Navigating Job Loss: A Resource for LSU Faculty and Staff
B-4 Coates Hall • 225-578-1548 • career@lsu.edu • www.lsu.edu/career • Hours: 8 a.m. to 4:30 p.m.

Career Services is a full-service career-planning center that can help you identify a career path that fits your skills, abilities, knowledge and interests and develop lifelong job search skills, including skills in finding and applying for open positions. We offer one-on-one strategy sessions, mock interviews and career decision-making counseling, and we can assist as you prepare application materials for positions of interest.

-Mary Feduccia, Ph.D. / Director

CAREERS2GEAUX is LSU’s electronic source for job postings, on-campus interviews, recruiting events, career-planning workshops and resources, networking, and managing the job search. Call, e-mail, or stop by to request your unique password.

CAREER INFORMATION The Career Information Center has books on career choices and the job search that can be used in-house or checked out for 7 days. The CIC includes two computers available for Internet research, résumé writing, etc. Visit www.lsu.edu/career and click Google Bookshelf to browse titles. Electronic occupational information, a career blog, videos, and other multimedia resources are also on our Web site.

CAREER ASSESSMENTS are available for a $25 fee. The Strong Interest Inventory assesses interests and values; the Myers-Briggs Personality Type Indicator assesses personality; and the Career Opportunities Preference System assesses interests, abilities, and values. Free assessments include the U.S. Department of Labor’s O*NET (www.onetcenter.org) and a free personality assessment available at www.humanmetrics.com.

JOB FAIRS AND OTHER CAREER-RELATED EVENTS are held throughout the year (www.lsu.edu/career/events).


JOB SEARCH HANDBOOK Visit http://bit.ly/lsufindajob to access this resource, packed with excellent information on making a good career decision, navigating the job search, résumé writing, interview skills, and exploring graduate and professional school.

10 TIPS FOR SURVIVING JOB LOSS
1. Cope. You are not alone, and your job loss likely has little or nothing to do with job performance. It is normal to feel anger, fear and self-doubt after a job loss; you will feel better if you focus on the positive side of finding a new job.
2. Assess yourself. You’ll realize you have a lot to offer in the way of strengths, skills and experience.
3. Assess the job market. Review job listings on Craigslist, indeed.com, and other job boards to put your energy where you are most likely to be successful. If there are no job openings in your field, it is time to consider other options.
4. Plan ahead. If you anticipate a job loss, use your available personal time to think through options. Is this a good time to cut back on expenses or explore additional training? Many times, people report they have already been considering making a career change. Perhaps you can use this time to assess, explore and prepare for a new career.
5. Network. Tap your personal and professional network in fields of interest to learn more about what’s going on in the field. Attend professional, neighborhood, civic or church groups. Use LinkedIn, Facebook and Twitter. Networking is the number one way people find jobs.
6. Create or update your resume. Bring copies of your résumé to all meetings because you never know when an opportunity will pop up.
7. Don’t be fooled. Job seekers are often deceived by job listings that offer excellent pay, benefits and advancement in a field that sounds like you could do it without special training and experience. If it sounds too good to be true it probably is. Do not apply for any job that asks you to pay for training materials or applications. Legitimate companies will usually be willing to train you without fees.
8. Be patient. A good job search is a full-time job! Decide whether you need a job immediately and are willing to take something that is not a good fit, or whether you should search until you find a position aligned with your goals.
9. Take care of yourself. Eat healthy meals, get 7-8 hours of sleep, exercise several days each week, and take time to relax and play. You will look and feel better and will be more focused, energized and emotionally balanced—making you better able to handle interviews and the job search.