

Os programas e serviços do MassHire são totalmente financiados por subsídios da Administração de Emprego e Treinamento do Departamento do Trabalho dos EUA (USDOL). Detalhes adicionais são fornecidos mediante solicitação.

## Série de vídeos sob demanda



# Antes de começarmos



Aqui estão algumas dicas úteis para ajudá-lo a tirar o máximo proveito deste webinar!

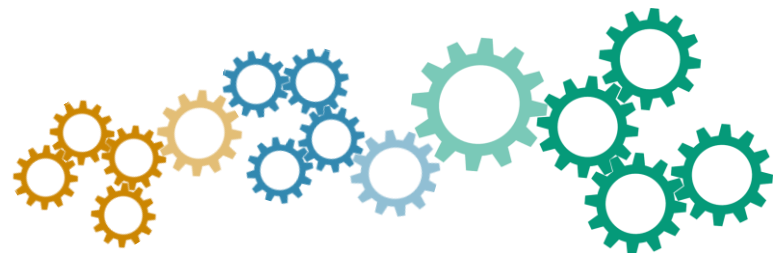
- Encontre um lugar tranquilo para assistir a este vídeo ou um lugar livre do maior número possível de distrações.
- Pause o vídeo para fazer anotações ou escrever perguntas que possa ter.

MassHire programs and services are funded in full by US Department of Labor (USDOL) Employment and Training Administration grants. Additional details furnished upon request.



# PREPARAÇÃO PARA OS SERVIÇOS INICIAIS DE REEMPREGO E AVALIAÇÃO DE ELEGIBILIDADE (RESEA)

*Planeje, aja e comece a trabalhar!*



# Vamos começar!



## O que é o RESEA?

O RESEA é um programa federal do Departamento do Trabalho dos EUA

Ajuda os clientes do SD a voltarem para o trabalho

# Participação no Programa RESEA

## Quem é selecionado para o programa RESEA?

- Selecionados aleatoriamente
- Clientes do SD

## Quais são os benefícios de ser selecionado?

- Oportunidade de trabalhar com um Orientador de Carreira do MassHire
- Workshops e aulas gratuitas
- Acesso as plataformas de empregos
- Assistência com o currículo
- Oportunidades de treinamento e atualização de habilidades





# OBJECTIVES

# GOALS

## Objetivos do programa RESEA

- Ajudá-lo a ser bem-sucedido em suas reuniões individuais do RESEA inicial e de revisão do RESEA
- Aprender sobre os requisitos do RESEA para manter sua elegibilidade para o seguro desemprego
- Introdução aos serviços do MassHire e aos recursos e ferramentas disponíveis que pode usar em sua busca de emprego
- Obter emprego

# Principais lembretes do RESEA

Carta de notificação do RESEA do DUA com prazo, datas e etapas de ação.



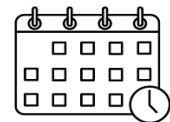
Participar de um Seminário do Centro de Carreiras (CCS).  
Reunião individual inicial do RESEA.



Concluir a reunião inicial do RESEA.  
Agendar e participar da segunda reunião do RESEA.



Atender e concluir todos os requisitos do RESEA dentro do prazo.  
Evitar a interrupção dos benefícios do SD.

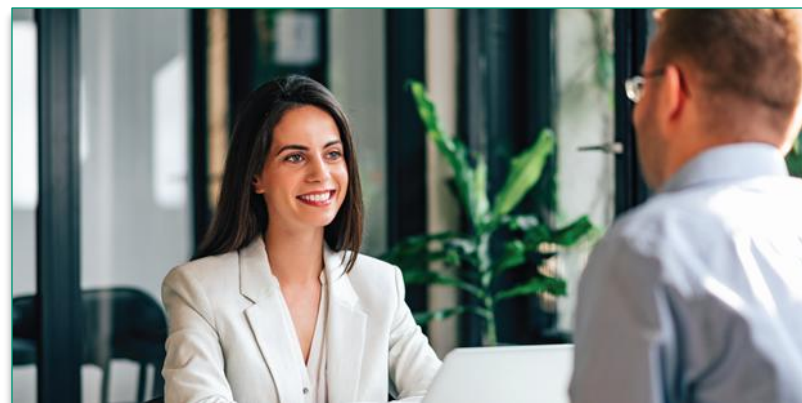


Preste atenção

# Reunião inicial do RESEA

Durante a reunião inicial do RESEA, aprenderá sobre os componentes do programa RESEA.

