

Name: _____

Needs of the Unemployed

(Career One-Stop Center)

Types of Need	Definition	What Individuals Actually Need	Do I need this? Y / N	Where can I get this information?	Related Handout(s)
<u>Information</u>	The knowledge needed to know what to do to take the next step	Information about resources to meet physical and emotional needs (See Items 2 and 3 below).		Workshop: • <i>Unemployed and Looking for Answers</i>	This handout Workshop handout
		Job Search Skills (Including coping skills for surviving in a changing world)		<ul style="list-style-type: none"> • Kathleen’s Workshops: “Job Search Tips for Unique Populations” • Counseling Classes • One-Stop Center Resources • Some non-profit career centers 	Rapidly-Changing World
		Career Guidance (including how to change careers and/or identifying why you lack the motivation to do what you need to do.)		<ul style="list-style-type: none"> • Kathleen’s Workshops: • “When Skills are No Longer in Demand” • “How to Get Your Dream Career” • Career Counseling http://www.ncda.org/aws/NCDA/pt/sp/consumer_find • College Career Counselors • One-Stop Center Resources (America’s Job Centers) 	‘Reaching Career Goals’

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		<p>Goal Setting: 1) <i>How to set effective short-term, mid-term, long-term goals</i> 2) <i>Identifying what is stopping you from setting or achieving your goals</i></p>		<p>Workshop: Goal Setting</p> <p>Kathleen’s Workshops: • <i>Decision Making Dilemmas</i> • <i>Managing Conflicting Priorities</i></p>	<p>Handouts: • Reaching Career Goals • TimeLine • Setting Effective Goals • Overcoming Indecision • Discerning Seasons</p>
		<p>Education Guidance: 1) <i>Choosing right programs/ classes</i> 2) <i>Academic Success</i> 3) <i>Financing</i></p>		<ul style="list-style-type: none"> • Kathleen’s Workshops: “<i>Educational Choices You Won’t Regret Later</i>” • Counseling Classes • College Counselors • Financial Aid • One-Stop Center 	<p>Kathleen’s Workshops List</p>
		<p>Meeting Needs: 1) <i>Mortgage/rent</i> 2) <i>Food</i> 3) <i>Utilities</i> 4) <i>Paying bills</i> 5) <i>Family care</i> 6) <i>Medical, etc.</i></p>		<ul style="list-style-type: none"> • Workshops: <i>Meeting Financial Responsibilities Help: Asking, Giving & Receiving</i> • OC One-Stop Partners http://www.oconestop.com/partners.cfm.html • City/County & Other Local Services 	<ul style="list-style-type: none"> • Unemployed Resources • Caregiving Dilemmas

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<u>Resources</u>	Means by which individuals can meet their needs such as housing, medical, food, transportation, paying bills, taking care of families, etc.	Housing <i>(Mortgage/rent, insurance, deposits, moving expenses, place to live/sleep, etc.)</i>		<ul style="list-style-type: none"> • Workshop: <i>Meeting Financial Responsibilities</i> • OC One-Stop Partners http://www.oconestop.com/partners.cfm.html • City/County & Other Local Services 	“Unemployed Resources”
		Utilities <i>(Electric, gas, heat, phone, Internet, water, trash, etc.)</i>		<ul style="list-style-type: none"> • Workshop: <i>Meeting Financial Responsibilities</i> • OC One-Stop Partners http://www.oconestop.com/partners.cfm.html • City/County & Other Local Services • Energy payment assistance programs http://www.dreams-goals.com/Wkshp-Financial.html 	“Unemployed Resources”
		Food <i>(Groceries for household and/or meals)</i>		<ul style="list-style-type: none"> • Workshop: <i>Meeting Financial Responsibilities</i> • OC One-Stop Partners http://www.oconestop.com/partners.cfm.html • City/County & Other Local Services 	“Unemployed Resources”

