

## POSITIVE JOB SEARCH ATTITUDE FOR WORK SEEKERS

### Attitude

Attitude can be generally defined as a feeling a person has towards something which causes them to react in a particular way. A positive attitude is the foundation of a successful job search.

### Positive Job search attitude

Most companies are hiring based on attitude and hard work not based on qualifications alone, with the hope that they will train you to develop other work related skills .A positive attitude is just as important as your education, skills or experience.

### Negative Job search attitude

Negative attitude towards your job search can be caused by previous disappointments in looking for a job, not being called for interviews, special favours, having no qualifications, no work experience and fear of being rejected again and again. It is important to remember that attitude such as “I will never find a job” will reduce your likelihood of landing a job because if you think you cannot, chances are you probably will not..

Keeping up a positive attitude when looking for a job is possible with the following methods below:

#### 1. Forget about previous disappointments, “Focus on the Now”

Stop focusing on past disappointments. Instead, take it as an opportunity to grow, learn and improve. Focus on the present to avoid causing yourself unnecessary stress during your job search. They might have not called you after that interview but do not let that destruct you from applying for another job. Do not rob yourself of the opportunity to go for another interview. Whilst maintaining a positive attitude during your job search, there will be times when you are discouraged. Keep up your courage, since your success does not depend on present failures. Focus on your hopes and dreams rather than on your fears.

## **2. Believe in yourself**

Once you believe in yourself, you start to create a foundation of future positive actions. Believe that you will find a job that you love and have confidence in yourself. Companies or employers are looking for people who believe in themselves and their skills, people who are genuinely interested to work for them, and who have a positive attitude. The moment you start believing in yourself, it shows on the outside, this positive attitude will attract employers during interviews and once you are hired.

## **3. Believe in your abilities**

Have the can do, will- do attitude. This will increase your chances of getting hired and employers investing in you and your abilities. Having a lazy-do not care attitude will make them hesitant to hire you regardless of your qualifications, skills or experience.

## **4. Do research on the type of job you are interested in**

It is important to get as much information as possible about your field of career interest. This will also assist to know careers you are interested in and build your confidence in your job search. Ask people, who are doing the job for information, job shadowing or experiential learning opportunities. Read throughout about different careers and jobs that are offered. You can also do the Pace Self-Exploration Career Interest Questionnaire at one of the Department of Labour's self-help kiosks. This questionnaire will assist you very well to choose a career field. Once you know which career fields you are interested in, you can read up on career types in the career fields and establish which of the careers you would like to read up on more.

## **5. Learn to handle rejections**

No one said it will be easy, prepare your mind for rejections during your job search and interview. It does not matter how many times you fall, just remember that these rejections will build your character and teach you something new each time. Break away from revising past mistakes, rather build on past experiences to better yourself.

## **6. Stop comparing yourself with others**

Just because others' job search has been successful does not mean yours will not, it is their time and yours will come through too. Comparing yourself with others will not only kill your confidence but will also make you doubt your potential and dreams.

## 7. Surround yourself with positive energy

Attitude, whether positive or negative, is contagious; surround yourself with supportive people who will motivate and inspire you towards achieving your goals. People who will keep encouraging you to apply even when it seems like there is no hope.

## 8. Improve your CV and practice interview skills

Always check your CV and update it to align it to each post you are applying for. "Practice, practice and practice;" do not wait to be called for an interview to prepare. Gather interview questions from the internet and practise answering such questions. Practise on the mirror or ask someone who will be objective to help you practise. This will improve your presentation and verbal communication skills and reduce your fear and anxiety of interviews.

## 9. Get advice from a Career Counsellor

Looking for a job can be frustrating to a point of depression, self-doubt, anger, short temper and to some extent, leading you into bad company and substance abuse. When you reach a stage where you want to give up searching for a job, it is wise to talk to a Career Counsellor in the Labour Centres around your area. Talk to people who can listen and understand your frustrations and advice you accordingly.

Use the following questionnaire template below to check whether your job search attitude is positive or negative by ticking **YES/NO**

	YES	NO
<b>I feel confident and positive about my job search.</b>		
<b>I have identified a career that fits my skills and abilities.</b>		
<b>I am determined that I will find a job.</b>		
<b>When I am not called for an interview, I check where I went wrong and keep applying for another job.</b>		
<b>When I am called for an interview, I prepare thoroughly.</b>		
<b>I pay attention on my mistakes in the job search and do not become discouraged.</b>		
<b>I ask for assistance and advice from a Career Counsellor in the nearby Labour Centre on how I can improve my employability chances.</b>		

<b>I do not become frustrated and give up my hope to find a job opportunity.</b>		
<b>I do not limit myself to looking for a job, but I apply for all other employment opportunities available, e.g. learnerships, internships, volunteering, or starting a business, etc.</b>		
<b>I keep aligning my CV and improving my interview skills to a specific job I applied for.</b>		
<b>I apply a positive attitude and do not relax and wait for somebody to bring me a job opportunity.</b>		
<b>I surround myself with people who always motivate and push me to search for available opportunities.</b>		
<b>I try not to complain and do my utmost about my career future.</b>		
<b>I have learnt to handle rejection and failure.</b>		
<b>I do not compare myself with others and do not feel sorry for myself.</b>		

**Check how many statements you have marked with “Yes.”. The more “Yes” statements you have, the more positive your job search attitude is. If after completing the above questionnaire and you found that that your job search attitude is positive, establish the reasons behind you not being able to secure a job opportunity.**

**And if you found that your questionnaire has many “No” statements in it, you definitely need to seek help from a Career Counsellor.**

*Remember if you want to, ‘you can do it. It all depends on you.*

References

[www.nextsteps.org](http://www.nextsteps.org)

<http://pathemployment.com/how-to-maintain-a-positive-job-search-attitude/>

<http://catherinescareercorner.com/2010/11/26/19-ways-to-maintain-a-positive-attitude-during-job-search-in-2009/>