May 2026

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

NYS DOL is offering FREE virtual workshops on topics including resume writing, interviewing, transferable skills, and more. Sign-up for a virtual workshop today!

NYS DOL STATEWIDE VIRTUAL WORKSHOP SERIES

Monday	Tuesday	Wednesday	Thursday	Friday
27 NYS DOL Training & Supportive Opportunities 11 am – 12 pm Using Age to Your Advantage 11 am – 12 pm Upskilling 1 pm – 2 pm	28 Salary Negotiation 11 am – 12 pm The New York State Record Sealing Law 1 pm – 2 pm Interviewing Techniques 1 pm – 2:30 pm	29 Cannabis Employment & Education Development (CEED) Information Session 11 am – 12 pm Managing Stress During the Job Search 1 pm – 2 pm Advanced Resume 1 pm – 2 pm	30 Social Media Strategies 11 am – 12 pm InterviewStream: Interview Prep Tool 1 pm – 2 pm Career Assessment & Exploration 1 pm – 2 pm	1 Chat with an Employment Counselor 1 pm – 2 pm
4 Communication Skills 11 am – 12 pm Networking 11 am – 12 pm Using Age to Your Advantage 1 pm – 2 pm	5 Coping with Job Loss and Moving On 11 am – 12 pm NYS DOL Resources 101 1 pm – 2 pm Building & Using your LinkedIn Profile 1 pm – 2:30 pm	6 SNAP Overview 11 am – 12 pm Resume Basics 11 am – 12 pm Career Assessment & Exploration 1 pm – 2 pm	7 Transferable Skills 11 am – 12 pm Civil Service 11 am – 12:30 pm Writing Effective Cover Letters 1 pm – 2 pm	8 Chat with an Employment Counselor 11 am – 12 pm Public Speaking 1 pm – 2 pm
11 Learning about Childcare Assistance Program (CCAP) 11 am – 12 pm Spanish: Job Search Strategies 11 am – 12 pm Transforming Your Career through Education 1 pm – 2 pm Time Management 1 pm – 2 pm	12 Interviewing Techniques 11 am – 12:30 pm SUNY University Center for Academic and Workforce Development (UCAWD) 11 am – 12 pm Skills Based Resume Writing 1 pm – 2 pm	13 An Overview of ACCES-VR 11 am – 12 pm Job Search Strategies 11 am – 12 pm Advanced Resume 1 pm – 2 pm	14 Veterans Services and Resources 11 am – 12 pm Social Media Strategies 11 am – 12 pm Learn New Skills with Coursera 1 pm – 2 pm	15 The Power of Positivity 11 am – 12 pm Chat with an Employment Counselor 1 pm – 2 pm
18 Give Yourself Credit: SUNY Empire Information Session 11 am – 12 pm Building & Using your LinkedIn Profile 11 am – 12:30 pm Transferable Skills 1 pm – 2 pm	19 Career Assessment & Exploration 11 am – 12 pm Workforce Scheduler 11 am – 12 pm Overview of "Unlocking Opportunities: A Guide for Reentering the Community" Book I and Book II 1 pm – 2 pm	20 Using Age to Your Advantage 11 am – 12 pm Civil Service 1 pm – 2:30 pm Coping with Job Loss and Moving On 1 pm – 2 pm	21 Roadmap to Getting Hired 11 am – 12:30 pm SUNY Microcredentials 1 pm – 2 pm Resume Basics 1 pm – 2 pm	22 Chat with an Employment Counselor 11 am – 12 pm Managing Stress During the Job Search 1 pm – 2 pm
25 Memorial Day – No Virtual Workshops	26 Writing Effective Cover Letters 11 am – 12 pm Virtual Career Center 1 pm – 2 pm Interviewing Techniques 1 pm – 2:30 pm	27 Cannabis Employment & Education Development (CEED) Information Session 11 am – 12 pm Networking 1 pm – 2 pm Choosing a Career after Acquiring a Disability 1 pm – 2 pm	28 Advanced Resume 11 am – 12 pm Self-Motivation 11 am – 12 pm InterviewStream: Interview Prep Tool 1 pm – 2 pm	29 Salary Negotiation 11 am – 12 pm Chat with an Employment Counselor 1 pm – 2 pm

Pre-Registration Required!

Click the title of the workshop you would like to register for or visit: https://on.ny.gov/careercalendar

NEW YORK STATE | Department of Labor

WORKING FOR YOU