

JOB SEARCHING DURING COVID-19

We all know that job searching can be stressful! Updating resumes, reaching out to networking connections, and waiting to hear back from employers takes time and can typically induce some feelings of anxiety. These feelings might now be multiplied as we are in the midst of COVID-19, a global pandemic. Many of us are experiencing personal and environmental changes while also wondering how this will affect our career goals.

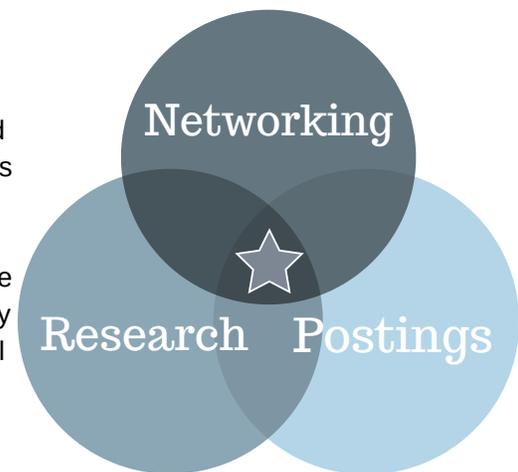
This guide should be a go to resource for students that are currently on the job search during this pandemic. We will outline some changes that you should expect to make to the traditional job search as well as some strategies for coping with change.

How does COVID-19 affect the traditional job search?

Much of the job search process remains the same, just with slight tweaks. You should continue to practice the three components of the well rounded job search: Research, Networking, and Postings. You SHOULD NOT postpone your search, but instead plan on spending more time in these areas to maximize your opportunities.

Organization Research

Continue to research organizations of interest based on public health concentration, location, etc. Keep track of these in an Excel sheet and add the career websites to your browser bookmarks. Pay attention to mentions of COVID-19 changes to operations and/or hiring. While it is not uncommon that certain organizations are pausing hiring for now, other public health organizations are ramping up or hiring for later start dates. Be mindful that hiring decisions are made case by case and not every industry slows down during a pandemic. Continue to check in over the next several weeks and months regarding HR updates, as these may change daily.



Networking (Digital Only!)

Networking is the component of the job search that will look the most different now! As we are all practicing social distancing, all networking will need to be digital through platforms like LinkedIn or Tulane Connect. You can still set up phone calls or Zoom appointments for informational interviews, but be mindful of who you reach out to and their organizational roles and responsibilities during COVID-19. For example, most doctors, nurses, or hospital administrators will likely not be available for these conversations. We also recommend having a more direct ask in these conversations, as you may not be able to have multiple conversations to build that relationship. If you're looking for a job, include those details in your initial email. Don't forget about your current networking contacts in addition to reaching out to make new connections, as well. Take this time to check in with people, even if you don't have an "ask" quite yet or if their company isn't hiring, the check-in will be appreciated.

Electronic Job Postings

Keep applying to posted positions! Continually check your saved organizations searches for new additions. Again, not all organizations, specifically healthcare or public health industries, are slowing down or pausing hiring. For positions you have already applied to, follow up if the application deadline has passed.

FAQ



Q: Should I postpone my job search during COVID-19?

A: Absolutely not! If anything, you should be spending more time on research, applying to posted positions, and digital networking than you would have in a traditional job search. Know that your search will likely take longer but continue to be flexible and adaptable throughout this process!

Q: I want to continue networking, but I don't want to bother people during this difficult time. Thoughts?

A: Valid concern! This pandemic is affecting everyone differently. While certain roles (i.e. front lines healthcare workers) are overwhelmed with work and likely will not have time to network with you, other folks have transitioned to remote work and might actually have more time to provide mentoring or industry advice. Be mindful about people's roles and be sincere in your communications. Acknowledge that this is a stressful time and you will understand if it is not the best time.

Q: Should I do anything differently to prepare for digital interviews?

A: Identify the space in your home with the best lighting and sound! Double and triple check your technology, and complete a mock Zoom interview with SPHTM Career Services. With digital interviewing, you may not have the same body language cues from interviewees but you can have items like your resume physically in front of you. There are pros and cons!

Q: How can I build skills for my resume while social distancing?

