

# Career Advice

Amidst Covid-19

April 2, 2020

Vol. 1



## Career Action Steps You DO Control

### RESOURCES & ADVICE

- [SPHHS Office of Career Planning](#) is fully operational and our website includes a wealth of career resources and materials
- [Make advising appointments with staff](#)
- Utilize the [Career Ambassadors](#) (until 5/1/20) for:
  - [Resume](#) reviews
  - [Cover letters](#) feedback
  - [Personal Statements](#) guidance
- Look for upcoming open Zoom career chats
- Do a deep dive into your desires, values, skills, personality by using these [Self-Assessment Tools](#)
- Re-connect with your career goals, how can plans be modified or adapted

### CAREER OUTREACH

- Utilize traditional and non-traditional [Job Search Methods and Strategies](#)
- Attend [virtual job fairs](#). Search for specific fairs in your field of interest like "healthcare"
  - Preparing for a [Virtual Career Fair](#)
- Conduct [Informational Interviews](#) with:
  - UMass [Alumni Network](#)
  - Family, friends, acquaintances, influencers
  - Follow-up on any contacts from past career fairs held on campus
  - [LinkedIn](#) UMass Alumni
  - Guidance on building a strong [LinkedIn profile](#)
- Use [YouTube](#) as a career search engine
- Explore [CandidCareer](#) videos on a variety of topics
- Join a professional association while you can still get student rate membership ([APHA](#) for example)
- Join UMass [Affinity Alumni Networks](#)
- Familiarize yourself with [Salary information and Benefit packages](#)
- Track communication with employers/organizations that you conduct research and outreach with

### INTERVIEW PREP

- Practice video interviewing with various platforms ([Skype](#), [Zoom](#), [The Big Interview](#) etc.)
  - Video interviewing [advice](#)
  - Overall interviewing advice [handout](#)
- Practice [phone interviewing](#) and using [conference calling](#) services
- Ready yourself with responding to [potential interview questions](#)
  - How did you use your shelter at home time to expand your skill set or knowledge?
  - What challenges did you face during Covid-19 and how did you overcome them?
  - How do you handle adversity and maintain focus?
- Generate your [list of questions for them](#)
- Know your top 10 skills and 3 weaknesses
- Establish 3 potential interview outfits
- Practice your [elevator /bumper sticker pitch](#)
- Practice public speaking, record it, and review it

### CURRENT HIRING RESOURCES

- Virtual Internships
  - [Internships.com](#)
  - [Virtual Internships](#)
  - [Indeed.com virtual HealthCare Flex jobs](#)
- [Candor.com](#) hiring and freezes
- Collen George's [hiring list](#)
- [Twitter Hiring](#)
- Cultivated Culture [Job Market Insights](#)

### KEEP SHARP / GAIN KNOWLEDGE

- Learn or improve another language
- Enhance your writing skills (blogs, posts, literature reviews, grant writing)
- Read professional and scholarly journals
- Research entrepreneurial endeavors – how to start your own business
- Do additional research on topics of interest