- Benefícios do MassHire JobQuest
- Plano de Ação de Carreira (CAP)
- Avaliação das Necessidades Individuais
- Informações do Mercado de Trabalho (LMI)
- Requisitos para o currículo
- Registros de busca de emprego
- Questionário de elegibilidade para o SD
- Participar de serviços de reemprego
- Marcar sua segunda reunião individual de revisão do RESEA





# Benefícios de usar o MassHire JobQuest

Você pode acompanhar todas as suas atividades de busca de emprego em um só lugar

Receba ofertas de emprego personalizadas

Conecte-se com um orientador de Carreira do MassHire

Inscreva-se e participe de vários workshops gratuitos

Faça o upload ou obtenha ajuda para criar um currículo

Recursos para ajudá-lo a superar barreiras e avançar com sucesso para o seu próximo emprego

Acompanhar as atividades do RESEA

Salvaguardar os empregos de seu interesse

Tenha um painel personalizado

É novo no MassHire?  
Crie uma conta no  
MassHire JobQuest!

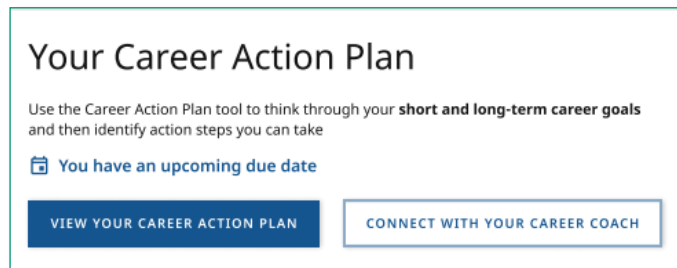
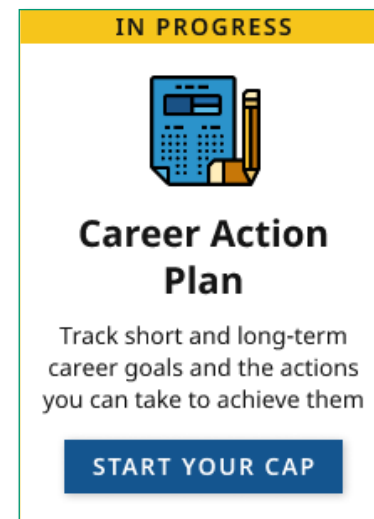


# Plano de Ação de Carreira

*Um Plano de Ação de Carreira pode auxiliá-lo no planejamento da sua busca por emprego.*

- *Desenvolver um plano de ação para atingir seus objetivos profissionais*
- *Definir suas metas de curto e longo prazo*
- *Identificar as necessidades e barreiras para o reemprego*
- *Receber indicações de recursos*

Garantir o sucesso da progressão e conclusão do seu plano de busca de emprego e de suas metas!



# Plano de Ação de Carreira Objetivos e Recursos do RESEA

**YOUR SELECTIONS**

Here are your action steps that you have identified in the Needs Assessment Section that will help you get to your targeted occupation. Modify your target dates, and check off action steps as you complete them.