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		Clothing <i>(Including "interview apparel" and shoes)</i>		<ul style="list-style-type: none"> • Workshop: <i>Meeting Financial Responsibilities</i> • OC One-Stop Partners http://www.oconestop.com/partners.cfm.html • City/County & Other Local Services 	“Unemployed Resources”
		Non-food groceries <i>(Personal care products, cleaning supplies, toilet paper, etc.)</i>		<ul style="list-style-type: none"> • Workshop: <i>Meeting Financial Responsibilities</i> • OC One-Stop Partners http://www.oconestop.com/partners.cfm.html • City/County & Other Local Services 	“Unemployed Resources”
		Other misc. needs <i>(household goods, grooming, and hygiene, haircuts, etc.)</i>		<ul style="list-style-type: none"> • Workshop: <i>Meeting Financial Responsibilities</i> • Golden West College Cosmetology Program: http://www.goldenwestcollege.edu/cosmetology/services.html 	“Unemployed Resources”
		Medical needs <i>(medical care, prescriptions, eye glasses, dental, medical, dental and vision insurance, etc.)</i>		<ul style="list-style-type: none"> • Covered California - http://www.coveredca.com/ • Student Health Center – for students 	“Unemployed Resources”

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		Transportation <i>(car payments, repairs, gas, insurance, public transportation, etc.)</i>		<ul style="list-style-type: none"> • Local colleges that offer auto mechanics programs (Golden West, Cypress, etc.) • Some colleges may offer bus passes for students • OC One-Stop Partners http://www.oconestop.com/partners.cfm.html 	“Unemployed Resources”
		Technology: computer, tablet, cell phone, printing, software, etc. – repair, upgrade, replace or new purchase		<ul style="list-style-type: none"> • Many hardware and software companies offer education discounts for registered students • www.collegebuys.org 	“Unemployed Resources”
		Other misc. bills paid <i>(credit cards, etc.)</i>			“Unemployed Resources”
		Childcare <i>(for job searching and education)</i>		<ul style="list-style-type: none"> • OC One-Stop Partners http://www.oconestop.com/partners.cfm.html • Local college day-care centers 	“Care Giving Dilemmas”
		Eldercare <i>(Caring for aging, dependent parents / relatives and “end of life” issues)</i>		<ul style="list-style-type: none"> • OC One-Stop Partners http://www.oconestop.com/partners.cfm.html • County Office of Aging • 2-1-1 for local resources 	“Unemployed Resources” “Care Giving Dilemmas”

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		Family care <i>(Caring for general emotional, physical, spiritual, and other needs of family members)</i>		<ul style="list-style-type: none"> • OC One-Stop Partners http://www.oconestop.com/partners.cfm.html • 2-1-1 for local resources 	“Dream Chaser’s Journey” “Unemployed Resources” “Care Giving Dilemmas”
		Pet Care <i>(food, licensing, medical care, etc. Housing and/or pet surrender if moving and can't take them.)</i>		<ul style="list-style-type: none"> • 2-1-1 for local resources 	“Unemployed Resources” “Care Giving Dilemmas”
		Job Search Support <i>(Resume prep, phones, Internet Access, photocopying)</i>		<ul style="list-style-type: none"> • OC One-stop Center • Some non-profits • http://www.careeronestop.org/LocalHelp/service-locator.aspx 	“Unemployed Resources”
		Education and/or Job Skills Training <i>(including high school diploma, GED, basic math & English skills, English as a Second Language)</i>		<ul style="list-style-type: none"> • Workshop: “Education Choices You Won’t Regret Later” • OC Onestop Center • http://www.oconestop.com/partnersDetailCategory15.cfm.html • College Counselor - Non-Credit Division 	“Life-Long Learning Options” “Understanding Educational Systems” “School Research Project”

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		Upgrade Computer Skills		<ul style="list-style-type: none"> • OC Onestop Center • Academic Classes • Non-credit classes (<i>local continuing education school</i>) • Adult schools 	“Unemployed Resources”
		Job-Specific License/ Credentials <i>(Obtain, update, renew or reinstate mandatory credentials needed for employment) Includes expense, training, Continuing Education Units, waiting period, etc.</i>		<ul style="list-style-type: none"> • “Workshop: <i>Education Choices You Won’t Regret Later</i>” careeronestop.org • License Finder • Certification Finder <p>Client likely is already be aware of what license(s)/ credentials he or she needs</p>	“Lifelong Learning Options”
		Educational Expenses <i>(Tuition, books, computer, supplies, uniforms, tools, etc.)</i>		<ul style="list-style-type: none"> • Workshop: <i>Meeting Financial Responsibilities</i> • OC One-Stop Center • Financial Aid • Scholarships • BOG Fee Waiver for Calif. Comm. Coll. 	Meeting Financial Responsibilities

