



B2

Newsweek  
LearningEnglish

**F**or this year's college seniors, the COVID-19 pandemic has already **upended** their final semester and graduation ceremonies, and now threatens their first steps into adulthood. Internships they counted on have been delayed or **rescinded**. Job offers that seemed sure to come in January are now nonexistent. In fact, a recent study of 800 college students found that three quarters had their jobs cancelled, turned remote, or delayed because of the coronavirus.

For people who graduated during the financial crisis, what the Class of 2020 is about to experience is **eerily familiar**—minus the unprecedented global health crisis part, of course. During the Great Recession, the unemployment rate soared to 19.2 percent among people aged 16 to 24, nearly double the peak rate of the general population. Yet despite the **ensuing hardships**, a college degree proved to be **a saving grace**: By 2018, millennials with a college degree had largely caught up, salary-wise, to where Gen Xers were at their age, according to Pew Research.

Who better then to offer advice to today's newly-minted B.A.s than career coaches and financial advisors who graduated during the last economic meltdown and other major crises, yet emerged with strong careers, solid salaries and their **sanity intact**? Here are practical tips from five such experts, who lived through and survived graduating into chaos.

### This is hard. Take care of yourself

When Lauren McGoodwin graduated in 2009, the U.S. was in the midst of shedding 8.7 million jobs within two years. "I graduated with zero prospects and had to move back home," says the founder and CEO of Career Contessa. "I felt this **extreme expectation hangover**, like I've checked all the right boxes, done all the right things, but I wasn't getting what I felt I was promised at the end. I was very hard on myself."

Show yourself compassion, McGoodwin says, and ensure you're looking after your emotional wellbeing. After all, nothing can **ding your confidence** more than a job search where you're constantly being rejected or failing to even hear back. Focus on building a strong support system and small tasks that will help you feel more in control, like connecting with people in your field from your school's alumni network and optimizing your LinkedIn profile.

#### upend

– przewrócić do góry nogami

#### rescind

– odwoływać, anulować

#### eerily familiar

– dziwnie znajome

#### ensuing hardships

– wyniki trudności

#### saving grace

– jedyny atut,

jedyna zaleta

#### sanity intact

– w dobrej kondycji psychicznej

#### extreme expectation hangover

– ogromne rozczarowanie

#### ding someone's confidence

– odebrać komuś

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