



NH Employment Security (NHES) can help you with career planning. Resource Centers located in each of our 13 offices have job search services, tools and resources available for you to use for free. These include use of PCs with software for career exploration and planning, Internet access and information about career planning in hard copy.

Career planning involves assessment of aptitudes, interests, skills, and research of jobs projected for the future. In addition, you'll want to know what schools and programs offer training for your chosen career. O*Net is a program for career exploration available in our Resource Centers that will help you do this.

You can also get information on financial assistance and tuition costs.

Our Economic and Labor Market Information Bureau provides this kind of information through the New Hampshire Career Resource Network. Career planning information, occupation and industry profiles, apprenticeship information, occupational employment and wage information, information about licensed, certified, and registered occupations and occupational projections are available online at www.nhes.state.nh.us/elmi/nhcrn. Much of the information is also available in print and can be ordered by calling 228-4124. In addition, our on-line economic and labor market

Need A Personal ^{Free!} Career Planner?

We can help you ON-Line or IN-Person!

information data system, *NHnetwork*, offers data on occupations (job duties, wages, job outlook, employing industries, required training and education, and licensing), geographic area profiles, industry outlooks, schools offering specific courses, and employer information including address, telephone number, contact person, industry, and size of firm. All of this information is just what you need for career exploration and planning.

Internet access is available in the Resource Centers to visit job and employment related sites. Information on these sites includes the kinds of jobs currently open, the skills and education required, and the pay. If you have Internet access at home, visit us at www.nhes.state.nh.us. Our Web site is a virtual Resource Center! We link to

over 150 job-related sites, including the publications and information mentioned above. In addition, you'll find an on-line Job Match System on our home page where you can take a tour of current openings across the State, enter your resume application information for employer viewing and apply to openings through e-mail.

Most of our offices offer free Job Search Workshops at least once a month and many also include workshops about Interviewing, Resume Writing, and other related topics. If you'd like to talk to an Employment Counselor for assistance in career exploration through interest inventories, aptitude testing, and assessment, please call the nearest NHES office for an appointment.

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Quick Tips

Career Planning

Evaluate your career goals and how they fit in with your life goals. Assess your personal career desires, financial needs, and geographic location requirements.

Life Goals - What are yours? What matters most to you?

Career Goals - Important because today's worker can expect to change careers several times in their lifetime.

Things to consider in incorporating your career plan into your lifestyle:

Core Expertise - What are you good at?

Personal Desires - Make sure you have balance between work, family, and friends.

Financial Needs - Know what they are for now and the future.

Health - Important to consider in weighing suitable opportunities.

Geography - Where do you want to live?

Adapted from: www.state.in.us/dwd/career_planning1.shtm