

September 2020

Women's Center Continues to Provide Services Through the Pandemic

In mid-March when the pandemic first hit, the Women's Center transitioned the center to a virtual program. The Women's Center team learned how to use video conferencing programs and continued to work with individuals through virtual means like, phone, email, and video platforms. We are excited to continue to provide programs to the community on a virtual basis. We are currently updating our website and we ask that you follow us on [Facebook](#) and [LinkedIn](#) for the latest news and events from The Women's Center. For more information email womenscenter@ccm.edu or call (973) 328-5025. The Women's Center is open Monday-Thursday from 9:00am - 3:00 pm. The Women's Center is closed on Fridays.

Upcoming Events

- 9/9/20 Career LIFT! Starts
- 9/10/20 Job Club Speaker Series: Project Planning Your Job Search
- 9/17/20 Job Club Speaker Series: Behind-the-Scenes Look at the Hiring Process
- 10/1/20 Job Club Speaker Series: Build Your Interview Skills
- 10/8/20 Job Seekers Support Group: Behavioral Interview Questions
- 10/15/20 Job Club Speaker Series: How to Negotiate a Job Offer
- 10/19/20 Career LIFT! Starts

Career LIFT!

Returning to the workforce or entering for the first time can provide many rewards. However, as we venture out to take first steps some challenges may arise. Those challenges can include fear, self-doubt, and a discouraging perspective. Career LIFT! is designed to build professional confidence & professional self-concept and prepare women to take next steps on the employment path. Career LIFT! is exclusively experiential! Come prepared to activate and engage in self-reflective exercises, group discussions, and strategizing.

- Shift the "inner critic" into an "inner coach"
- Manage stress and internal barriers such as interview & networking nerves
- Identify soft skills & strengths
- Create SMART goals & steps for the employment journey



Created and facilitated by Jeanne Rohach, Certified Women's Empowerment Coach & Consultant.

Women's Center Participant will be Honored at Statewide Event



The Women's Center at County College of Morris was chosen to nominate a displaced homemaker from their program to receive the New Beginnings Award for the 29th Annual Displaced Homemakers Network Legislative Reception. The event was originally scheduled for May, during Displaced Homemakers Month, but was rescheduled due to the pandemic. The Displaced Homemakers Network of New Jersey, Inc. is a nonprofit, nonpartisan coalition. The coalition is made up of 19 of the 22 displaced homemakers centers throughout state and advocates for the needs of the Displaced Homemakers centers and the women they serve.

The Women's Center awardee was picked for her dedication and hard work towards achieving her goal of obtaining full-time employment and becoming financially self-sufficient. She overcame obstacles and fully utilized the services offered through the Women's Center, meeting with the Women's Center team, attending groups and workshops and updating her professional skills. She will be recognized for her accomplishments and share a few words about her journey during the event.

The 29th Annual Displaced Homemakers Network, Inc. Legislative Reception will be held via Zoom on Thursday, October 22 at 11:00 a.m. All are welcome to attend. The link to register will be emailed and posted on Facebook. Facebook when it becomes available.

NJ Reemployment Call Center Phone Numbers

North New Jersey: 201-601-4100

Central New Jersey: 732-761-2020

South New Jersey: 856-507-2340

Out-of-state claims: 888-795-6672 (you must call from a phone with an out-of-state area code)

New Jersey Relay: 7-1-1

How to apply for unemployment insurance benefits by phone: <https://myunemployment.nj.gov/labor/myunemployment/before/about/howtoapply/applybyphone.shtml>

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Career Corner

"A dream without a plan is just a wish." — Katherine Paterson

Keep Your Career Focus During These Challenging Times! Questions to ask yourself as you develop your Action Plans for Fall 2020:

1. What are you doing each day to move yourself forward with your career goals?
2. Are you planning to enroll in a computer training course or other career-focused training?
3. Are you using job-search resources at the Women's Center?
4. Are you regularly meeting with a supportive individual, mentor, or a group to help you be accountable to making progress on your career goals?
5. What are you doing each day to stay positive?

Action Always Beats Intention



The Career Bookshelf

Look for this new book at your local library or through a bookstore. It's worth reading!

Your Turn: Careers, Kids, and Comebacks—A Working Mother's Guide by Jennifer Gefsky and Stacey Delo (Harper Business, 2019).

The first section of the book is "Getting Ahead of Career Confusion." The second section is "Reconnecting with Your Professional Self: How to Return to Work after a Career Break."

Several recommendations shared by the authors are:

- Be persistent
- Be patient
- Value your work
- Ask for help
- Don't be afraid to fail; failing can simply be an important part of learning.

Questions the authors ask of their readers:

- What makes you proud?
- What brings you energy?
- What inspires you?

This book may be very helpful and encouraging to anyone transitioning back to work after a long period of time.



