Use this checklist as an ongoing measurement of your job-readiness, job-search skills and readiness for "sustainable employment". Use this checklist with your counsellor and job developer to inform your conversation and job search plan.

\Box I have a clearly defined job goal:

□ I have explored, reviewed and completed any licences, certifications or courses I will need.

I need:

I have:

□ I can talk the talk – I have explored and am sure that I demonstrate the necessary verbal and written communication skills to meet my job objective.

What I do well:

What I need to improve:

How I know what is expected/required:

□ I know what skills, qualifications and characteristics employers expect in this field.

What do they expect?

	I have prepared a targeted list of potential employers:
	Possible role(s) in this company:
ι	What I've done to connect with this company:
2)
F	Possible role(s) in this company:
l	What I've done to connect with this company:
3	3
F	Possible role(s) in this company:
l	What I've done to connect with this company:
4	l
F	Possible role(s) in this company:
l	What I've done to connect with this company:
5	5
F	Possible role(s) in this company:

□ I have explored/performed information interviews. *I interviewed:*

What I learned:	
I interviewed:	
What I learned:	

□ I have practiced interviews (using Perfect Interview, interview workshops, with my counsellor and in my job search support group) and feel confident that I can communicate my skills and experiences with potential employers. *Questions that still give me trouble:*

□ I have explored online resources to network professionally, develop and share my sector knowledge and establish a strong online reputation/presence (if appropriate).

- □ I have created a LinkedIn profile. I use this profile proactively to participate in groups and to connect with potential employers.
- I have created a blog where I share ideas and resources about my sector and read and comment on others' blogs.
- I have Twitter account where I share ideas and resources about my sector and follow and interact with others in my field.
- □ I have used meetup.org (and similar sites) to join groups which match my interests.
- □ I have reviewed networking strategies. I have explored personal contacts (excoworkers, ex-classmates, teachers, counsellors, etc.) and have communicated my job goal with them.

What else can I do to expand my network?

□ I volunteer on a consistent basis in a role which will compliment/build the skills necessary for success in my field.

□ I have a comprehensive and strong list of references and have explored strategies for expanding/strengthening this list.

□ I have created a profile of skills and experience. I have shared it and edited it with my counsellor and it is on The Working Centre's website.

□ I have an up-to-date self-marketing package including sample cover letters, resume, references and profile.

□ I have created a 30-second bio and have refined it and practiced it for a variety of situations.

□ I have seriously and objectively considered my appearance vis-a-vis others in my field. I have a wardrobe ready for interviews, networking, volunteering/working and am certain that my appearance is *more* professional than necessary.

□ I have explored known personal issues related to employment such as health concerns, child care and transportation plans.

What may be a challenge for me?

What can I do to overcome this challenge?