Additional Resources for Oregon Laid Off Workers in Times of COVID 19

Wellbeing Resources

1. [HelpGuide.org Coronavirus Help](https://www.helpguide.org/home-pages/coronavirus-mental-health.htm)

Helpguide.org is also a resource listed in the *Guide for Laid Off Workers in Oregon* and they have added Coronavirus resources.

1. [Helpful Thinking During the Coronavirus (COVID-19) Outbreak](https://www.ptsd.va.gov/covid/COVID_helpful_thinking.asp)

Use this table to identify thoughts you might be having now, and helpful thoughts you can try instead. Then, it's important to practice using more helpful thoughts as often as you can.

Re-skilling, Up-skilling and Finding a Job Resources

1. [Employee COVID-19 Resources](https://www.oregon.gov/boli/employers/Pages/COVID-19-resources.aspx) – Oregon Bureau of Labor & Industries
2. [Reskilling the Workforce on the Road to Economic Recovery](https://www.linkedin.com/pulse/reskilling-workforce-road-economic-recovery-jeff-weiner/?trackingId=0IZhStUKSXUuy7qTDu7i8g%3D%3D) LinkedIn Article
3. [Microsoft launches initiative to help 25 million people worldwide acquire the digital skills needed in a COVID-19 economy](https://blogs.microsoft.com/blog/2020/06/30/microsoft-launches-initiative-to-help-25-million-people-worldwide-acquire-the-digital-skills-needed-in-a-covid-19-economy/) 6/30/20 Long article but the article gives a good understanding of the resources for Laid Off Workers. *From the article….*

*Through a simple LinkedIn profile photo frame,* ***#OpenToWork*** *enables job seekers to let employers and the LinkedIn network know they are actively seeking a new opportunity, indicate the type of job they are looking for, express their needs for support, and get help from the LinkedIn community to find new opportunities….*

*To help people find and navigate all of our offerings, we have made all of these resources accessible from a single location:*[***opportunity.linkedin.com***](https://opportunity.linkedin.com/)*. A job seeker or anyone looking to develop these on-demand skills can start here and will be guided through the learning paths based on the roles in which they are interested.*

1. These 10 jobs were identified by Microsoft as having the greatest number of job openings, have had steady growth over the past four years, pay a livable wage, and require skills that can be learned online.
2. [Become a Software Developer](https://www.linkedin.com/learning/paths/become-a-software-developer?trk=lilblog_06-30-20_msft-announcement-reskilling-linkedin-learning_learning)
3. [Become a Sales Representative](https://www.linkedin.com/learning/paths/become-a-sales-representative?trk=learning-serp_learning_search-card&upsellOrderOrigin=lilblog_06-30-20_msft-announcement-reskilling-linkedin-learning_learning)
4. [Become a Project Manager](https://www.linkedin.com/learning/paths/become-a-project-manager?trk=lilblog_06-30-20_msft-announcement-reskilling-linkedin-learning_learning)
5. [Become an IT administrator (Prepare for CompTIA Network+ Certification)](https://www.linkedin.com/learning/paths/prepare-for-comptia-network-plus-n10-007-certification?trk=lilblog_06-30-20_msft-announcement-reskilling-linkedin-learning_learning)
6. [Become a Customer Service Specialist](https://www.linkedin.com/learning/paths/become-a-customer-service-specialist?trk=lilblog_06-30-20_msft-announcement-reskilling-linkedin-learning_learning)
7. [Become a Digital Marketing Specialist](https://www.linkedin.com/learning/paths/become-a-digital-marketing-specialist)
8. [Become IT Support / Help Desk (Prepare for the CompTIA A+ Certification)](https://www.linkedin.com/learning/paths/prepare-for-the-comptia-a-plus-certification-220-1001-and-220-1002?trk=lilblog_06-30-20_msft-announcement-reskilling-linkedin-learning_learning)
9. [Become a Data Analyst](https://www.linkedin.com/learning/paths/become-a-data-analyst?trk=lilblog_06-30-20_msft-announcement-reskilling-linkedin-learning_learning)
10. [Become a Financial Analyst](https://www.linkedin.com/learning/paths/become-a-financial-analyst?trk=lilblog_06-30-20_msft-announcement-reskilling-linkedin-learning_learning)
11. [Become a Graphic Designer](https://www.linkedin.com/learning/paths/become-a-graphic-designer)
12. Microsoft is offering free access to four horizontal LinkedIn Learning paths. These are:

* Job seeker – [Finding a Job During Challenging Economic Times](https://www.linkedin.com/learning/paths/finding-a-job-during-challenging-economic-times)
* Critical soft skills – [Master In-Demand Professional Soft Skills](https://www.linkedin.com/learning/paths/master-in-demand-professional-soft-skills)
* Digital transformation – [Digital Transformation in Practice: Virtual Collaboration Tools](https://www.linkedin.com/learning/paths/digital-transformation-in-practice-virtual-collaboration-tools?trk=lilblog_06-30-20_msft-announcement-reskilling-msft-lil_learning)
* Allyship and inclusive conversations – [Diversity, Inclusion, and Belonging for All](https://www.linkedin.com/learning/paths/diversity-inclusion-and-belonging-for-all?trk=lilblog_06-30-20_msft-announcement-reskilling-msft-lil_learning)

1. [COVID-19 Contact Tracing Free Training](https://www.coursera.org/learn/covid-19-contact-tracing?edocomorp=covid-19-contact-tracing)

This is a Coursera course by Johns Hopkins University Free enrollment available until December 31, 2020.

