



## YOUR JOB SEARCH

The following statements are generated from your Component Usual, Component Need and Component Stress scores. Carefully read each statement and check the ones that are most significant to you. Remember, a statement appears because it may be significant for you, not because it is significant. Only you can decide which statements are most relevant to you.

### SECTION 1: Approaching your job search

- Directly ask those you know for networking contacts
- Use your organizing approach and follow a structured plan as you pursue your job search
- Ideally, find a job that allows you to be competitive and to be paid on results
- If possible, actively start your job search as soon as you can
- You will feel you are achieving most if you pursue several different lines of inquiry at the same time

### SECTION 2: When the job search becomes stressful

- Under pressure, you can be a little too terse
- You are tempted to withdraw or hide when things get tough
- You have a tendency to focus too much on what the job pays and not enough on things like work conditions
- You can find it hard to sit still and concentrate on what you committed to do, because it is easier to keep trying something new

### SECTION 3: Finding and developing a support group and/or process

- Seek the support of friends who will be direct and straightforward with you
- One or two close supporters are more beneficial to you than a group of more casual friends
- Stay away from distractions