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		<p>Goal Setting 1) Workshops, handouts and other resources that help to set effective short-term, mid-term, long-term goals 2) Assessments and other tools designed to identify what is stopping you from setting or achieving your goals</p>		<p>Workshop: Goal Setting</p> <ul style="list-style-type: none"> • Kathleen’s Workshops: <i>Decision Making Dilemmas</i> <p>Assessments:</p> <ul style="list-style-type: none"> • CDDQ • MBTI 	<p>Handouts:</p> <ul style="list-style-type: none"> • Reaching Career Goals • TimeLine • Setting Effective Goals • Overcoming Indecision
		<p>Other barriers to employment (criminal record, credit problems, drug use, etc.)</p>		<ul style="list-style-type: none"> • OC Onestop Center - Ex-offender programs • http://www.oconestop.com/partnersDetailCategory24.cfm.html • Some local non-profit organizations 	<p>Workshop: "Unique Populations - Flawed Past"</p>
<p><u>Support</u></p>	<p>Providing individuals with the emotional and spiritual encouragement to continue on in face of uncertainty, adversity, and discouragement</p>	<p>Referrals to outside professionals (<i>Mortgage modification, therapists, legal, pet care, etc.</i>)</p>		<ul style="list-style-type: none"> • Workshop • <i>Help: Asking, Giving, Receiving</i> • Workshop: <i>Meeting Financial Responsibilities</i> • Workshop “<i>Unemployed and Looking for Information</i>” • OC Onestop Center – referrals 	<ul style="list-style-type: none"> • Unemployed Resources

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				<ul style="list-style-type: none"> • http://www.oconestop.com/partners.cfm.html • Student Health Center – if student • 2-1-1 	
		<p>Goal Setting</p> <p>1) <i>One-on-one help with clarifying and/or following through on goals</i></p> <p>2) <i>assessment administration and/or interpretation</i></p> <p>3) <i>One-on-one help identifying what is stopping you from setting or achieving your goals</i></p>		<p>Workshop: Goal Setting</p> <p>Kathleen’s Workshops:</p> <ul style="list-style-type: none"> • <i>Decision Making Dilemmas</i> <p>Assessments:</p> <ul style="list-style-type: none"> • CDDQ • MBTI 	<p>Handouts:</p> <ul style="list-style-type: none"> • Reaching Career Goals • TimeLine • Setting Effective Goals • Overcoming Indecision • Different Types of Counselors
		<p>Professional Networking</p> <p><i>(Leads for professional networking opportunities, job leads, and connecting with professional peers)</i></p>		<ul style="list-style-type: none"> • EDD - Local Onestop Center – workshops and job fairs • Some local non-profit organizations • Professional Organizations • Colleagues 	<p>Workshops:</p> <ul style="list-style-type: none"> • Networking Savvy • Career Success Starts Now • Social Media & Career Success • Help: Asking, Giving & Receiving <p>Handouts:</p> <ul style="list-style-type: none"> • Networking

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		<p>Emotional Support <i>(Including addressing issues of loss: grief, depression, identity, self-esteem, etc.)</i></p>		<ul style="list-style-type: none"> • OC Onestop Center – referrals http://www.oconestop.com/partners.cfm.html • College Student Health Center – if student • Local Community Resources • Local Faith-Based Communities 	<p>“Unemployed Resources”</p>
		<p>Spiritual Support <i>(including finding meaning and purpose in adversity)</i></p>		<ul style="list-style-type: none"> • Local Faith-Based Communities • College Student Health Center 	<p>“Unemployed Resources”</p>
		<p>Family Support <i>(Helping family members cope with the stress and uncertainty associated with the job loss of loved one)</i></p>		<ul style="list-style-type: none"> • OC Onestop Center – referrals http://www.oconestop.com/partners.cfm.html • College Student Health Center • Local Community Resources • Local Faith-Based Communities 	<p>“Unemployed Resources”</p>
		<p>Legal Support <i>(Legal advice for various legal issues such as foreclosure, eviction, divorce, family, etc.)</i></p>		<ul style="list-style-type: none"> • Local non-profit legal clinics <i>(usually offered at the county level)</i> 	<p>“Unemployed Resources”</p>

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<u>Reflection</u>	Take time to listen to your "inner voice". What is it saying to you right now? Where are your needs? Where are your priorities? What is your next step?				
