Maintaining Your Mental and Emotional Health While Job Hunting

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Feel free to take pictures or tweet along

Hello!

I'm Sarah Withee

Polyglot software engineer

You can find me at @geekygirlsarah

JOB HUNTING !!!!!

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Part 1.
Job Searches are Terrible

… and I lived to tell the tale

I had not set myself up for success with that job

- Didn’t have a strong resume
- Didn’t know what the work *actually* involved
- Culture wasn’t described well to me
- Devs were lower on totem pole

… but it wasn’t my fault!

This rubbed off on my mental health

My work quality got bad

WHAT!?!

?!??!

HUH!????!

!!?!?

Part 2.
Prepping for the Job Hunt

tl;dr

It all boils down to self care

Self Care

Self Care

“

“Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare.”

-- Audre Lorde

7 Pillars of Self Care

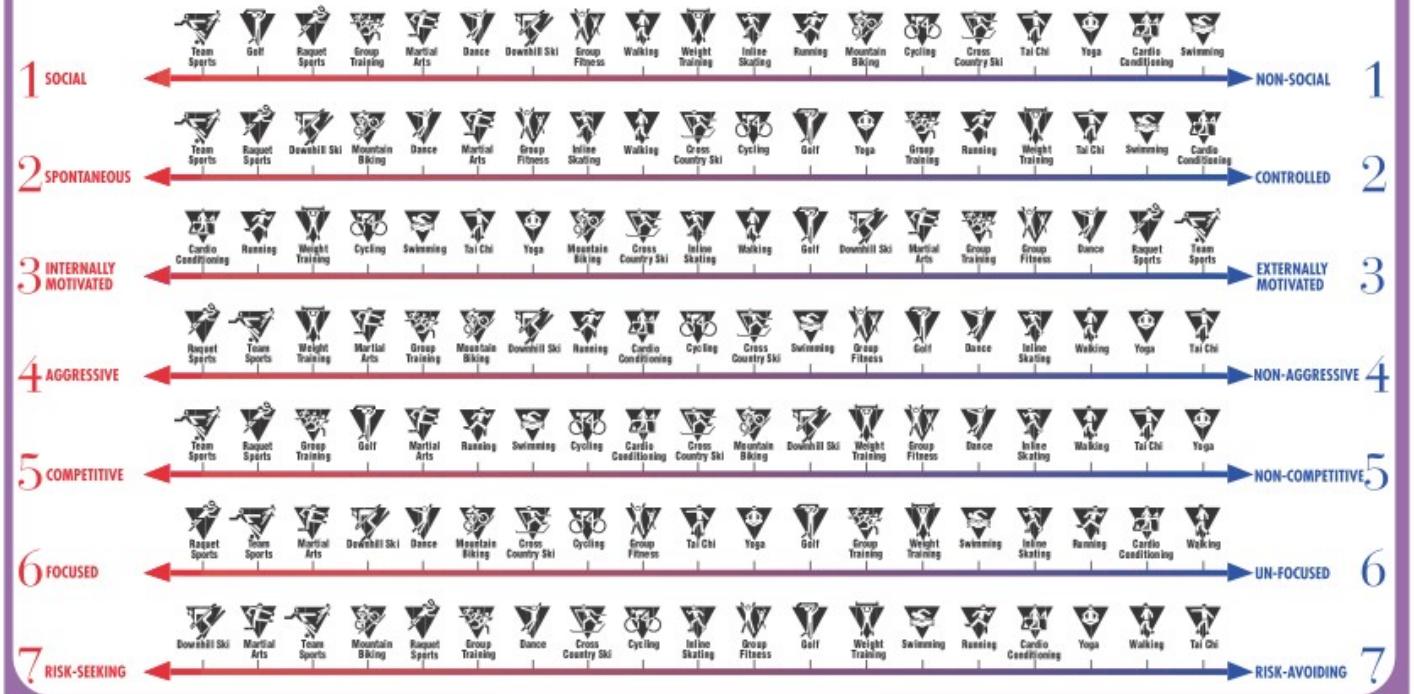
1. **Knowledge & health literacy**
2. **Mental well-being, self-awareness, agency**
3. **Physical activity**
4. **Healthy eating**
5. **Risk avoidance or mitigation**
6. **Good hygiene**
7. **Rational & responsible use of products/services**

Fitness Personality Profile

See which activities fit your style

Sports build character. What personal traits are you developing through your fitness program?

See how seven (7) Psychosocial Traits are developed by different sport and exercise programs in the chart below.



