

Just Say YES Today!

Volume 1, Issue 2

January 2008

Y Café Bulletin

An initiative of Youth Employment Services (YES), Bonavista Office



THE HIGH 5 PHILOSOPHY!

1. BE OPEN TO CHANGE.
2. KEEP ON LEARNING.
3. FOLLOW YOUR HEART.
4. ACCESS YOUR FAMILY & FRIENDS
5. FOCUS ON THE JOURNEY.

BUILDING A CAREER PORTFOLIO

Adam Canning has dreams of becoming an RCMP officer but in addition to a high school education, Adam needed to wait until he was 19 years old to even apply.

While waiting, Adam knew he needed to find a job but had difficulty finding one in the local area without any experience. He didn't want just any job, Adam was looking to start building a career portfolio.

By utilizing the services at YES, Adam began his job search. He got the help he needed writing a resume and exploring his options as they related to his interest, the labour market trends and prospective job markets in the local area.

"I knew I wanted to help others, said Adam. And I

I knew I had to make other career plans while I worked towards being accepted into the RCMP. I was interested in finding out more about a career as a paramedic and/or fire fighter. The counsellor at YES really helped me get the information I needed to make informed career choices."

In addition to providing college information, the YES office partnered with Fewer's Ambulance Services and held a public information session about training and Adam was the first to register. From this session, Adam has gone on to complete Emergency Responder training, H2S training and Fire Fighter 1001 / 1002 training. He has gained valuable work experiences through on-the-job training and he is currently employed with Fewer's Ambulance in the local area. Adam finds the work very

rewarding but hasn't given up his dream of becoming a RCMP officer and he recently completed the entrance exam. Now he has to work at completing all the necessary documents and training required. At the same time, he isn't feeling the pressure to succeed because he knows all his hard work and training will eventually pay off.

"If not the RCMP, then being a Firefighter or Emergency Responder is a good career choice for me, said Adam. I still get to help others in emergency response situations and that's the kind of work I can feel good about."



WHAT TYPE OF RESUME IS RIGHT FOR YOU?

There are three main ways to organize the information on your resume. Each type serves a certain purpose. *How do you know which one is best?*

A CHRONOLOGICAL resume is the one you use if you can show a steady progress in

your education and employment.

A FUNCTIONAL resume is best when you have little or no actual work experience in the area in which you are looking for work. And the third type of resume is a COMBINATION resume

which is just as its name suggest. This is really a combination of the other types and is best used when your education is important and your background shows a wide range of work experience. For more tips on resume writing, just check out the YES website or call YES!

6 TIPS FOR A WINNING INTERVIEW

- Research company
- Bring copy of resume & references
- Arrive early
- Dress well
- Maintain eye contact
- Prepare relevant questions to ask the employer to show your interest.

WWW.CAREERCRUISING.COM
Ask your YES office for details today!

Just Say YES Today!

YES-Bonavista Office
 LOCATION: Room A118
 College of the North Atlantic
 Bonavista Campus.

T: 709.468.1067
 F: 709.468.1423
 E: c.stead@rndaemploymentservices.ca
 W: www.rndaemploymentservices.ca



Youth Employment Services (YES) is proud to be working in your community to help youth make the transition from school to work.

Whether you are looking for a job, entering the workplace for the first time or need help writing a resume we can help. Our services offer one-on-one, confidential and informative employment counselling sessions that will help you get to where you want to be.

If you are a youth (ages 15-30); out of school; not in receipt of EI and would like to find out about programs for youth make your appointment today!

709.468.1067

We're on the web
RNDAEMPLOYMENTSERVICES.CA

Take a break and try to find these career-related terms in the box. Words may run up, down, backward, forward, or diagonally!

C H U S T S E R E T N I L O
 A V C K T R A I N I N G C O
 R D V I N D U S T R Y C P E
 E M P L O Y M E N T U F W D
 E C I L R G M K R P Q S A N
 R W T A E P S E A G O M G N
 J U L S L O O T J N X O E J
 Q A X O F Z I D O C A I O L
 S B Y A H O P I B L F W K M
 Y E R E N B S Y S H G D W R
 R M Q B S S E N I S U B K O
 Z L I F E X P L O R E J J F
 S G A F V N M N O C U X W I
 R I O I N F O R M A T I O N
 A P Z T M H T P K Y L B R U
 P L A B O R M A R K E T K A

- | | |
|--------------|-------------|
| Business | Career |
| Employment | Employer |
| Explore | Goals |
| Industry | Information |
| Interests | Job |
| Labor market | Occupation |
| Profession | Salary |
| Skill | Tools |
| Training | Uniform |
| Wage | Work |

FEEDBACK

We welcome your comments on information presented in this newsletter and any comments / suggestion for upcoming issues.

Write to us at

Y Café News
 P.O. Box 159
 Bonavista, NL
 AOC 1B0



This project is made possible through funding by the Government of Canada, in partnership with the Government of NL under the Canada-Newfoundland and Labrador Labour Market Development Agreement. The YES office is an initiative of the Random North Development Association. Some information in this newsletter has been sourced from Canada Prospect 2008.