

May 2025

Ready to improve your skills and start on your ideal career?

NYSDOL is offering FREE virtual workshops on resume writing, interviewing, transferable skills and more.

Sign up for a virtual workshop today!

NYSDOL STATEWIDE VIRTUAL WORKSHOPS

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Communication Skills 11 am – 12 pm Resume Development 1 pm – 2 pm Self-Motivation 1 pm – 2 pm	2 Chat with an Employment Counselor 1 pm – 2 pm
5 Time Management 11 am – 12 pm NYSDOL Resources 101 1 pm – 2 pm Building and Using your LinkedIn Profile 1 pm – 2:30 pm	6 Coping with Job Loss and Moving On 11 am – 12 pm Upskilling 11 am – 12 pm Using Age to Your Advantage 1 pm – 2 pm	7 Roadmap to Getting Hired 11 am – 12:30 pm Veterans Services and Resources 1 pm – 2 pm Job Fair Preparation 1 pm – 2 pm	8 Interviewing Techniques 11 am – 12:30 pm SNAP Overview 11 am – 12 pm Transferable Skills 1 pm – 2 pm	9 Chat with an Employment Counselor 11 am – 12 pm
12 Writing Effective Cover Letters 11 am – 12 pm Job Search Strategies 1 pm – 2 pm Spanish: Roadmap to Getting Hired 1 pm – 2 pm	13 Resume Development 11 am – 12 pm Give Yourself Credit: SUNY Empire Information Session 11 am – 12 pm The Power of Positivity 1 pm – 2 pm	14 An Overview of ACCES-VR Services 11 am – 12 pm Career Assessment & Exploration 11 am – 12 pm Civil Service 1 pm – 2:30 pm	15 SUNY UCAWD 11 am – 12 pm Salary Negotiation 11 am – 12 pm Learn New Skills with Coursera 1 pm – 2 pm	16 Managing Stress during the Job Search 11 am – 12 pm Chat with an Employment Counselor 1 pm – 2 pm
19 Using Age to Your Advantage 11 am – 12 pm Learning about Childcare Assistance Program 11 am – 12 pm Going to School to Get Back to Work 1 pm – 2 pm	20 Worker Retention for Job Seekers with Disabilities 11 am – 12 pm Building and Using your LinkedIn Profile 11 am – 12:30 pm Interviewing Techniques 1 pm – 2:30 pm	21 Meet OCFS Staff: An Overview of the NYS Juvenile Justice System 11 am – 12 pm Transferable Skills 11 am – 12 pm Coping with Job Loss and Moving On 1 pm – 2 pm	22 SUNY Microcredentials 11 am – 12 pm Skills Based Resume Writing 11 am – 12 pm Social Media Strategies 1 pm – 2 pm	23 Chat with an Employment Counselor 11 am – 12 pm
26	27 Job Search Strategies 11 am – 12 pm Civil Service 11 am – 12:30 pm Career Assessment & Exploration 1 pm – 2 pm	28 Cannabis Employment & Education Development (CEED) Information Session 11 am – 12 pm Writing Effective Cover Letters 1 pm – 2 pm Choosing a Career Path After Acquiring a Disability 1 pm – 2 pm	29 NYSDOL Training & Supportive Opportunities 11 am – 12 pm Virtual Career Center 11 am – 12 pm Public Speaking 1 pm – 2 pm	30 Chat with an Employment Counselor 1 pm – 2 pm

Pre-Registration Required!
Click on the name of the workshop to register <https://on.ny.gov/careercalendar>

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Department
of Labor