



## **Stay Positive During Your Job Hunt**

Searching for a job can be a daunting and sometimes painful process. It involves diligent updating of materials, repetitive application procedures, and sometimes, unfortunately, rejection. After all of that, it can be easy to feel down and in a rut. If you find yourself getting bummed out about your job search, try some of these tips.

### **Step Away from the Computer**

Let your fatigued mind rest, and do something you enjoy to take your mind off the hunt. Exercise. Prepare a meal. Volunteer. Do some gardening. Whatever makes you feel good and gets you jazzed up and ready to go again.

### **Network**

Networking gets you out of the house, and it has the added bonus of potentially meeting people who could connect you with a job. Reflecting on your strengths and skills as you talk to real people can also help reinvent how you're selling yourself on paper.

### **Talk It Out**

Find someone to talk through your resume and cover letter with. (May we suggest the Career Action Center?) Working through ideas out loud will help you solidify thoughts, and a fresh set of eyes on your materials will never hurt.

### **Celebrate All Successes**

If you landed an interview but didn't ultimately get the job, that still means your application materials were on point. Get excited that all the hours spent putting your cover letter and resume together got you to the next round!

Likewise, if you set a goal to submit five applications this week, and you reached your goal, it's time to take a little break to celebrate all you've accomplished!

### **Create Positive Reminders**

Use sticky notes, phone reminders, lipstick on a mirror - whatever is going to grab your attention - and inundate yourself with positive vibes. Try inspirational quotes, short-term goals, or pictures of people you aspire to be like.

If you would like someone to help look over your materials, or if you just need someone to chat with about your job hunt experience, please visit us in the Career Action Center. We're here for you.

Career Action Center

Resource Room: Mountlake Terrace Hall 138 | Open M-Th, 9-4; F, 9-3

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