

WE ARE YOUR DOL

NEW YORK STATE

Department of Labor

EMPLOYMENT COUNSELING

Employment Counselors provide career counseling, employment planning, and professional development opportunities to individuals seeking new employment, career changes, or job advancement.

EMPLOYMENT COUNSELING SERVICES

CAREER EXPLORATION

Employment Counselors have information on employment trends and changes in the labor market. We can help plan your future career by providing professional assessments and career exploration opportunities. These no-cost services are available through virtual and in-person appointments and workshops.

EMPLOYMENT CHALLENGES

What is slowing down your job search? Are you feeling stuck? Do you have a disability or medical limitation? Are you having a difficult time coping with job loss? Do you feel like your age is getting in the way? Are you struggling with other challenges that impact your ability to find work? Employment Counselors specialize in assisting with these challenges.

ADVANCED RESUME REVIEW AND DEVELOPMENT

A quality resume will help you market your skills. Employment Counselors will create resumes from scratch or help to refine your current resume. We can also teach you how to tailor your resume for each application and write an effective cover letter.

INTERVIEWING TECHNIQUES

Interview preparation is an important part of finding employment. Our Counselors will prepare you for both in-person and virtual meetings by sharing example questions and hosting mock interviews.

TRANSFERABLE SKILLS

Recognize your key transferable skills and explore how to generate new skills through our programs. Employment Counselors have strategies for a more focused job search including ways to market your transferable skills in your resume.

NETWORKING

Learn skills to build and leverage your network. Discover best practices for networking in today's workforce. Looking for guidance about your LinkedIn profile and other social network platforms? Just ask us!

ENHANCE YOUR JOB SEARCH SKILLS

Are you interested in learning how to search for work? An Employment Counselor can help you establish a social media presence, target companies, locate the hidden job market, and advertise your skills to employers.

PATHWAYS TO TRAINING

Looking to be retrained, learn a new skill, or upgrade your existing skills? An Employment Counselor will help you explore a diverse range of training options such as apprenticeships, on-the-job training opportunities, and online or classroom trainings.

JUSTICE INVOLVED BARRIERS / RE-ENTRY SPECIALISTS

If you have a history of justice involvement, make sure you know your rights and limitations as a job seeker. Re-entry specialists will provide information on Federal Bonding, obtaining RAP sheets and Certificates of Relief, sealing criminal records, obtaining tax credits, preparing conviction speeches, and other specialized resources. Employment Counselors can also provide information on programs to support with overcoming challenges and reaching your goals.

Contact your local Career Center today for an appointment. Referrals are also accepted from outside agencies.