**RESEA Program Action Steps**

	DEADLINE DATE:
<input type="checkbox"/> Research the Labor Market and Salary Information	05/10/2021
<input type="checkbox"/> Develop or Update Your Resume and Cover Letter	05/10/2021
<input type="checkbox"/> Acknowledge S30 and Trade Requirements	05/10/2021
<input type="checkbox"/> Initial RESEA Review	05/10/2021
<input type="checkbox"/> Review Work Search Activity	05/10/2021
<input type="checkbox"/> Final RESEA Review	05/10/2021

**Skills Improvement**

	TARGET DATE:
<input type="checkbox"/> Improve my Basic Literacy Skills	05/10/2021 ✓
<input type="checkbox"/> Improve my Basic Math Skills	05/10/2021 ✓

**Professional Improvement**

	TARGET DATE:
<input type="checkbox"/> Research the Labor Market and Salary Information	05/10/2021 ✓
<input type="checkbox"/> Develop or Update Your Resume and Cover Letter	05/10/2021 ✓

**Financial Improvement**

	TARGET DATE:
<input type="checkbox"/> Increase Savings	05/10/2021 ✓
<input type="checkbox"/> Basic Budgeting	05/10/2021 ✓

**Support Services**

	TARGET DATE:
<input type="checkbox"/> Childcare	05/10/2021 ✓
<input type="checkbox"/> Transportation	05/10/2021 ✓
<input type="checkbox"/> Learn Tips for Mature Workers	05/10/2021 ✓

**RESOURCES**

Here are the resources to assist you in completing your action steps.

[Connect to a Career Coach](#) ➤

[Link to Workshop Scheduler](#) ➤

- [Labor Market Workshop Scheduler](#) ➤
- [Resume Workshop Scheduler](#) ➤
- [Financial Workshop Scheduler](#) ➤
- [Mature Workers Workshop Scheduler](#) ➤

[Link to Webinar Scheduler](#) ➤

- [Labor Market Research Webinar](#) ➤
- [Building Your Resume Webinar](#) ➤

**TORQ** ➤

TORQ (Total Occupational Relationship Quotient) is a free online tool that can help you identify various career options and job opportunities based upon your transferable skills (work experience, education, volunteer work, and other interests).

[Mass CIS Website](#) ➤

This tool is designed to provide occupational and educational information to help you make better-informed career and school choices.

[Create Your Resume through JobQuest Virtual Pathway](#) ➤

[Inquire about potential eligibility for various grants to assist with training expenses](#) ➤

[Connect to our Department of Transitional Assistance Partner](#) ➤

[Connect to our Massachusetts Adult Education Partner](#) ➤

[Connect to our Senior Community Service Employment Program Partner](#) ➤

Entre em contato com o Centro de Carreiras local do MassHire para obter informações adicionais!

# Recursos



## RESOURCES

Here are the resources to assist you in completing your action steps.

[Connect to a Career Coach →](#)

[Link to Workshop Scheduler →](#)

[Financial Workshop →](#)

[Internet Job Search Workshop →](#)

[On-Demand Videos →](#)

Please be advised that you must watch the entire length of the video in order to receive credit for watching it. If you exit the video or log out of JobQuest, you will not get credit and you will need to restart and watch the video from the beginning to get credit. You can pause the video at any time and then restart, but again if you exit the video or log out of JobQuest, you will not get credit.

You can choose the language of the videos

[Welcome to the MassHire Career Center Seminar \(CCS\) →](#)

[Prepare for Your Initial Re-Employment Services and Eligibility Assessment \(RESEA\) →](#)

[Labor Market Information and Tools for Assessment →](#)

[Resumes That Work →](#)

[TORQ - Learn About Your Transferable Skills →](#)

[Inquire about Potential Eligibility for Various Grants to Assist with Training Expenses →](#)

[Connect to our Department of Transitional Assistance Partner →](#)