… In Other Words…

These 7 pillars help you maintain mental and physical health, which in turn helps reduce stress, anxiety, increase concentration, etc.

Physical Health

Mental Health

Self care is relative

7 Pillars of Self Care

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Incorporate Pillars into Your Live

1. **Take breaks from work (away from desk)**
2. **... especially if you're remote**
3. **Strategize what relaxes you**
4. **Strategize how to unwind**

Incorporate Pillars into Your Live

4. **Strategize how to escape reality**
5. **Go easy on yourself**
6. **Take time for a hobby**
7. **Take time to try to get some good foods**

Part 3.
Self Care in Specific Scenarios

Going Through a Bad Job

- **Find ways to leave the space**
- **Change what you can**
- **Try to accept things you can't change**
- **Remember it's just work**

While Unemployed

- **Get dressed! In clean clothes! Maybe dress up!**
- **Leave the home**
- **Treat applying for jobs like a job**

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While Job Interviewing

- **Interviews are to find the right employee…**
- **… but for you to find the right job**
- **Find out what the process is**
- **Interview processes reflect team/company dynamics**
- **Prepare, but don’t over-prepare**

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In General

- **Go in knowing what you want out of the job**
- **Know your deal-breakers**
- **Get your resume ready**
- **Schedule time to take care of errands**
- **Limit yourself, both in time and in numbers**
- **Take time to take notes post-interview**

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In General (cont.)

- **Remind yourself of your successes**
- **If you get an offer, don't sign it! Take your time**
- **Trust your gut and back away if needed**

Part 4.
Tools for the Hunt

Tools for the Hunt

Confidence (or fake confidence)

- **“I’m awesome!”**
- **”I’m good at what I do”**
- **Use that successes list to remind you that you’re good at what you do**
- **No one’s perfect, and that’s fine**
- **Ignore imposter syndrome**

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Tools for the Hunt

A notepad

- **Take notes in interview**
- **Store questions up for later**
- **Track interviews**
- **Remember what they asked**

Tools for the Hunt

Sites for jobs and data

- **Glassdoor (interview questions, reviews)**
- **Linkedin Jobs, Payscale (salary comparisons)**
- **Dice, Underdog.io, TripleByte, The Muse, Stack Overflow, Github (job listings)**
- **WeWorkRemotely (remote jobs)**

Tools for the Hunt

Sites for jobs and data (cont.)

- **Hire Tech Ladies, PowerToFly (women jobs)**
- **Twitter, social media (talk to people, find jobs)**

Sarah Withee @ Penguicon!
@geekygirlsarah

Follow

I'm on the job hunt!

I'm a software engineer with a wide breadth of experience looking for a developer or dev advocate job in Pittsburgh or remote. I care more about great culture & challenging/interesting projs than tech stacks/langs.

Let's chat! linkedin.com/in/sarahwithee
RT plz

11:56 AM - 22 Mar 2019

218 Retweets **177** Likes

Tools for the Hunt

Networking

- **Meetup (local tech interests, social groups)**
- **LinkedIn (where connections work, do people stay)**
- **Twitter/social media (follow, chat w/people)**
- **Conferences (job opportunities)**
- **Friends (support)**

Tools for the Hunt

Job Tracking

- **Trello**
- **Post-it notes**
- **Spreadsheet**

Boards | Trello

This board is set to public. You can change its visibility at any time. Learn more here

Job Hunting | Personal | Public | Compact Mode | S 3 | Invite | Calendar | Show Menu

To Look Into
21 cards

- Direct referral (friend t... / Networking referral (h...) TicketMaster (SW Eng, remote) — 1
- Cold apply: Glitch (SW Eng, remote)
- Cold apply: Tidepool (HW/SW Eng, remote)
- Direct referral (friend t...): Ad Hoc (SW Eng, remote)
- Direct referral (friend t...): Snyk (Dev Rel, remote)
- Direct referral (friend t...): Salesforce (?, remote)

+ Add another card

To Contact/They
9 cards

- Networking referral (h...): The Wirecutter (?, remote)
- Direct referral (friend t...): Corgibytes (SW Eng, remote)
- Direct referral (friend t...): Skillshare (SW Eng, remote)
- Networking referral (h...): Microsoft (*, *)
- 3rd party recruiter: Simulation(?) via Kate U/K.A. Hamilton (SW Eng, Pittsburgh Fox Chapel) — 1, 3, 1
- Direct referral (friend t...)

