

JVS: Informational Interview—Considerations

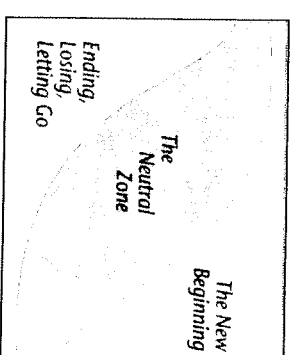
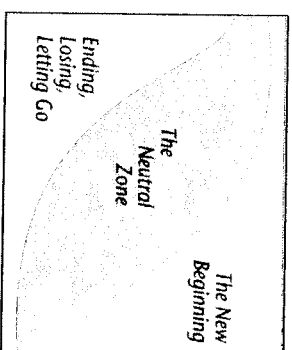
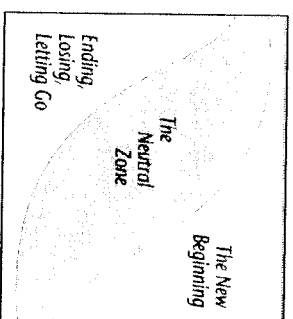
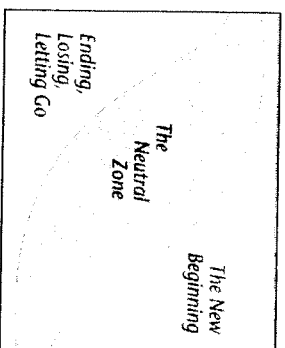
Michael Schneider

- **Continuous Change and Transition**
 - **Re-Invent-- Build on your Skills/Interests/Networks**
 - **People are willing to share, even in traumatic times.**
 - **We've been there**
 - **Companies are doing selective hiring and taking their time.**
1. Info. Interview- Obtain info./data re., field of work/Industry from a *primary source. 20-30 Min.*
 2. Purpose: To determine if the industry/Co./positions match your skills and are of interest to you for future employment.
 3. Action Plan Process: *continuous improvement* CI Model: PLAN-> DO-> CHECK-> ACT
 - A. Plan**
 1. **Develop an Action Plan**
 - a. Purpose, Why?
 - b. Benefits to you/other person of meeting?
 - B. Do**
 1. Obtain Info./data on Industries, Careers of Interest (Web/friends/Prof Associations/other?)
 2. Self-Assessment of your skills (what might be Transferable)
 3. Bring your: Attitude (positive/energetic); Red Bull, Coffee,
 4. Prepare a list of Questions for the person
 5. Schedule meetings- preferably in-person
 6. Have a conversation, listen, keep person engaged in process
 7. Ask for other people whom you may speak too (Network)
 - C. Check**
 1. Recalibrate—What's working/What's not: Improvements
 2. Maintain a list of contacts, their referrals
 3. Thank them
 - D. Act**
 1. Another Self Assessment—what did you uncover??
 2. Keep yourself in Sharp Mental and Physical Shape

OTHER:

- **What Color is Your Parachute, 2009- Richard N. Bolles**
- **'Linked-In'- networking websites and eBoards**
- **Professional Associations**
- **Other org. groups**

