

It has often been said that searching for a job is, in itself, a full-time job. There are resumes to prepare, cover letters to write, calls to make, e-mails to send, interviews to prepare for, and thank you letters to compose. A job hunt can be all-consuming-you may find that you're scouting out job opportunities while driving, shopping, or walking to class. Any social occasion becomes an occasion for networking, as you try to locate those coveted positions that are not advertised in the newspaper or on the Internet.

Given the fact that you may be devoting much of your available time to your job search, you may quickly become tired, anxious, frustrated, and depressed. Finding the right job can take months; in fact, during times of economic downturn, finding any job can take a substantial amount of time. Therefore, when you launch a job search, you may be making a long-term commitment.

A positive attitude is absolutely critical to your success. If you feel a sense of hopelessness, chances are you will not work hard at your job search. Also, you might not put enough effort into the crafting of your resume and cover letters. You may even give up the search for your ideal job.

Your negativity can also have a profound impact upon your performance in job interviews. You might be perceived as lacking in enthusiasm or drive because you are not putting forth your best effort. Interviewers often develop a sixth sense about job applicants; therefore, it is important for you to maintain a positive outlook so that you can project a winning image. Employers want winners-that means that they want employees who believe strongly in their own abilities and talents.