1. [GCFGlobal](https://edu.gcfglobal.org/en/) offers free English and Spanish online tutorials on a wide variety of work readiness, computer skills, Microsoft Office, Google Suite, reading, writing, math, personal finance/budgeting, career planning, job search, and more.
2. [Skills You Need](http://www.skillsyouneed.com/) sections include Life Skills, Personal Skills, Employability Skills, Interpersonal Skills, Communication Skills, Presentation Skills, Leadership Skills, Writing Skills, Numeracy Skills and Study Skills

Additional Job Board Resources

**Finding Remote Jobs Online During COVID**

* [Remote Work Jobs Portal](https://www.theremoteworksummit.com/remote-work-jobs/)  Remote Work Summit put together [this resource hub](https://www.theremoteworksummit.com/remote-work-jobs/) for information on companies currently offering remote work, sites for finding remote work, and freelance gigs available
* [Upwork](https://www.upwork.com/) Working Remotely with Upwork, you have the freedom and flexibility to control when, where, and how you work.

**Job Boards – Aggregate** job boards that post jobs from other sources

* [Simply Hired](http://www.simplyhired.com/) & [Indeed](http://www.indeed.com/)
* [LinkUp](http://www.linkup.com/) only posts jobs from company websites

**Job Boards - General** job boards work with employers to post all types of vacancies

* [LinkedIn](https://www.linkedin.com/jobs/) Offers profile photo frames. #OpenToWork to let networks know they are open to new opportunities
* [PDXWIT](https://jobs.pdxwit.org/) Portland-area tech industry focused on advancing inclusion

[Mac’s List](http://www.macslist.org/macs-list/) Pacific Northwest jobs

* [PDX Pipeline](https://www.pdxpipeline.com/jobs/) Job listing
* [Poached Jobs](http://portland.poachedjobs.com/)— A resource for restaurant and service-oriented jobs
* [Glassdoor.com](https://www.glassdoor.com/Students/index.htm) — Browse jobs, research companies, access salary info, and prepare for interviews
* [JobDango](http://www.jobdango.com/) A local Oregon and Washington State employment search engine
* [Monster](http://www.monster.com/) Jobs, Resume and Career Tools
* [USAJOBS](http://www.usajobs.gov/) The U.S. Government’s official system for federal jobs and employment information
* [Government Jobs](https://www.governmentjobs.com/) Public sector jobs

**Job Boards – Targeted** job boards are industry-specific or geographic-specific specific boards

* [Conservation Job Board](https://www.conservationjobboard.com/) latest Oregon job openings in conservation and related fields
* [Academic360 Jobs](http://www.academic360.com/hr/hrlisting.cfm?TerID=38)  will take you directly to the job-listing page at Oregon Community Colleges
* [Vitae](https://chroniclevitae.com/job_search/new) from the Chronicle of Higher Education Job news, info., and job listings for college and university
* [Oregon Nurse Career Center](https://jobs.oregonrn.org/)
* [Idealist.com](https://www.idealist.org/en/) Non Profit Jobs [Resources for Job Seeking in Difficult Times](https://www.idealist.org/en/careers/job-seeking-difficult-times)
* [Dice.com](http://www.dice.com/) a career site for technology and engineering professionals
* [Oregon Nonprofit Job Board](https://nonprofitoregon.org/jobs) The Nonprofit Association of Oregon

**Job Boards - Targeted** job-seeker specific boards

* [PowerToFly](https://powertofly.com/accounts/signup/talent) connecting women with companies committed to diversifying their workforce and with each other
* [Career Contessa](https://www.careercontessa.com/jobs/) Job Listing and career site built exclusively for women
* [Black Career Network](https://www.blackcareernetwork.com/)
* [70 Million Jobs](https://www.70millionjobs.com/search) great companies that offer second chance jobs for people with criminal records
* [RetiredBrains job and information resource for boomers, retirees and people planning their retirement years](https://www.retiredbrains.com/search-jobs.html)
* [Workforce50](https://www.workforce50.com/content/jobsbystate/oregon-jobs.html?search=%20&location=Oregon) to find and promote quality employment opportunities for older workers
* [The CareerCast Diversity and Bilingual Network](https://diversity.careercast.com/jobs/search)
* [Professional Diversity Network](https://www.prodivnet.com/)
* [LatPro](http://www.latpro.com/) for Hispanic and Bilingual Jobseekers. Listing from all over Oregon
* [Out Professional Network](file:///C:\Users\brent%20balog\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\DHDSO5X6\outpronet.com) Companies who recruit talented LGBTQ professionals

**Online Resources for Applications, Resumes, and Cover Letters**

[GCFLearnFree - Careers](http://www.gcflearnfree.org/career) Job Search - Learn the latest methods for finding a job including searching online, networking and using social media. See also Resume Writing, Cover Letters, Microsoft Word, Interviewing Skills, Workplace Basics, Job Applications, Social Media and more.

[Resume Workshop Presentation - Purdue Online Writing Lab](https://owl.purdue.edu/owl/job_search_writing/resumes_and_vitas/resume_workshop/powerpoint_presentation.html)  This is a PowerPoint that can be downloaded with explanations, and step-by-step processes, for creating an effective resume. The Purdue OWL also maintains additional resume resources go to Job Search Writing section on the right.

[Applications, Resumes, Cover Letters - Purdue Online Writing Lab](https://owl.purdue.edu/owl/purdue_owl.html)  Resources to help you understand and write successful cover letters. This section also has a PDF file containing sample résumés and employment letters.

**Oregon Dislocated Worker Unit, Office of Workforce Investments, Higher Education Coordinating Commission 7.30.2020**