Constant/Overlapping Change



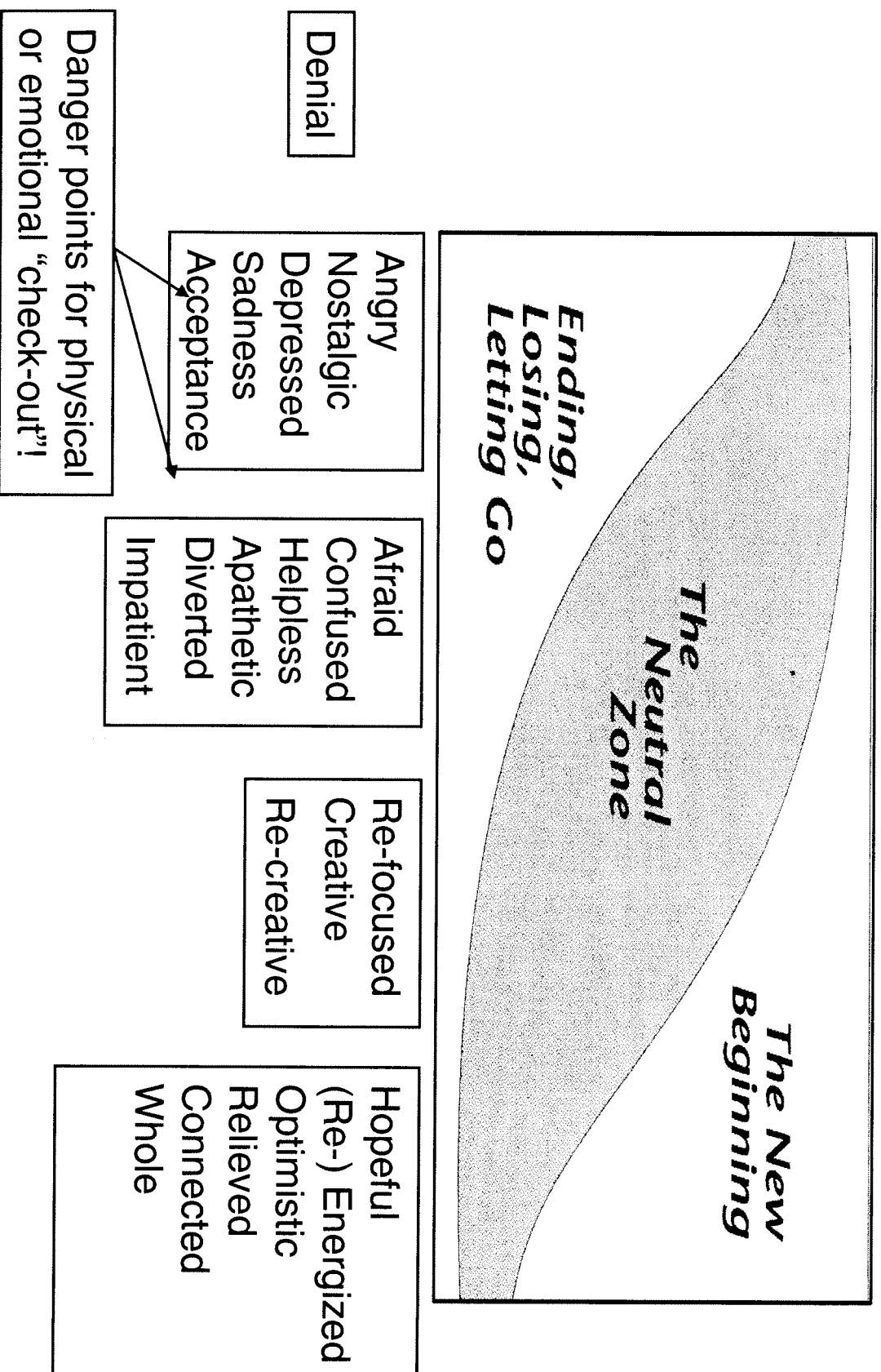
Keys to handling constant/overlapping change, or what if you never seem to get to new beginnings:

Build attitude and skills for RESILIENCE

- ID Personal Purpose/Mission
 - Know self (EI/EQ)
 - Network-- In/Out
 - Take Care of Self- Physically and emotionally
 - Other-- what works for you?
- Get skilled and comfortable with an extended neutral zone
- Learn from others who appear Resilient and thrive on change

Transitions: Emotions of Change

(Schneider-- adapted from Bridges & Kubler-Ross)



PDF file of all the recent NJ (Bergen, Essex, Union, Morris counties) job search and networking groups in the area.

<http://www.gti.net/mocolib1//ref/jobgroups.html>

If you go to this link, scroll to the bottom of the page, you'll see it says more **NJ Networking Events..** Just click on those words and it sends you to the 32 page document.

Career Resource Seminars

Proudly serving Morris County job seekers since 1992, MCL's career seminars have helped nearly 5,000 people in all industries, professions and stages of career land jobs. All seminars are free and welcome everyone. Register for a single session or the entire series. Great way to jump start your network! We also offer free computer classes.

Local resources for job seekers

May 4, 12-1:30PM

This session covers a broad range of free services available to all job seekers. Did you know libraries have high speed Internet access and MSN Office for public use? That several local job groups offer free resume critiques and mock interviews? This session is a great way to reactivate your network.

GCFlearnFree.org
→ free computer classes

Company research crash course

May 11, 12-1:30PM

Everything you need to know about researching your next employer. We cover what's available, how to get it, and what to do when you need more information. Bonus: how to sleuth out job ads.

Internet job search tips

April 20 & May 18, 12-1:30PM

This strategy session introduces you to the practical aspects of searching for jobs on the Internet. We also cover "hidden job sites," security issues, and tips to facilitate your search.

Networking 101

April 30, 7-8:30PM

Proven strategies, innovative techniques, guerrilla tactics, & more! Special emphasis on local opportunities. Bring your elevator speech.

The target job search

May 26, 12-1:30PM [Tuesday]

Tired of scanning employment ads? Take a proactive role in your job search! It's easy to identify potential employers meeting your professional standards and personal style. This effective approach produces results.

