

# YOUNGALUMNITIPS

Nebraska Alumni Association

For more resume and job search tips, visit <http://huskeralum.org/career/tips.shtml>

## **Career Development: Job Searching and the Power of Mindset**

*by Kelli K. Smith, Ph.D.*

If you have seen the film “The Pursuit of Happyness,” you will be reminded of how stressful job searching can be. The main character, Chris Gardner, faced unusual circumstances with a strong determination and belief in himself. His positivity enabled him to focus and ultimately land his dream job.

With the current economy, some of our readers have also struggled recently with a job search. While not a simple proposition, it is worth examining your own state of mind during a frustrating job search. Have you grown bitter and hopeless, or have you become more determined and focused?

Resiliency is the ability to “bounce back” from adversity (Luthans, 2002). Throughout my 16 years in the field, I have occasionally worked with job searchers that are, understandably, at the other end of the continuum in that they are highly frustrated with their unsuccessful search for employment. I cannot help but think this frustration and hopelessness might come through in their application materials and interviews, so I encourage them to find the energy to identify their past accomplishments, strengths and future goals. Hopefully this will, in turn, allow them to become motivated to tailor and refine their resume and cover letter to fit each job opportunity, as well as to begin networking in a more positive manner.

There will most certainly be times of frustration during a job search. Take some time to reflect and not allow yourself to be overcome with self-doubt, fear and frustrations. It is important to learn from the film and people like Chris Gardner how it is possible to job search with a positive attitude, even in difficult circumstances.

*Kelli K. Smith, Ph.D., is an Assistant Director of Career Services at the University of Nebraska-Lincoln.*

*Luthans, F. (2002). The need for and meaning of positive organizational behavior. Journal of Organizational Behavior, 23, 695-706.*

