



# MN Military Family Assistance Centers

## Employment and Career Helps

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Happy Fall! This month we highlight job search tools. There are many free resources available to help if you are looking for employment, or a potential career move.

There are a lot of things to consider, many employers review social media accounts for prospective employees, but there are apps such as Social Sweepster that can scan and delete potential problematic posts/pictures for you. Did you know you should create a different resume for each job if

they have a different area of focus for skill sets? Also, when an interviewer asks about your weakness, you should be prepared to follow up immediately with the way you work through that weakness to provide a resolution.

Thankfully, there are many resources in place to help you through these steps. There is the

Citizen Soldier for Life (CSFL) Program which connects Soldiers and their Families with employment and education opportunities. Service

members have the Transition Assistance Office which helps Service Members leaving the military with unemployment/employment, VA Disability, and Veteran programs.

MN Also has many Workforce Centers which house Veteran Counselors that specialize in translating military rank and experience into civilian skill sets for resumes, search for work, and network. Need help getting connected? Visit your nearest FAC office and we can get you the information that you are looking for. We look forward to talking with you!



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MMFF

MOS

## State of MN Family Assistance Center Coordinator:

Our newsletter focus this month is on employment, how to find jobs, preparing resumes, etc. It is a very time-consuming and often challenging task to find a place where you want to go every day for 8 hours. If you are looking for full time or part time work, the Family Assistance Centers can provide you with resources to make the search and preparing documents easier. The Family Assistance Centers are connected to Work Force Centers across the state. Work Force Centers are able to take your resume of military work and help you to turn it into something that can be used for civilian life. They also have access to many programs that can assist you in finding your next workplace as well.

One of the best ways to get a job is to network. Communication with colleagues, family, and friends to let them know what you are looking for can prove to be very advantages in the work world. Most people often find jobs by hearing from others that a certain place in hiring and there is a way to get you a connection. Using social media sites can also assist you in providing information on companies you are interested in.

Feel free to reach out to your nearest FAC office for information on resources pertaining to finding work. I personally don't know anyone who enjoys looking for a job but we can certainly help make that job a little easier.

Best of luck on your next adventure!

Nancy Launderville



Military Family Assistance Centers of Minnesota

## MN Workforce Centers

There are many Workforce Center locations throughout MN. These Centers offer many free services and have a plethora of resources to assist in your job search. There are Counselors on site to assist with resume writing, interviewing, Networking with local Job Clubs, and they offer valuable workshops. They have information on local Job Fairs and also have Veteran programs available to translate military experience and terms into civilian equivalents.

To find a location near you, or for more information, you can visit their website:

<https://mn.gov/deed/job-seekers/workforce-centers/>

### Are there any resources in place for Military Spouses?

Yes! Spouse Education & Career Opportunities (SECO) Is a resource available that has partnered with Military One Source to offer Spouses Career Counseling, Job Portals, Education, Training & Licensing, Career Connections, and employment Readiness. You are able to create an individual career plan and use resume tools.

For more information go to:

<https://myseco.militaryonesource.mil>

You can also talk with a career counselor at 1-800-342-9647

### Three Do's for Attending Job Fairs

1. **Do take multiple printed copies of your resume**– If there are several types of jobs you're targeting, create more than one version to highlight specific skill sets.
2. **Do Bring Your Portfolio**- Have a portfolio of your creative work to bring along. Include work samples, resume copies, and references.
3. **Do Your Research**- Research the companies attending the fair. Create a list of questions for each company you're targeting. Practice a short explanation of who you are, your experience, and what you're looking for. Be prepared for basic questions such as, "What brings you in today?"

by Kirsten Agnello-Dean

FEATURED IN Forbes

EVERY VOWEL BY ION LUBARSKI

### JOB INTERVIEW TIPS YOU'VE NEVER HEARD BEFORE

- GO BEYOND THE HOMEPAGE**  
Research the company's earnings calls, quarterly reports & blog posts. Cite them during your interviews to show you really did your homework.
- USE GOOGLE ALERTS**  
Keep up with company news without searching for it. Type the company name into Google Alerts ([google.com/alerts](https://www.google.com/alerts)) & get updates to your inbox.
- AIM FOR 10:30 AM TUESDAY**  
Catch your interviewer in the best mental state. Research shows it's best to avoid bookends: Mondays, Fridays & anything around lunchtime.
- CRAFT YOUR STORY STATEMENT**  
When asked "walk me through your resume," don't just list industry experience. Share your childhood inspirations & deepest passions.
- WEAR A FASHION STATEMENT**  
Wear clothing to spark a conversation: a lapel pin, exotic bracelet, or quirky tie that connects to your culture, upbringing, or past adventures.

WANT MORE? CHECK OUT EVERYVOWEL.COM

Designed by Lamar Gary

## On the Job Training & Apprenticeship

This program allows working Veterans and their dependents to receive GI Bill benefits while they learn a trade or skill via on the job training through their employer rather than attending college classes.