A: If you find that you have more time on your hands, think about picking up a new skill! If you've been putting off an online certification or learning a new language, now might be the time. However, if COVID-19 has increased your personal or professional responsibilities, don't feel pressured to add this to your list.

Q: How will COVID-19 affect the job market overall?

A: COVID-19 is an ever-changing, evolving situation. In many cases, it is still too early to tell the long term impacts that this pandemic will have on the public health industry and on the economy. Most employers are trying their best to operate as normal as possible under remote conditions, but in some cases this is not possible. Continue being positive and flexible. Know what you can and can't control in terms of your job search. For example, you can't control organization human resources or hiring decisions but you can control the number of organizations you're targeting and the conversations that you're having with networking connections.

Q: Are there opportunities to work hands as the COVID-19 pandemic unfolds?

A: Yes! Check your Tulane email and Handshake regularly for calls for student workers to actively engage with COVID response. Websites, such as [Nola Ready](#) and [Work Nola](#), are also posting front lines opportunities, but ensure that you can practice CDC guidelines of social distancing while engaging in this work.

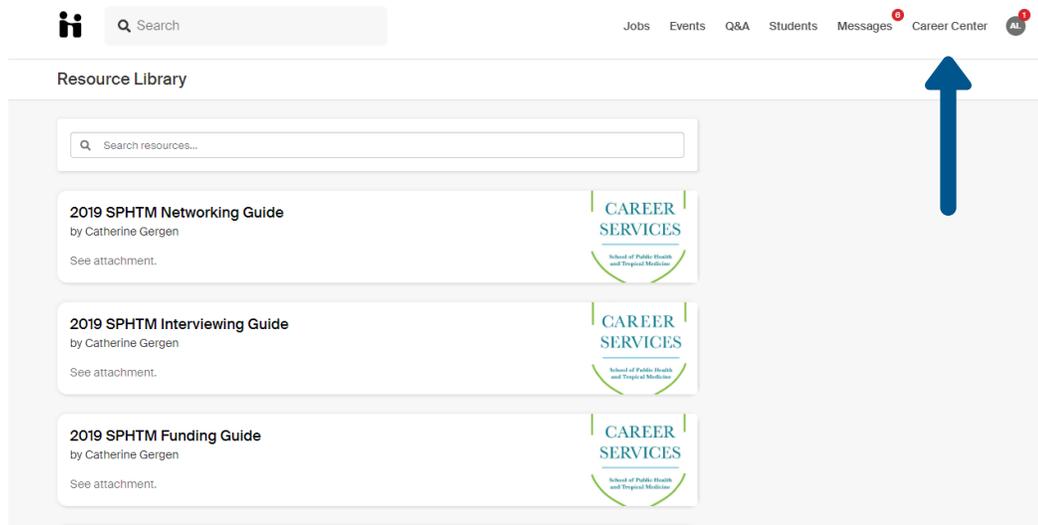
QUICK TIPS

- Flexibility and adaptability are so important! Acknowledge that your job search will look slightly different and may take longer during the COVID-19 pandemic. This is okay. We're all going through this together.
- Separate in your mind the pieces of the job search that you can and can't control right now .
- Take care of your physical and mental health while social distancing. Get outside as much as possible and schedule virtual chats with family and friends.
- **Take advantage of virtual career advising! Contact Catherine Gergen (cgergen@tulane.edu) and Abby Lukens (alukens@tulane.edu) to set up your virtual appointment to discuss your career and professional concerns. Visit the [SPHTM Career Services Website](#) for more details.**

RESOURCES

Q: Where can I find this guide and other helpful resources for my job search?

A: SPHTM Career Guides are posted directly to Handshake but are also shared on the [SPHTM Career Services website](#). In Handshake, the guides are posted in the Resource Library under the Career Center page.



Q: Where should I be looking for jobs?

A: Outside of Handshake and the career websites you have found through your organizational research, there are some search engines you can use that are specific to local work and/or the public health industry:

- [Work Nola](#)
- [publichealthjobs.org](#)
- [Idealist](#)
- [ORISE Fellowships](#)
- [globalhealth.org](#)
- [Nola Ready](#)

More Questions? Contact us!

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