

Stay motivated in your job search

Conducting a job search can be a long, grueling, and painful process. It takes consistent and persistent effort on your part, all the while appearing outwardly positive and self-confident while inwardly you feel discouraged and defeated. Here are some tips to help you stay motivated in landing the job you desire.

RealLife

• **Recognize your motivational enemies in a job search:** Constant rejection, constant failure, and lack of control are just a few. Excuses, focusing on the negative (so much competition out there), and getting stuck in past failures will only serve to stall your job search. Look forward, not backward. Your previous employer is no longer paying you to think about them — spend time thinking about your future, not your past. Visualize your job success by thinking about your desired job and how happy you will be when you find it. A positive attitude is crucial to obtaining a job.

• **Don't take rejection personally:** As much as you don't want to believe it, there is always someone out there who may do a job better than you despite your high qualifications or who may have a personal connection to the interviewer that you lack. It may be something small or something relatively significant that deters you from the employer's short list. Try to get feedback as to why your job application was unsuccessful. Use the feedback to correct what you can in your next presentation.

• **Focus on your strengths, not your weak-**

nesses: Think less about what you can't do and more about what you can to help an employer's company grow, make more money, become more efficient, etc. If you believe you can help the employer, they will believe it too.

• **Create a job search schedule and celebrate**

your successes: Be specific, setting small doable goals, listing problems, actions, resources, expected results, and deadlines.

If your goal is three networking phone calls today, do them and then reward yourself when they are accomplished. Have a daily schedule and a weekly goal chart. *Make sure the goals are small, manageable, and realistic* so accomplishments will fuel future goal setting and successful behaviors. Setting unreasonable goals will only lead to disappointment and depression. If you don't meet the goals one week, re-evaluate so you can make more realistic goals the next week. Make sure you pat yourself on the back for a success, even a small one, like setting up an interview or making an inside contact, because believing in yourself and your ability to accomplish your goals will help energize you for the next challenge.

• **Don't do it alone:** Those loved ones to whom you usually turn in times of trouble,

such as a spouse/significant other, may be the last person you can turn to now, because of your fear of worrying them and their own issues revolving around your unemployment. So who *do* you turn to? There are numerous networking groups, career transition meetings, and support groups where you can gain both ideas and emotional support during these difficult times. Houses of worship, social service agencies state-funded One Stop Career Centers, and local libraries offer free support groups for those out of work. Private therapists and career counselors/coaches are available for a fee. Just remember that if the group is depressing you, find another; the experience should be a source of support and extra motivation.

• **Manage your job stress levels:** Schedule time to be good to yourself. Although a job search is a full time job, it is 40 hours a week, not 24/7. Physical exercising is not only great for your physical health, it is even more important for your mental health — a good run or smashing tennis balls can take away a lot of anger and frustration. Seemingly trivial things like a good night sleep, a healthy diet, and some free/inexpensive entertainment with friends and relatives will give you the energy and the positive frame of mind necessary to tackle the job search come Monday morning.

■

For more information, visit www.jfvs.org.

Middlesex athletes compete at Israel's Maccabiah Games

The 18th Maccabiah Games began Sunday, July 12, with opening ceremonies held the following night. About 8,000 athletes from around the world will participate in the Olympic-style competition, including 900 from the United States.

More than 80 athletes, coaches, and support staff from New Jersey will be in Israel for the games, which end July 23. The Middlesex area contingent includes:

Ethan Harel, Plainsboro, juniors basketball-boys'
David Frankl, Franklin Lakes, juniors gymnastics-boys'

Zachary Rosen, Colonia, open basketball-men's
Lee Selby, East Brunswick, open futsal

Perri Goldberg, Franklin Lakes, open volleyball-women's



FRIDAY, July 24

Temple Emanu-El, Edison, hosts **Shabbat Under the Stars** at 7 p.m. Prospective members are welcome; an ice cream social follows services. Call 732-549-4442.

SUNDAY, July 26

Anshe Emeth Memorial Temple, New Brunswick, holds a **rummage sale**, 9 a.m.-2 p.m. Call 732-545-6484. The sale continues on Tuesday, July 28, Sunday, Aug. 2, and Monday, Aug. 3.

WEDNESDAY, July 29

Wilf Campus for Senior Living, Somerset, offers **Should Your Parents Still Be Driving?**, a free lunch and learn program at noon at the Stein Assisted Living Residence, Somerset. Call 732-568-1155 or register online at www.wilfcampus.org.

A quick guide to Tisha B'Av

The Fall of Jerusalem

The Romans must have watched in amazement as civil war brought their enemies to the verge of self-destruction.... By the spring of 70 CE, Titus and his army had Jerusalem under siege. Famine quickly overwhelmed the city. The surviving factions tried to fight off the Roman invaders, but Roman battering rams cracked the city's walls.

For the next three weeks the priests fought courageously to keep the Romans out of the Holy Temple. As the fighting raged on the ninth day of Av, a Roman soldier threw a blazing piece of wood into the Temple sanctuary. Flames shot into the air. The Temple burned into the next day, until there was nothing left but cinder and ashes.

Jerusalem and the Temple were destroyed. The surviving leaders of the Jewish factions were led to Rome in chains. Taken with them were the sacred Temple vessels, captured as spoils of war. Jewish tradition teaches that the underlying cause of Jerusalem's destruction was not the Roman rulers but rather the disunity among the Jews and their baseless hatred, *sinat hinam*,



for one another. Had the Jews been unified, they might have saved the Temple.

Mourning Jerusalem: Tisha B'Av

Today, centuries after the fall of Jerusalem and the destruction of the Temple, Jews continue to mourn their losses on holy days that commemorate historical events.

Tisha B'Av, the ninth day of Av [which begins at sundown July 29], is a day of mourning on the Jewish calendar. For a full twenty-five hours, from sundown to nightfall, it is a tradition to fast. It is not a fast of atonement. Rather, it is a fast of grieving. The

Book of Lamentations, which was written after the destruction of the First Temple, is chanted mournfully in the synagogue, like an ancient ballad telling a tale of love and loss. For the twenty-five hours of this holy day, Jews are prohibited from wearing leather, listening to music, and bathing. Those prohibitions, too, are signs of mourning.

Excerpted from *Jewish History: The Big Picture*, by Gila Gevirtz, © Behrman House, used by permission, www.behrmanhouse.com

Torah haiku

Ron Kaplan

Devarim

It's only "words," and "words" are all Moses has to start the final book.