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Career Builder: Using Job Boards For More Than Jobs

By Alesia Benedict, CPRW, JCTC

If you are like most job seekers, you have registered your resume on the major online job boards

such as Career Builder, Monster, TheLadders.com, Headhunter, etc. But are you aware of the plethora of good information and job search tools that are available on these sites in addition to job listings?

Take CareerBuilder.com for example. The main navigation pages at Career Builder are "Home", "Find Jobs", "Post Resumes", "Job Alerts", "My Career Builder", "Advice and Resources", and "Career Fairs". Most online job hunters typically will use the Find Jobs and Post Resumes pages. About half might sign up for Job Alerts. Career Builder offers two sections that could be the most valuable sections to job seekers but not all visitors will read them. Those sections on Career Builder are "Advice and Resources" and "Career Fairs".

Of particular interest on CareerBuilder.com is the "Advice and Resources" section. In this section, Career Builder has ten different sections on various subjects from continuing education to resume services to financial advice. At the top of the page, Career Builder highlights four articles of special interest to job seekers. These articles rotate on a regular basis so the visitor should check back often to see new articles and to read past articles that are listed in their appropriate headings by Career Builder.

At the very bottom of the Career Builder Advice page, there are seven different sections that are collections of articles on job hunting, business opportunities, and education that have been written by experts. In the career advice section at the bottom of the page, there is an option to watch various videos of career experts talking about different aspects of job search. This option also appears on Career Builders' home page. This is a new feature by Career Builder that actually allows the job seeker to watch a short instructional video on various topics.

All total, Career Builder.com has more than 200 articles covering various job search and employment topics on these pages. Career Builder has built a wonderful resource area of which many job seekers do not take advantage. The next time you visit the site, read more than just the job listings. Take time to read the excellent information that Career Builder has gathered in one place for your benefit!

Published in 25 career books, Alesia has been cited by Jist Publications as one of the "best resume writers in North America" and quoted as a Career Expert in the Wall Street Journal. Serving as the Resume Expert for over 50+ organizations, she has numerous media appearances to her credit and is a frequent keynote speaker.

<http://getinterviews.com>

When Your Career Becomes Very Stressful

By Stan Popovich

What do you do when the career you have chosen stresses you out? When this happens, it is easy to get depressed since your career is very important. As a result, here are some suggestions on how to deal with your career anxieties.

Determine why your career makes you stressed out. Maybe its some aspect of your career that makes you anxious or maybe you need a new job. Do some soul searching and determine the main causes of your career anxieties. Once you know why you are stressed, then develop a plan of action.

Maybe it is not your career that is stressful, but instead your job that is the problem. If it is your job that makes you anxious then try to find ways to improve the situation. If this doesn't work then change jobs.

Sometimes it may be the career itself that is the problem. Do not be afraid to change careers if you have to. People nowadays change careers for various reasons. Many adults go back to school to get the necessary training for their new career. The important thing is to determine which career best suits you.

Remember you have options. There are all kinds of jobs and careers out there so do not feel that your back is in the corner. If you do not know what to do, then take a career skills assessment test which will determine what kind of job or career best suits your particular interests and skill sets.

There are many career coaches that can give you additional advice. Your local college has career counselors that can give you much assistance and provide you with information on a variety of careers.

It is important to find a job or career that makes you feel good about yourself. Do not just take a job because the money is good or because it will impress your friends. You're the one who has to go to work everyday, so find something that you like to do and also will pay the bills. It will take some work, but eventually you will find something.

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to:

<http://www.managingfear.com>



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