**On the Job Training**– OJT is training employees receive while performing a job and earning wages for at least 6 months but no longer than 2 years.

Examples of this type of training are:

\*Police Officer

\*Jailer

\*Highway Patrol Officer

\*Mechanic

**Apprenticeships**– Apprenticeships is a formal system of training combining on the job training with related technical instruction. Training is generally 2 to 5 years in length.

Examples of this type of training are:

\*Machinist

\*Carpenter

\*Ironworker

\*Plumber

\*Electrician

\*Power Line worker

## Trade Opportunities

There are a lot of programs that will also offer you the opportunity to learn a trade while you are gaining experience in the field:

**Goodwill** –Easter Seals Minnesota offers Automotive Technician, Construction, Medical Office, electronics Soldering, and Banking & Finance. To find out more go to:

<https://www.goodwilleasterseals.org/services/training-education>

**Troops to Trades** – the plumbing, heating and cooling and electrical residential service industry provides critical services in your community. Trainings are all-expense paid and include the costs of the training. For more information go to:

TroopsToTrades.org

Or call 651-789-8518

**Helmets to Hardhats** - We offer vets free training for good jobs in the building trades. For more information on programs and training go to:

<https://helmetstohardhats.org/>

**Construction Career Pathways**- The Building Minnesota Apprenticeship Program (BMA) is an entry-level, multi-craft training program that provides opportunities for Veterans and select individuals to enter a career within the construction trades industry. For more information contact Donna Kusske-Thorkelson [donna.kusske@mncf.org](mailto:donna.kusske@mncf.org); 612.369.2273

## What can you do for the tough interview questions?

Use the STAR Method! The STAR method is :

**S – Situation, background set the scene:** Describe the situation that you were in or the task that you needed to accomplish.

You must describe a specific event or situation, not a generalized description of what you have done in the past. Be sure to give enough detail for the interviewer to understand.

**T – Task or Target, specifics of what's required, when, where, who:** What goal were you working toward?

**A – Action, what you did, skills used, behaviors, characteristics:** Describe the actions you took to address the situation with an appropriate amount of detail and keep the focus on YOU. What specific steps did you take and what was your particular contribution?

**R – Result – Outcome, what happened?:** Describe the outcome of your actions and don't be shy about taking credit for your behavior. What happened? How did the event end? What did you accomplish? What did you learn? Make sure your answer contains multiple positive results.



### HELPFUL LINKS:

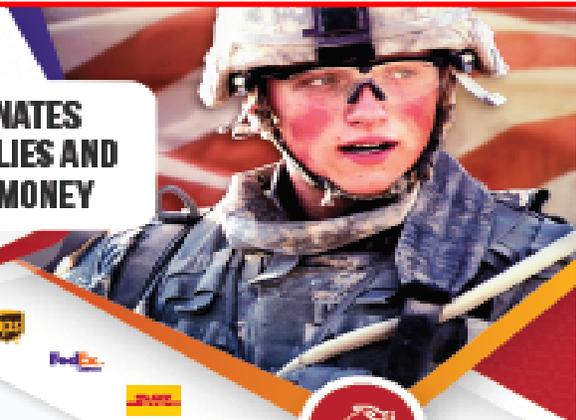
Social Sweepster- <http://www.socialsweepster.com/>

Career Onestop: <https://www.careeronestop.org/JobSearch/Interview/interview-tips.aspx>

Indeed Career Guide:

<https://www.indeed.com/career-advice/interviewing/job-interview-tips-how-to-make-a-great-impression>

The Balance Careers: <https://www.thebalancecareers.com/top-interview-tips-2058577>



**Shipthriftly DONATES TO MILITARY FAMILIES AND SAVES EVERYONE MONEY**

Go to     

[Shipthriftly.com/MNFAC](https://shipthriftly.com/MNFAC)  
Save money on shipping while supporting military personnel and their families.



Automatically support troops!

Shipthriftly donates a portion of every shipment to local military families in need.

Get It Easy Ready

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**MN MILITARY FAMILY ASSISTANCE SHIPPING PROGRAM**  
<https://shipthriftly.com/MNFAC>  
Ship to MNFAC:  
A portion of every shipment is donated back to our organization to provide support for local military families!

Official shipping partner 



**MMFF**  
Minnesota Military Family Foundation  
Serving Military Families



**Military OneSource**  
800-342-9647

**MN Military Family Assistance Center Locations**

**Arden Hills**

Yolonda Von Itter  
yolonda.m.vonitter.ctr@mail.mil  
**651-282-4055**

**Bloomington**

651-282-4748

**Camp Ripley**

Savannah Polzin  
savannah.d.polzin.ctr@mail.mil  
**320-616-3119**

**Cambridge**

Sandra Schroeder  
sandra.r.schroeder.ctr@mail.mil  
651-282-4031

**Detroit Lakes**

Kristin Helmers  
kristin.m.helmers.ctr@mail.mil  
651-268-8884

**Duluth**

Angelina Hager  
angelina.hager.ctr@mail.mil  
651-282-4053

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Joe Fisher  
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