Online job applications

April 27, 12-1:30PM

Everything you need to know about applying for jobs online. We'll walk you through a sample online application. **NOTE: this is not a hands-on job application session. Demonstration only.**

Career services/Networking groups

Local job groups offer a variety of practical services including vocational assessment, resume workshops, interview practice, search strategies and networking opportunities. The following local groups offer free programs and welcome all job seekers:

Career Resource Seminars

Morris County Library
30 E. Hanover Ave., Whippany, NJ 07981
Mondays, 12PM-1:30PM
Local job resources, company research, Internet strategies, America's Job Bank resumes

Professional Services Group*

107 Bassett Hwy., Dover, NJ 07801
(973) 361-1034
State sponsored outplacement network.
ORIENTATION: Wednesdays @1PM

Morris County Career Network

St. Peter's Church
70 Maple St., Morristown, NJ 07960
2nd and 4th Mondays, 9-11AM

Job Seekers of Montclair*

St. Luke's Church
73 So. Fullerton Ave., Montclair, NJ 07042
(973) 783-3442
Wednesdays, 7:30PM-9:15PM

Career Forum

c/o Somerset Hills YMCA
140 Mt. Airy Rd., Basking Ridge, NJ 07920
(908) 766-7898
Tuesdays, 7:30PM-9:30PM

Career Networking Group

Bernards Twp. Library
32 S. Maple Ave., Basking Ridge, NJ
1st & 3rd Thursdays, 6:30PM
Contact: Rene McGee
[renemcgee@optonline.net]

Job Readiness Program/Displaced Homemakers

513 West Mount Pleasant Ave., Suite 325
Livingston, NJ 07039
(973) 994-4994

Northwest NJ Women's Center

Centenary College, Career Counseling Center
400 Jefferson St., Hackettstown, NJ 07840
(908) 852-9365

Women's Center Job Club/Displaced Homemakers

County College of Morris
214 Center Grove Rd., Randolph, NJ 07869
(973) 328-5025

Employment & Training Services*

30 Schuyler Place, 3rd Floor, Morristown, NJ 07963
(973) 285-6880

Career Beacon meets alternate Fridays, 9AM-1PM.

NJ Dept. of Labor 107 Bassett Hwy., Dover, NJ 07801
(973) 361-9050

Both locations offer:

- Resume writing
- Career testing
- Dislocated worker services
- On-the-Job training
- Training assistance
- Welfare-to-work
- Re-employment insurance

* Resume writing assistance available (free)

Careers in Transition

Christ Church 66 Highland Ave., Short Hills, NJ
1st & 3rd Saturdays, 8:30-11AM
contact: Glenn Resnicoff
[gresnicoff@comcast.com]

Jewish Vocational Service of Metrowest

901 Rte. 10 [eastbound], Whippany, NJ 07981
(973) 674-6330
Free job placement services for individuals with
disabilities; other services require membership.

The Professional Women's Center

41 Watchung Plaza # 331
Montclair, NJ 07042
973-748-5100
Janet Neal, Director

Rockaway Township Library Career Seminars

To register, call the library at 973-627-2344 or email rockawaytwplibrary@rtllibrary.org

College of St. Elizabeth in Madison

Career Tune up Workshops Offered
To register, contact CSE Director of Career Services Teri Corso at (973) 290-4266 or e-mail tcorso@cse.edu.

Centenary College

Will offer a free career management series for the unemployed.
300 Littleton Road, Parsippany, N.J. (877) 437-3746, ext. 5112.

MIS Network Associates, Inc. is an organization of Information Technology professionals actively seeking employment. Information on job opportunities is exchanged at weekly meetings at 6:00 p.m. on the first three Tuesdays of each month at the Parish Center at Mt. Carmel R.C. Church in Ridgewood, New Jersey Membership. A dinner meeting is held on the fourth Tuesday of each month with a speaker and networking opportunities. Membership is limited to senior IT professionals. Only computer or communications related positions with a commensurate salary are considered.

Job Search Sites

Jersey Jobs Sites

- [NJ Job Exchange](#) (formerly America's Job Bank)
- [NJ One-Stop Job Search](#)
- Job fairs: [NJ calendar](#)
- [Daily Record & Star Ledger](#)
- [NJ Law enforcement & Alternate Route Basic Course](#)
- [NJ Fire fighters \(Entry level application & study guide\)](#)
- [Workforce New Jersey](#) (licensed occupations, career information, labor demand occupations)
- [NJ Training Systems](#) (vocational training, certificate programs)
- [Volunteer Network of NJ](#)

Full service sites

- [Careerbuilder](#)
- [Careers WSJ](#)
- [Craig's List NJ](#)
- [DirectEmployers](#)
- [Indeed.com](#)
- [Monster Jobs](#)
- [NYTimes Job Market](#)
- [Indeed.com](#)
- [Idealist.org](#) (for non profit jobs)
- [NJ.com](#)
- [NewJerseyJobnetwork.com](#)
- [HotJobs](#)
- [Dice.com](#) (for technical jobs)
- [simplyhired.com](#)
- [usajobs.gov](#) (for government jobs)
- [TheLadders.com](#) (for 100k+ jobs)