

Exhibit 2- Resources

This course presents some important things to consider when contemplating a career change. Please take advantage of the following sources for additional help and information.

- For more information about planning and making this change, visit your local library or career center.
- To find a career center near you, go to www.servicelocator.org; call toll free, 1 (877) US2-JOBS (872-5627) or TTY 1 (877) 889-5627; or e-mail info@careeronestop.org. The Web site also has links to career exploration tools and other job-related resources.
- Career changers can find information on hundreds of occupations in the Occupational Outlook Handbook. Along with details about the nature of the work, the Handbook provides training requirements, job outlook, working conditions, earnings, and employment. It is available in libraries, career centers, and online at www.bls.gov/ooh.
- For wage and employment statistics for more than 800 occupations by industry and geographic area, visit the Occupational Employment Statistics Web site at www.bls.gov/oes.
- *The Occupational Outlook Quarterly* publishes articles related to career research, many of which are relevant for career changers. "Employment matchmakers: Pairing people and work," online at www.bls.gov/ooq/2007/winter/art03.pdf, profiles professionals who specialize in matching workers with employers. "Getting back to work: Returning to the labor force after an absence," online at www.bls.gov/ooq/2004/winter/art03.pdf, provides tips for relaunching a career—tips that may also help those changing careers. And guidance on writing effective job applications is provided in the recently updated "Résumés, applications, and cover letters" article, available elsewhere in this issue of the Quarterly.
- Other sources available online from the U.S. Department of Labor. CareerOneStop, online at www.careeronestop.org, is a collection of resources for career planners and jobseekers. In addition to occupational information, this site directs users to education and training programs, as well as sources of scholarships and other financial aid. The Web site also provides information on job openings and improving job search skills, such as resume writing and interviewing.
- The Occupational Information Network, or O*NET, database, online at www.onetcenter.org, provides detailed information about occupations and their attributes. The site includes interactive self-assessment tools for matching your work values, skills, and interests with specific occupations.
- A joint effort between the U.S. Departments of Labor and Education offers online resources for unemployed jobseekers. The Web site, www.opportunity.gov, has career search tools, training opportunity resources, financial aid information, and FAQ pages, along with links to the Departments of Labor and Education Web sites.

- State and local governments are another valuable source of career guidance, and they can help you in your self-assessment. Community-based financial literacy programs can help you evaluate your personal finances. And fee-based career counselors can guide you through the entire career change process. Information on finding a career counselor in your area is available on the Web site of the National Career Development Association at www.ncda.org.
- For personal and professional support, networking is one of the keys to successfully changing careers. Colleagues, peers, and mentors are important sources of advice, job leads, training information, and other guidance. Your network should include people working in your prospective career, and you can meet these people by contacting or, if possible, joining professional associations for the occupation. Another way to expand your network is by contacting people from alumni associations for institutions you may have attended who are working in the field you wish to enter.
- It is also important to consider what career counselor Román refers to as a “personal support system.” Career change is often a dramatic life change, and its success can depend on the support of your family and friends, as well as your community.