Remaining Marketable While Unemployed

[Advice from an Educated and Creative Stay-At-Home-Mom]

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B.A. 2001 - EPS Geology
UC Berkeley EPS Alumni Forum
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Life will happen to you.
Be READY, willing and able.
Be positive.
Be flexible.
Make your path your own.
MY

backpacked Europe

graduated high school 1992 & managed a costume shop

us air force avionics technician

CAD designer sold kitchens and bathrooms

University of maryland core requirements EMT training

Lawrence Berkeley National Laboratory: Chemistry Internship 1999

EPS GEOLOGY! Going to Berkeley!

high school earth science teacher - virginia 2002-2005

got married 2003

2007 alumni presentation on K-12 science education

COMMUNITY SERVICE

random kindness

RECOGNIZING NEEDS

Co-op gardening

VOLUNTEERING

Fundraising

SAHM: couch or community? Moms Club of Wilsonville, Oregon

2001 B.A. geology

accepting to M.S. program at UC Berkeley 2001

September 11, 2001

Shenandoah University

NO M.S.

NO

Moms club of Wilsonville, Oregon

Had babies fell in love again and again!

CIRCUITOUS

MAPPED POLETA FOLDS - IN THE NUDE

back to school - Contra Costa College Center for Science Excellence

Met Jeff, fell in love

Earned advanced scuba diving certifications on Guam - 2000

Had Babies Fell in LOVE AGAIN and AGAIN!

random kindness recognizing needs

2007 Alumni Presentation on K-12 science education

WITCHER 12

US Air Force Avionics technician

Chief Examiner NRE

Aviation and Electronic Schools of America (AESA): Instructor
THE CHOICE

Who am I?

THE POTENTIAL
- UNEMPLOYED?
- UNMOTIVATED?
- UNEMPLOYABLE?
- DISSATISFIED?
- ENTITLED?

THE DECISION
- VOLUNTEERING
- MOTIVATED
- DEVELOPING SKILLS
- ENJOYING LIFE
- INVOLVED
- BETTERING THE COMMUNITY
- CREATING MY PATH

Who I am.
Brainstorming Marketability

- Education
- Experience
- Knowledge
- Aptitude
- Communication
- Appearance
- Mad Skills
Demonstrating Marketability
Don’t sell yourself short.

- Resume
  - First impression
  - Personal cover letter
  - Written communication
  - Key factors – incorporate job description
  - Create talking points and interest for interview

- Interview
  - Bring folder or binder of transcripts, letters of recommendation and appreciation, awards, licenses, etc.
  - Make eye contact, engage your interviewer, smile, relax.
  - Review conversational talking points as well as specific trade talk. Know the company, know the job.
Maintaining the Resume

- When you are unemployed – DON’T STOP WORKING.
- Membership, Licenses, Certifications, Clubs
- Volunteer!
- Community awareness and community service
- Maintain recent and relevant examples of how you are keeping sharp, engaged and active.
Memberships and Licenses

- **American Geosciences Institute**: AGI is a federation of geoscience societies
  - American Institute of Professional Geologists: [www.aipg.org](http://www.aipg.org/licensure/stateregboards.htm)
- **The Geological Society of America**: [www.geosociety.org](http://www.geosociety.org)
- **National Association of Geoscience Teachers**: [www.nagt.org](http://www.nagt.org)
- **National Science Teachers Association**: [www.nsta.org](http://www.nsta.org)
- **PUBLICATIONS!**
Certifications and Clubs

- Community First Aid and CPR:
  [http://www.redcross.org/take-a-class](http://www.redcross.org/take-a-class)

- Local clubs, societies
  - Can’t find one? Unlikely, but you can always start one.
    - Roadside Geology Club of [your hometown name here].
    - [Your name here]’s stargazer club.
    - [www.meetup.com](http://www.meetup.com) low yearly fee to start your networking club.

- PUBLICATIONS!
VOLUNTEER!

- Non-Profits
- Parks
- Clubs, Associations
- Community gardens
- Community cleanup
- Tutor
- Mentor
- Intern
Community Awareness

• Networking
  – Social media: Linked In, Google Circles, Facebook
  – Volunteering

• Build communication skills

• Be conscious of needs that arise within the community and be ready to help meet them
Community Service

- Fundraisers for families in need
- Food and essential non-food item drives for your local food bank
- Community cleanup events
- Library events
- Local charities
Real Case Study Examples

- Sandra
  - Held a ~4 hour a week job as a bookkeeper at a local restaurant
  - Was trained as an accountant then stayed home for 5 years
  - Was a board member and treasurer for the MOMS Club of Wilsonville, OR & put it on the resume
  - Is currently gainfully employed and supporting herself and her child
Real Case Study Examples

- Angie
  - Worked in direct sales for the Pampered Chef while home for 7 years
  - Was a board member and treasurer for the MOMS Club of Wilsonville, OR & put it on the resume
  - Volunteered at her children’s school and learned of a job opening (networking)
  - Is currently employed at the school as a technical assistant and computer literacy teacher
Real Case Study Examples

- Jenn
  - Has a masters degree in school psychology
  - She worked in her field for 4 years
  - She stayed home for 9 years
  - Volunteered at her children’s school and in the MOMS Club and served on the board
  - She thought outside the box when getting back into her profession
  - Is currently employed at a private practice
Real Case Study Examples

- **Hanna**
  - Is a trained aesthetician
  - Worked from home and part time in spas for 18 years
  - Went back to school, is in a master’s program at George Fox earning her degree in marriage, couple and family counseling
  - Uses in-home spa treatments to help supplement her student loan income
  - Networked through the MOMS Club to expand her client base
Real Case Study Examples

Wendy

- Is a trained hair stylist
- Started a mobile haircutting business while at home for 6 years
- Went back to work in a salon and is putting her teenager through college
- Networked through the MOMS Club to expand her client base
Interview Strategies

• Put yourself in the interviewers shoes.
  – What do they need from you? Have you studied the company, the job, your resume?

• Display confident body language.
  – Shake hands, make eye contact, sit up straight, smile, don’t fidget.

• Be sincere.
  – Don’t drop F-bombs, wear flip-flops or patchouli, but still try to be yourself.
  – Be honest and engaging about how you have used your time (while unemployed) wisely.
The Four Communication Skills

- Thinking
- Listening
- Speaking
- Nonverbal
Interview Practice

- Think of networking as practice. If you are at a seminar/meeting/potluck with people who could give you a job, practice interview strategies!
- You know all the basics – prepare, sleep, set out clothes, etc.
- But none of that really matters if you are not confident, engaging and purposeful.
CONFIDENCE

If crap like this can be published, inspire a hit movie series, and become a teen phenomenon, your crap can, too.
Use Resources Available to You

- [http://eps.berkeley.edu/undergraduate/opportunities.php](http://eps.berkeley.edu/undergraduate/opportunities.php)

- Link to internships pages:
  - UC Berkeley Career Center (Internships page)
  - National Science Foundation (NSF) ~ REU Programs

THE CAREER CENTER

The Career Center prepares undergraduates, graduate students, and alumni to make informed decisions about their futures by providing comprehensive resources, programs, and counseling on career development, internships, employment, and graduate school.
Graduate Work...

- If in doubt – go back to school.
- Take a class, get a certification, show initiative.
- Nothing delays getting a job like earning a PhD!