+ Add another card

Unknown state (due date to move to done if I
6 cards

- 1st party recruiter: UL (Sr SW Eng, Pittsburgh) — 2
- 1st party recruiter: Sentry Data Systems (Sr SW Eng, remote) — 1, 1
- 1st party recruiter: Computer Aid (Mobile/SW Eng, Pittsburgh)
- 3rd party recruiter: ? via Logan S/Aerotek Engineering (?, ?) — 1
- 3rd party recruiter: ? via Jake R/OpenArc (?, ?) — 1

+ Add another card

Initial Recruiter Call or I Applied
7 cards

- Networking referral (h...): Nuna (SW Eng, remote) — 2
- 1st party recruiter: Nielsen (SW eng, Pittsburgh) — 3
- 3rd party recruiter: ? via Frank C/Synergy Staffing (SW Eng, Pittsburgh) — 2
- Networking referral (h... / 1st party recruiter: Relativity via (Customer Eng, remote) — 3
- Networking referral (h...): Amazon AWS (DevRel, remote) — 4

+ Add another card

Scheduling 1st Technical
2 cards

- 3rd party recruiter: Teletracking via Jack D/Synergy Staff (SW Eng III, Pittsburgh Downtown) — 3
- 1st party recruiter: IAM Robotics (SW Eng, Pittsburgh) — 4

+ Add another card

Technical Phone
0 cards

+ Add a card

Scheduling In-
1 card

- Networking referral (hear... / 1st party recruiter: Google 2 (SW Eng, Pittsburgh) — 1/6

+ Add another card

In-Person
2 cards

- Networking referral (hear...: INTEG (Dev Adv+etc., Pittsburgh) — 1, Apr 12, 3
- Direct referral (friend tha... / Networking referral (hear... / 1st party recruiter: Aurora (SW Eng, Pittsburgh) — 9, 2/10

+ Add another card

Offer!!!
0 cards

+ Add a card

ACCEPTED!
0 cards

+ Add a card

Aurora (SW Eng, Pittsburgh)

in list In-Person Interviews

LABELS

Direct referral (friend that works there)

Networking referral (heard via social media)

1st party recruiter

Description

Edit

via @mmorri

https://aurora.tech/jobs/?gh_jid=4025943002

I had a recruiter approach me about [job] who mentioned they have a Pittsburgh office as well, certainly challenging work and they seem to at least care about building a positive culture http://fortune.com/2018/01/25/aurora-innovation-self-driving-car-startup/

Interview Process

Hide completed items | Delete

20%

- [x] ~~Recruiter phone call~~
- [x] ~~Video call w/hiring manager (resume deep dive, some codepad)~~
- [ ] In-Person: Recruiter check-in/tour
- [ ] In-Person: Tech interview, some code
- [ ] In-Person: Tech interview, data/pipelineing problems
- [ ] In-Person: Lunch + interview
- [ ] In-Person: Tech interview, data structures
- [ ] In-Person: Tech interview, experiences, tech background, "get to know you"
- [ ] In-Person: Recruiter check-in
- [ ] Offer

Add an item

Add Comment

Write a comment...

Save

Activity

Hide Details

Sarah Withee moved this card from Scheduling In-Person to In-Person Interviews
Apr 30 at 6:02 PM

Sarah Withee Apr 30 at 5:55 PM

Point of contact: Kristi

Edit · Delete

Sarah Withee Apr 30 at 5:46 PM

10:00 AM (EDT): Julian Sproul, PIT FrontDesk
10:15 AM (EDT): Bridget Spitznager - SRE/cloud. ?s pertaining to my domain knowledge of backend dist. systems, experience on data process/pipelining systems, exp in devops, might ask C++/Python coding question (whiteboard)
11:15 AM (EDT): John Heffner - (Mauricio instead, Simulation team, back end, storing data on clusters, more on cloud side.)
12:00 PM (EDT): Bo Li - Coding interview (C++)
12:30 PM (EDT): Chris "Colby" Baker - Mapping eng, awesome. Coding interview (data structures/algs)
01:30 PM (EDT): Simon Box - (may be leading the metrics team, simulation tech lead now, ensures if code is good for throwing on car, evaluates AV stack, etc.) General ?s on experience in data eng/pipelining, partnered with other software engineering teams,

ADD TO CARD

- Members
- Labels
- Checklist
- Due Date
- Attachment

POWER-UPS

Get Power-Ups

ACTIONS

- Move
- Copy
- Watch
- Archive
- Share

In Conclusion

Conclusion

1. **Job hunting and interviews are exhausting**
2. **Use a variety of self care techniques to prepare**
3. **Make personal strategies before the hunt**

Thanks!

Slides: geekygirlsarah.com/job-hunt

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Find me later!