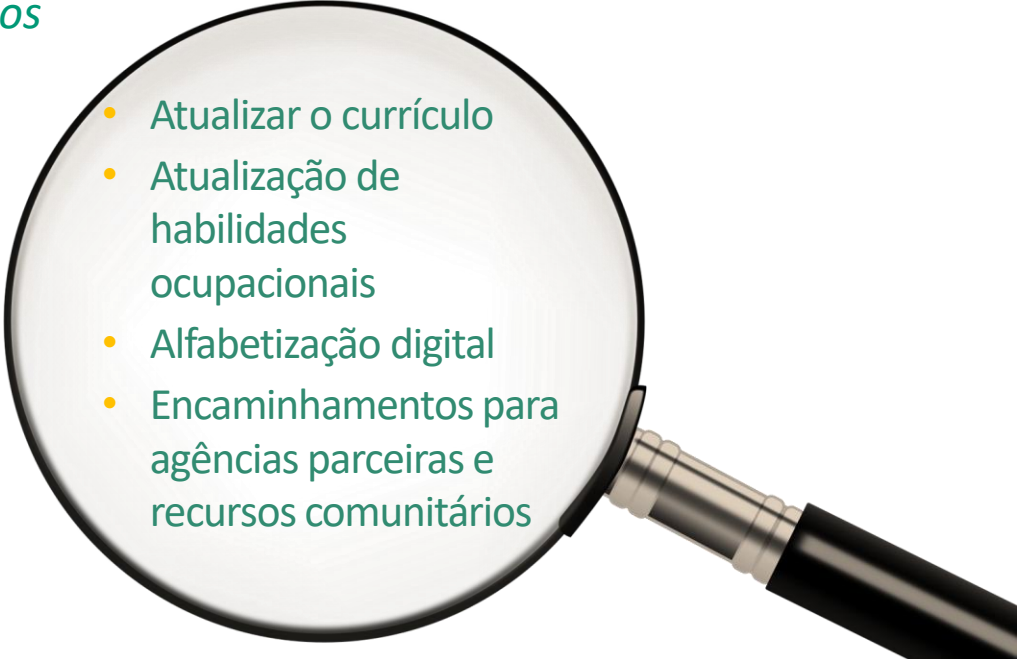
[Connect to our Massachusetts Adult Education Partner →](#)

*Os workshops são oferecidos virtualmente ou presencialmente.*

# Avaliação das necessidades individuais

A Avaliação de Necessidades Individuais (INA) é uma ferramenta que o ajuda a identificar barreiras específicas para encontrar um emprego e atingir suas metas.

*Quais são as  
habilidades ou recursos  
que eu preciso?*

- 
- 
- Atualizar o currículo
  - Atualização de habilidades ocupacionais
  - Alfabetização digital
  - Encaminhamentos para agências parceiras e recursos comunitários

# Informações Sobre o Mercado de Trabalho (LMI)

Pesquisar o mercado de trabalho para entender onde sua ocupação e suas habilidades se encaixam no mercado de trabalho.

- Ajudar você a tomar decisões, mais bem ponderadas
- Ajudar a avaliar conhecimentos, habilidades e capacidades
- Avaliar seus valores e interesses
- Ajudar a encontrar soluções para as barreiras ao reemprego
- Fornecer informações sobre o mercado de trabalho local, tendências de emprego e perspectivas ocupacionais

## Benefícios de usar as Informações Sobre o Mercado de Trabalho (LMI)




# Perguntas respondidas pelas Informações Sobre o Mercado de Trabalho (LMI)

**RESEARCH JOB MARKET**


\* Required for RESEA

\* What is the average wage per year (or wage range)? 


*Enter Your Answer*

\* What is the growth projected over the next several years? 

*Enter Your Answer*

\* What are the annual openings expected (i.e. low, medium, high, very high)? 

*Enter Your Answer*

\* What is the typical education level required for this type of occupation? 

*Enter Your Answer*

\* Are there any special skills identified with this occupation? 

*Enter Your Answer*



# Pesquisa das Informações sobre o Mercado de Trabalho (LMI)



MY NEXT MOVE



Os recursos de pesquisa do LMI podem ajudá-lo a fazer melhores escolhas e responder às suas perguntas sobre busca de emprego!



# Currículo



- ✓ Esteja preparado para mostrar seu currículo durante as reuniões do RESEA.
- ✓ Se você não tiver um currículo, nós lhe mostraremos como criar um por meio do seu perfil no MassHire JobQuest!

## Lindsay Jaskolski

98030 Caroline Lock  
West Eugenia, 77433  
153.505.9424  
Benton96@yahoo.com

### Summary

Recent graduate equipped with an advanced technical mindset, strong business acumen, and a Bachelor of Science (BS) in Mechanical Engineering. In-depth knowledge of engineering disciplines, including chemical, electrical, and civil as well as thermodynamics, physics, materials science, statistics, fluid dynamics, and thermodynamics. Eager to utilize industry skills and knowledge to enter your organization and add immediate value in the capacity of Mechanical Engineer.

