

# Staying motivated during your job search

By David P. Helfand, Ed.D., LCPC, NCCC, Coordinator of Career Counseling, NEIU, Special to Gannett

If you, or someone close to you, are in the midst of a job search, you have probably found that this already challenging task has become even more difficult in the current job market.

It's only natural to get a bit down when satisfying employment is so hard to attain, but it's important to try to maintain your self-confidence under such trying conditions. Yes, someone else needs to offer you the job, but you have control over your ATTITUDE and often this can be the difference.

With this in mind, take a look at the following suggestions of how to you can stay motivated during your job search. As you review the list, look for areas where you could do more and try to incorporate steps in those directions. And good luck in your quest for meaningful work.

## **A ttempt to build a solid support network.**

Enlisting an army of helpers, starting with your immediate family, can help ride the ups and downs of the job search by serving as a source of support and encouragement, so let others know how they can help.

## **T ake the time to polish both your written & oral presentation.**

A well written resume and a solidly prepared oral presentation helps you maintain confidence and enables you to stay motivated, knowing you're presenting yourself in the most effective manner.

## **T ake control of your time with time management & goal setting techniques.**

Experiencing the power you have within yourself to influence your life in a positive way through the accumulation of successes generated from daily, weekly and monthly goals, grounded in efficient use of time, can be a powerful force in your job search.

## **I dentify a career goal that fits for you.**

A most important first step -- when a career goal is wisely chosen, it serves as a solid base from which to navigate from, better enabling you to ride the ups and downs of the job search and stay the course with the confidence that you're on the right track.

## **T ry to be involved -- participate whenever possible!**

You can create your own success. By taking an attitude/posture of involvement and participation, on the job and off, you can influence and help bring about your own success through the accomplishments that naturally follow and the contacts you make.

## **U tilize the most effective job search approach: Networking.**

Building mutually beneficial relationships with others can help you stay connected and motivated, as well as often leading to potential employment opportunities.

## **D iet -- Keep yours healthy.**

By maintaining a proper, healthy diet, you can help yourself physically in dealing with the stress that may accompany a job search, thus allowing a better ability to cope.

## **E xercise -- experience this natural high and re-energize yourself.**

Regular exercise is a powerful weapon in dealing with stress, helping you both physically and mentally stay the course during a difficult job search, as well as presenting the best possible image to potential employers.

*David P. Helfand is the Coordinator of Career Counseling in the Counseling Office at Northeastern Illinois University in Chicago. He is the author of "Career Change: Everything You Need to Know to Meet New Challenges and Take Control of Your Career," 2nd Ed., McGraw-Hill, 1999.*

Copyright 2003 Gannett Co., Inc. All rights reserved. The information contained in this article may not be published, broadcast or otherwise distributed without prior written authority.