Find Companies Who Are Hiring

State of NJ COVID-19 Jobs and Hiring Portal_
<https://jobs.covid19.nj.gov/>

Companies Still Hiring, Have Hiring Freezes or Layoffs
<https://candor.co/hiring-freezes/>

Interview Question of the Month

Q: "What are your strengths? "

A: Interviewers ask this question to see if your strengths align with the company's needs and to determine if you stand out from the competition as the best person for the job. Strengths can be hard skills; these are knowledge-based, learned skills that you obtain through education, experience or training, like computer skills or industry knowledge. Strengths can also be soft skills; these are transferrable skills that relate to how you work, solve problems and interact with colleagues. Examples of soft skills include conflict resolution, performing well under pressure, time management, leadership, resourcefulness, flexibility, and analytical skills.



When answering this question, you will need to give an example to demonstrate that you have a particular skill. You can do this using the **STAR** method: describe the **S**ituation or circumstances, the **T**ask you needed to perform, the **A**ctions you took to resolve the problem or complete the task, and the **R**esult of your actions. Your "success story" should be a concrete example of the skill you have given as a strength. Remember to read the job posting carefully ahead of time to determine which strengths are most relevant and tailor your answer to the position.

EXAMPLES:

- ◇ *I work well in teams. When my division reorganized and I was put on a team with people from different backgrounds and experience levels without a clear hierarchy, there was a lot of friction. I organized regular bonding sessions for our team that helped break down some boundaries in the office. I also took it upon myself to take some of the more cumbersome tasks that others didn't want to do. When I left, a number of people on the team thanked me for the diplomacy and harmony I fostered in our work environment.*
- ◇ *My greatest strength is my writing skills. I work well under pressure, and I've never missed a deadline. One specific example that comes to mind is when I was asked to complete a project that a fellow colleague forgot about. My editor didn't realize this until two hours before the deadline. It was an important piece, so I got to work, and with feverish precision, I was able to complete the article. Not only was it finished on time, but it was received very well by readers of the publication.*
- ◇ *I perform well under pressure. When I worked as a consultant, I often had to give presentations to high-level executives at the company we were consulting at a day's notice or less. I had to quickly learn how to speak confidently and fluently about material I had only drawn up the day before. Sometimes I would be interrupted and challenged, and I had to stand my ground, explain myself clearly and keep my cool. I believe that skill will make me a good fit in this role as a spokesperson.*

For more info and to see sample answers on video go to: <https://biginterview.com/what-are-your-strengths/>



Websites For Work From Home Job Opportunities

- <https://weworkremotely.com/>
- <https://www.skipthedrive.com/>
- <https://talent.hubstaff.com/>

COVID-19 Resources



Your mental health is vital, and it is important to reach out when you could use a little extra support. **NJ Mental Health Cares** has a FREE emotional support hotline that is answered by trained staff. The hotline is available 7 days a week from 8:00 am - 8:00 pm and provides emotional support for issues related to COVID-19 and other mental health concerns. If you call after hours, leave a message and your call will be returned.

Phone: 866-202-HELP (4357), Text NJHOPE to 51684, Email: help@njmentalhealthcares.org

The **Morris County Provider Resource Committee's** resource list includes agencies and organizations throughout Morris County that provide services to the community in various areas. Check it out to find assistance with things like childcare, parenting, emergency food, healthcare, and utilities. <https://hs.morriscountynj.gov/wp-content/uploads/2020/01/2020-Morris-County-Resource-List.pdf>

The **National Domestic Violence Hotline** can help survivors of domestic violence. Call 1-800-799-7233. If you are unable to speak safely, you can click on "Chat Now" on their website to live chat with someone; or text LOVEIS to 22522. Phone: 800-799-7233, Web: <https://www.thehotline.org/>.

JBWS is a private, confidential service welcoming ALL survivors of dating, domestic, or partner abuse (and their family members) regardless of severity of the abuse, marital status, income, gender identity, sexual orientation, religion, or ethnicity. 24-Hour Helpline & Referral: 1-877-R-U-ABUSED or 1-877-782-2873, <https://www.jbws.org/>

The official **COVID-19 Information Hub for the State of New Jersey**. Find the latest news, guidance, resources, and support at <https://covid19.nj.gov/>.

The resources listed in this newsletter are not endorsed by The Women's Center at County College of Morris, they are community resources compiled for your convenience. If you find any of the resources to be outdated or need additional resources that are not listed in the newsletter, please contact: womenscenter@ccm.edu, (973) 328-5025.

Mission Statement: Serve the varied needs of displaced homemakers in their quest for economic self sufficiency.

Donations are gratefully accepted and may be made through the County College of Morris Foundation, a 501(c)(3) non-profit organization, designated for the Women's Center and mailed to 214 Center Grove Road, SCC-115, Randolph, NJ 07869. All programs are sponsored by the [County College of Morris](#) and funded through grants from the [NJ Division on Women](#).