

The background of the slide is a stylized, waving American flag with a blue field of white stars and red and white stripes. The text is overlaid on this background.

# **career conversations with veterans in transition**

**doug elliot, career counselor/trainer  
san diego continuing education  
mesa college, november 8, 2011**

**Transition can be...  
natural to some...  
difficult for others..**

**“I don’t like change until I get used to it.”**



**USS Monmouth County LST 1032 - RVN**  
**USS Guide MSO 427 – Long Beach - RVN**  
**Naval Station San Diego – Bldg 56**  
**Break in Service – 10 yrs**  
**MEPS, Fort Des Moines Iowa**  
**USS Constant MSO 447 – San Diego**

**SR**

**SA**

**PNSN**

**PN3**

**PN2**

**PN1**



**My first transition from USN – 5 yrs**

**San Diego City College - 2**

**Top Half Stores - 2**

**San Francisco State University - 2**

**T-Shirt Junction - 8+**

**My second transition from USNR 4 yrs**

**Episcopal Community Services - 6**

**San Diego State University - 2**

**Local Community Colleges**

**@ One-stop Career Centers - 12**

**Morse High School - 2**

**San Diego Continuing Education - 5**

# America's Economic Transition

**...in San Diego County...**

**10.2%**

**1,569,400**

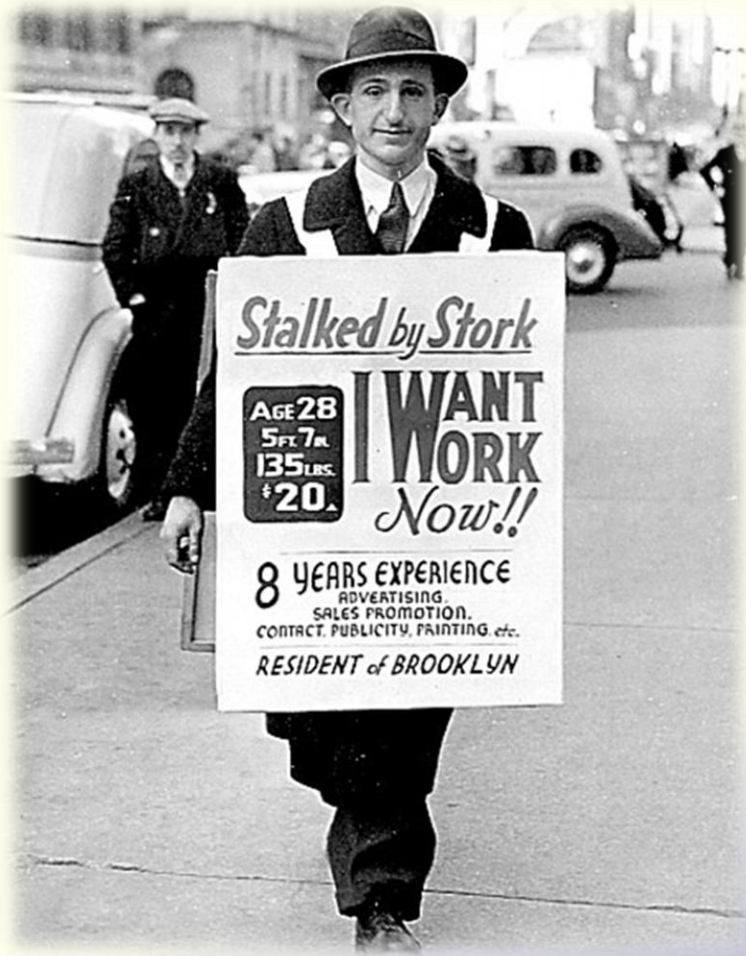
**1,409,800**

**70,000**

**172,000**

**159,600**

# 1929





# 2009



# Career Development Model...

**1**

**Assess your skills, interests, abilities, values, personality, aptitude education, experience, motivation.**

**S.W.O.T.**

**2**

**Explore career fields and occupations found in the San Diego Region. Learn about the local labor market.**

**L.M.I.**

**3**

**Decide what you are going to do. Be specific. Set goals. Create a timeline. Keep track of your progress.**

**S.M.A.R.T.  
C.A.P.**

**4**

**Act.  
Train.  
Seek work.  
Network.  
Apply.  
Interview.  
Follow-up.  
Apply.  
Apply.  
Apply.**

# **A Resume is...**

- **A marketing tool of your skills**
- **Is unique for EVERY job you submit it**
- **About what you want to do in a future job**
- **A written picture of you doing the job**
- **Preparation for a job interview**