### Professional Skills

Mathematics	Intermediate
Computer Systems	Intermediate
Project Management	Intermediate
Computer-aided Design	Intermediate
Leadership	Intermediate
Communications	Advanced
Engagement	Advanced
Problem Solving	Beginner

### Education

**Boston University**  
BACHELOR OF SCIENCE (BS) | Mechanical Engineering  
GPA: 3.9  
Graduated - July 2018  
Courses: Aerodynamics and Circuits, Thermal Design, Fluid Mechanics, Energy Laboratory, Computer-aided Design  
Certified Plant Engineer (CPE), Association for Facilities Engineering (AFE), 2019

### Employment History

**BOSTON UNIVERSITY/ECOSYSTEM**  
Mechanical Engineering Development Program  
July 2016 - July 2017  
Worked collaboratively with a team of engineers on the design and implementation of energy performance measures, ensuring contribution to the continuous improvement of internal processes.  
Assisted with field surveys and audits and provided energy modeling support as needed.  
Developed and improved test fixtures, tooling, manufacturing processes, and various procedures for new and existing builds, reducing defects and improving yields.  
Completed the 6-month program, achieving highest ranked participant.

### Volunteer Experiences

Member/Participant, Boston Manufacturing Monthly Meetup, Boston, MA, 2017-Present  
Community Volunteer, Boys and Girls Club, Boston, MA, 2012-2015

# Elaboração de um novo currículo

## Build Your Profile

If you don't have a resume, we can help you build one. Start by creating your profile to build a resume that you can share.

[START CREATING MY PROFILE](#)



## Create Your Profile

Building your profile could take you a minute—and that's okay. Being thorough helps with better job matching.



# Registro de actividades de busca de emprego

**Work Job search requirements:** To continue receiving benefits, you must :

- ✓ Look for work **at least: 3 times per week.**
- ✓ You must also keep a record of your work searches.
- ✓ If you are a union member and may only accept work through your union, you must keep track of all contacts between you and the Union.
- ✓ Use this work search log to: Record your job search activities, take to your MassHire Career Center appointments, and verify you are looking for work if you are randomly selected. You can get more copies of this form at any MassHire Career Center or at [www.mass.gov/dua/forms](http://www.mass.gov/dua/forms).

**Job search log** Name: \_\_\_\_\_ Claimant ID: \_\_\_\_\_

Week starting Sunday (date): \_\_\_\_\_ (through) Saturday (date): \_\_\_\_\_

Date:	Position	Pay rate	Employer name and address	Job ID or person contacted	Contact email, website, or phone	Result

Week starting Sunday (date): \_\_\_\_\_ (through) Saturday (date): \_\_\_\_\_

Date:	Position	Pay rate	Employer name and address	Job ID or person contacted	Contact email, website, or phone	Result

Week starting Sunday (date): \_\_\_\_\_ (through) Saturday (date): \_\_\_\_\_

Date:	Position	Pay rate	Employer name and address	Job ID or person contacted	Contact email, website, or phone	Result

[www.mass.gov/orgs/departments-of-unemployment-assistance](http://www.mass.gov/orgs/departments-of-unemployment-assistance)

