

1/17/2022

## MAINE DEPARTMENT OF LABOR

# **The MaineLinks**

#### What to Know!

Talking Résumés Here! 1, 2, 3, 5 - How many pages should a <u>résumé</u> be? <u>Your experience</u> answers this question in most cases; but there are exceptions:

<u>1-page résumé</u> – best for a <u>first job</u> or job you have little <u>experience</u> doing. Some say 10-years' experience can still fit on one page. <u>2-page résumé</u> – if you have over <u>10-years' experience</u>, your allowed to use a two-page résumé. Congrats on your career!

<u>3-pages</u> is normally use with <u>a curriculum vitae</u>; could be more or less. Those in academia, scientific research, and/or medical fields use a CV. <u>5-pages? Really?! Federal</u> and some <u>state jobs</u> require information <u>"TARGETED"</u> towards the job description with work experience from today all the way back to high school. More is best in this case, but please <u>don't add fluff!</u> Don't have anything to add, use <u>Customer</u> <u>Service skills</u> you learned, they relate to everything!

<u>The Digital Maine Library</u> provides every <u>resident of Maine</u> with access to <u>online resources</u> that include a collection of full text articles and abstracts from magazines, newspapers, journals, and reference. It also provides the ability to use <u>online learning tools</u>.

Youth employment programs offer opportunities to help young people, especially disadvantaged youth, gain the financial knowledge, skills, and access to resources necessary to effectively manage finances through adulthood. Maine Laws for Employment of Minors.

Why do you want to <u>research a company</u>? <u>Researching a company</u> <u>can help you with</u> several parts of job search;

- Resume & Cover Letter <u>Research</u> helps you gain a perspective of what the <u>company culture</u> is like and allows you to better <u>tailor</u> <u>your resume</u> and cover letter to the job description and the company itself
- Interview if you're asked to interview, digging deeper into a company will: demonstrates your interest in the job, provide insight about the company's culture, mission and values, help you to better align yourself to the company, and provide insight for you to craft meaningful questions.
- Most importantly, research will allow you to determine if the <u>company is the right fit for you</u> and can help you determine if what you see is what you're going to get.

#### January is:

National Blood Donor Month: Turn your day around by giving blood this January. With the start of a new year, you, your friends, and family can make a big difference by <u>pledging to give blood</u> twice in 2022 to help save lives and in the process — you can turn your day around through this simple, essential, and lifesaving act.

#### Notable Quote:

"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves."- Bill Vaughn.



### Training Talk!

Credentials vs Certifications

<u>A credential</u> is issued by a third party with authoritative power, and is proof of an <u>individual's qualification or competence</u> in a given subject; the credential holder must submit to <u>continuing education</u> in order to renew said credential.

<u>A certificate program</u> is a program of education that results in a certificate of completion rather than an <u>educational degree</u>. <u>Certificate programs</u> educate individuals about one particular aspect of their field and <u>supplement</u> an individual's prior education; they are often part of an individual's credentialed program.

Check this out! Earn While you Learn Statewide Healthcare Training

#### Happening Over the Next TWO Weeks!

Hiring Events: (Click on "Hiring Events" link for full list)

• If looking for a job geared toward your interests or needs, <u>contact</u> <u>the CareerCenter</u> & they will help you make that <u>employer</u> <u>connection</u>.

Workshops: (click on the "Workshop" link for more)

- <u>Creating & Navigating Your Maine JobLink Account</u> Wednesdays
- <u>Preparing for Your Virtual Interview</u> Wednesdays
- Job Readiness-Preparing to Apply for a New Job Thursdays
- Maine's Employment & Training Program Info Session 1/18
- Navigating Hiring Process Individuals w/a Criminal History 1/25
- Maine CareerCenter Journey: Where Do I Start? 1/26

#### **Federal Workshops**

- Writing Your Federal Resume 1/19
- Interviewing for Federal Jobs 1/26
- And MORE!

### Workforce Training:

- Essentials of College Planning
- FREE Digital Literacy / Computer Classes
- Job Corps offers FREE Training for jobseekers ages 16 24
  Loring Job Corps Center Penobscot Job Corps Center
- <u>New Ventures Maine Job & Business Classes</u>
- <u>SCORE's Small Business Training Workshops</u>
- Small Business Development Center Learning Portal

Did you miss the <u>last newsletter</u>? Ensure you subscribe for more updates from the <u>Maine Department of Labor</u>.

The Maine Department of Labor provides equal opportunity in employment and programs. Auxiliary aids and services are available to people with disabilities upon request.