# An Interview...

- **Is where the decision to hire is made.**
- **Closes the deal...if effective!**
- **Helps keeps you in the running!**



# **Networking...**

**A supportive system of sharing information and services among individuals and groups having a common interest.**

**Forming business connections and contacts through informal social meetings.**

# **Social Network**

**A website where one connects with those sharing personal or professional interests, place of origin, education at a particular school, etc.**

# **Health & Wellness**

**Emotional - stable**

**Physical - energetic**

**Mental - teachable**

**Spiritual -**

# **Labor Market Reality Check**

**Fewer jobs**

**More job seekers**

**Tentative hiring**

# **S.W.O.T**

**Strengths – internal advantages**

**Weaknesses – internal disadvantage**

**Opportunities – external**

**Threats – external trouble**

# **P.E.S.T.E.L.**

## **Political**

**taxes, labor law, regulations, government funding**

## **Economic**

**consumer spending, interest rates, inflation, stock market, oil \$**

## **Social**

**aging population, social priorities, moral trends**

## **Technological**

**automation, pace of change**

## **Environmental**

**weather, energy costs, impact of ecology**

## **Legal**

**discrimination, consumer, employment, safety, health**

**To get the job offer, prove that you  
have what employers want...**

**Do you fit in?**

**Personality**

**Can you do the job?**

**Skills**

**Can you be counted on?**

**Reliability**

**Skills comes in three major groupings that must be marketed...**

**Job related **HARD** skills**

**Self-managed **SOFT** skills**

**And the degree of **TRANSFERABILITY** of those skills to a specific job**

# **How to survive the job search..**

**Be prepared – most people aren't**

**Be active – and be able to prove it**

**Don't give up – expect to be rejected**

**ALWAYS follow-up**

**Research occupations, industries, local labor market  
and companies**

**Create some personal business cards**

**Create a dynamite resume that's been critiqued!**

**Use resources – but not as a substitute for the above!**

# **How to look like an outstanding candidate...**

**Look “sharp” and similar to employer**

**Be confident but don't brag**

**Smile but be serious about wanting a job**

**Loosen up and be “conversational”**

**Show respect – don't appear demanding**

**Your Name**



**619 xxx-xxxx**  
**Cell 619 xxx-xxxx**

**[yourname@hotmail.com](mailto:yourname@hotmail.com)**

**Veterans Village of San Diego**

**National Coalition for Homeless Veterans**

**United Veterans Council of San Diego**

**U.S. Department of Veterans Affairs/Veteran Affairs Medical Center**

**County of San Diego: Veterans Services**

**National Veterans Transition Services, Inc.**

**Veterans Services, Interfaith Community Services**

**College and university veteran services offices**

**California Department of Veteran Affairs**

**Disable American Veterans**

**San Diego Veterans for Peace**

**American Legion posts**

**Veterans of Foreign Wars**



3 simple numbers.  
1 helpful voice.

DIAL  
2-1-1 or



WHO WE ARE

SUPPORT 2-1-1

RESOURCES & SERVICES

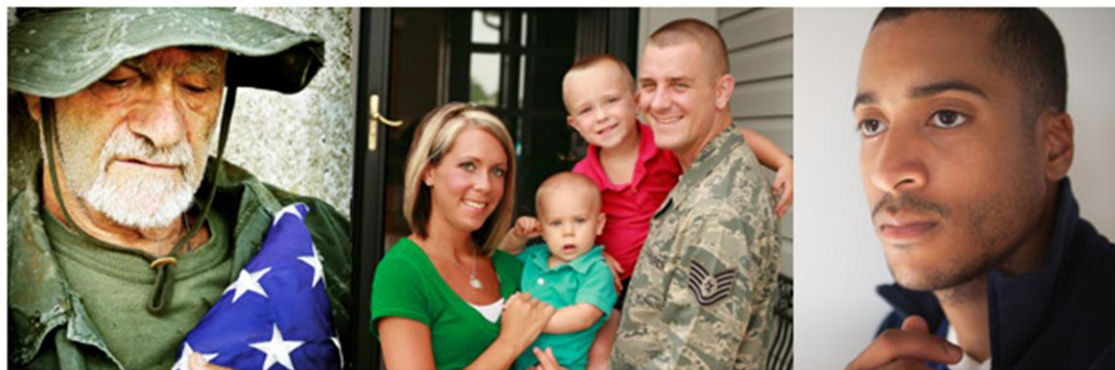
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## Military & Veteran Services



SAN DIEGO  
CONTINUING  
EDUCATION



**Career Development Services**

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