# Questionário de Avaliação de Elegibilidade para SD



Attachment A

## RESEA UI ELIGIBILITY ASSESSMENT QUESTIONNAIRE

NAME \_\_\_\_\_

JOB SEEKER I.D. # \_\_\_\_\_

Please Indicate YES or NO to the questions below:	YES	NO
1. Since filing your unemployment claim, have you been: <ul style="list-style-type: none"><li>• Physically able to work</li><li>• Actively seeking work</li><li>• Ready to accept work</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2. Since filing your unemployment claim, have you applied for or started receiving <u>ANY</u> of the following?  <i>Circle any that apply.</i> <ul style="list-style-type: none"><li>• workers' compensation benefits</li><li>• payment in lieu of dismissal notice</li><li>• payments from a pension fund</li><li>• payments from a retirement account contributed to by an employer</li><li>• vacation or personal time off payments from an employer</li><li>• payments from a union pension fund</li><li>• payments from an annuity fund</li><li>• severance pay</li><li>• stay bonus</li><li>• continuation pay</li><li>• payments from a 401K fund</li></ul> <p>• If you circled any of the above, have you reported this information to the Department of Unemployment Assistance?</p>	<input type="checkbox"/>         <input type="checkbox"/>	<input type="checkbox"/>         <input type="checkbox"/>
3. Have you worked during any of the weeks you claimed and <u>NOT</u> reported earnings for those weeks worked to the Department of Unemployment Assistance?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you currently enrolled in school or a training program? <ul style="list-style-type: none"><li>• If you answered YES, have you applied for Training Opportunities Program (Section 30) approval?</li></ul>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>

**REMINDER:** If you have moved since you filed your claim for benefits, you must notify the Department of Unemployment Assistance by accessing your U.I. Online account or by calling 617-626-6800.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**NOTE:** The Reemployment Services and Eligibility Assessment Program (RESEA) is a mandatory program designed to ensure that you meet state and federal requirements to receive unemployment insurance benefits. Any information that you provide may affect your eligibility to receive those benefits.

# Workshops

## Serviços Interinos



### Workshops

MassHire offers a variety of free workshops to get insights on a number of different topics

[FIND WORKSHOPS](#)

### LMI: Avaliações

- Identificação das competências
- Tipologia de Myers-Briggs

### Currículo

- Elaboração de currículos
- Cartas de apresentação
- Candidaturas online

### Networking

- Networking Funciona
- LinkedIn
- Recrutamento de empresas
- Feiras de emprego

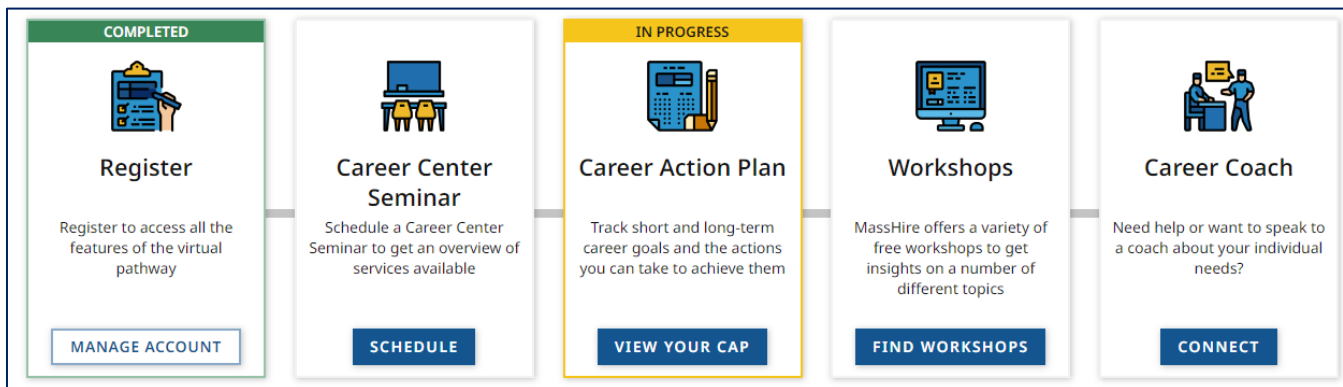
### Procura de emprego

- Organizando sua busca de emprego
- Sistemas de rastreamento de candidatos
- Desenvolvendo um argumento de marketing pessoal

### Entrevista

- Sucesso em entrevistas
- Entrevistas por telefone
- Negociação salarial

# Caminho virtual para o reemprego



# Painel do JobQuest

**MY DASHBOARD**

**Your Career Action Plan**  
Use the Career Action Plan tool to think through your short and long-term career goals and then identify action steps you can take.  
[VIEW YOUR CAREER ACTION PLAN](#) [CONNECT WITH A CAREER COACH](#)

