and their mission.
7. **E**ver-changing and flexible environments are the new norm. The work you do today may not be the work you do tomorrow. Your adaptability, flexibility, and willingness to learn and do new things will be crucial to employers.
8. **N**ot all interviews will be virtual, but most will be. Prepare yourself for anything from a video call to a phone screen, or even an in-person interview. No matter the format, punctuality, first impressions, enthusiasm, and interest in the specific position and employer remain key.
9. **C**ontinue to work on your health and well-being. Take care of your physical, emotional and mental needs through exercise, eating well, and staying in touch with others.

10. **E**ngage others in your job search. Seek out the cheerleaders who can help you along the way. This includes the NorthCentral Region FSET office! Let us support you and answer your questions during these challenging times. Watch for new positions and job searching resources on MyFSET.net, as well as through the Job Center's website at [jobcenterofwisconsin.com](http://jobcenterofwisconsin.com).

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