

# Career Advice

## Amidst Covid-19

May 1, 2020

Vol. 2



## Career Action Steps You DO Control

### CURRENT HIRING RESOURCES

- Focus on Who is Hiring:**
  - Essential businesses: [Healthcare](#)
  - CDC Foundation [Career Center](#)
  - [US Digital Response](#)
  - MA Health Professional [Volunteers for Covid-19](#)
  - Partners In Health [various positions](#)
  - The Medical Reserve Corps ([MRC](#))
  - [Idealist](#)
  - Generations helping Generations [Caring Calls](#)
  - [GMA](#) list of remote volunteer opportunities
  - Boston Cares [Covid-19](#)
  - Catholic Charities [Volunteer Opportunities](#)
  - UMass database [Handshake](#)
  - [SPHHS Career](#), Internships & Volunteer opportunities
- [The Washington Center](#) has the following resources
  - Graduating in the age of Covid-19
  - Finding a job
  - Remote Work
  - Managing Your Career in Times of Uncertainty
- Create your own Internship
  - [Volunteer Match](#) has remote and Covid-19 specific opportunities to help
- Try a Micro-credit or Gig Internship
  - <https://www.parkerdewey.com/career-launchers>
- Freelance Jobs
  - <https://solidgigs.com/>
  - [Flexjobs](#)
- See Vol. 1 for additional websites

### COPING STRATEGIES

- Keep a journal of your everyday experience. This is a unique time, so writing about your thoughts and feelings may help [Isolation Journal](#)
- Check in on family, neighbors, friends; keep up those [acts of kindness](#) as much as social distancing allows
- Become a resource for others. What skills, knowledge experiences can you share with your family/friends based on what you have learned in your classes?
  - Blog, FB post, Instagram, TikTok, home school
- Time to take up that hobby –gardening, exercising, podcasts, audibles, reading, foster a pet, knitting etc.
- Evaluate your passions, priorities, plans
- Research entrepreneurial endeavors – how to start your own business
- Gain inspiration from others; TED Talks & Podcasts
  - Angela Lee Duckworth TED Talk: [Grit: The Power of Passion and Perseverance](#)
  - Dr. Brené Brown [Unlocking Us](#) podcast
  - Neil Pasricha TED Talk: [If You Are Feeling Sad, The Three "A's" of Awesome](#)
  - Bel Pesce TED Talk: [5 Ways To Kill Your Dream](#)
  - Sarah Lewis TED Talk: [Embrace The Near Win](#)
  - Alison Corcoran, Senior Advisor to the CEO at DentaQuest, shares her career journey [Podcast](#)
  - Margaret Heffernan TED Talk: [Dare to Disagree](#)
  - Larry Smith TED Talk: [Why You Will Fail To Have A Great Career](#)
  - Robert Waldinger TED Talk: [What Makes A Good Life Lesson From The Longest Study On Happiness](#)
  - Ron Finley TED Talk: [If You're Feeling Like a Corporate Drone: A Guerilla Gardener in South Central LA](#)
  - [The Career Leadership Collective](#), variety of recordings by career professionals on various topics