**Saved Jobs**  
You can search for jobs using a combination of search criteria or complete your profile now to get job matches based on your skills and experience.  
[SEARCH FOR JOBS](#)

[Find an Event or Workshop →](#) [Find Training Courses →](#)  
[View On-demand Videos →](#)

**Welcome, ROBERT**  
JOB SEEKER ID  
1350XXXX  
[VIEW PROFILE](#)

**Job Matches**  
Check out your Job Matches based on your experience and skills.  
[VIEW MY JOB MATCHES](#)

**You Are Currently Enrolled in the RESEA Program**  
[CHECK YOUR STATUS](#)

**Update Your Job Status**  
[I GOT A JOB!](#)

**Preferences**  
☐ Allow Employers To View My Contact Information  
☐ I'd Like To Receive Emails When An Employer Invites Me To Apply  
[UPDATE STATUS](#)

**Resume**  
Robert Valente  
JOB SEEKER ID: 1350XXXX  
Phone: (508) 238-1234  
Email: robert.valente@masshire.com  
Address: 123 Main St, Boston, MA 02101  
[View My Resume](#)

**Search for a MassHire Career Center**  
[SEARCH LOCATIONS](#)

**Welcome, ROBERT**  
JOB SEEKER ID  
1350XXXX  
[VIEW PROFILE](#)

**Update Your Job Status**  
[I GOT A JOB!](#)

**Preferences**  
☐ Allow Employers To View My Contact Information  
☐ I'd Like To Receive Emails When An Employer Invites Me To Apply  
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[I GOT A JOB!](#)

**Preferences**  
☐ Allow Employers To View My Contact Information  
☐ I'd Like To Receive Emails When An Employer invites Me To Apply  
[UPDATE STATUS](#)

**Resume**  

**Robert Valente**  
100 Steeple Way, Rashomon, MA 0000  
Email: [Rvalente@mass.gov](mailto:Rvalente@mass.gov)  
Phone: 555.555.5555

**EXPERIENCE**  
Training Coordinator  
MassHire Department of Career Services  
Boston, MA 00000  
January 2024-Present

[View My Resume](#)

**Search for a MassHire Career Center**  
[SEARCH LOCATIONS](#)

You Are Currently Enrolled in the RESEA Program

[CHECK YOUR STATUS](#)

This option will appear ONLY if you are enrolled in RESEA.

## Resume

**Robert Valente**  
100 Steeple Way, Rashomon, MA 0000  
Email: [Rvalente@mass.gov](mailto:Rvalente@mass.gov)  
Phone: 555.555.5555

**EXPERIENCE**  
Training Coordinator  
MassHire Department of Career Services  
Boston, MA 00000  
January 2024-Present

[View My Resume](#)

## Your Career Action Plan

Use the Career Action Plan tool to thing through your short and long-term career goals and then identify action steps you can take.

[VIEW YOUR CAREER ACTION PLAN](#)

[CONNECT WITH A CAREER COACH](#)



# Painel do JobQuest

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☐ Allow Employers To View My Contact Information  
☐ I'd Like To Receive Emails When An Employer Invites Me To Apply  
[UPDATE STATUS](#)

**Resume**  

**Robert Valente**  
200 Street Hwy, South Shore, MA 02060  
email: RobertV@masshire.com  
Phone: 781.554.5500  
**EXPERIENCE**  
Training Coordinator  
Massachusetts Department of Career Services  
Boston, MA 02108  
08/2014 - 03/2018

  
[View My Resume](#)

**Search for a MassHire Career Center**  
[SEARCH LOCATIONS](#)

[Find an Event or Workshop →](#)  
[Find Training Courses →](#)  
[View On-demand Videos →](#)

**Job Matches**

Check out your Job Matches based on your experience and skills.

[VIEW MY JOB MATCHES](#)

**Saved Jobs**

**Medical Assistant** South Shore Skin Surgeons Quincy  
Job order # 15416027

**Medical Assistant** Boston Hospital Boston MA  
Job order # 15439622

[SEARCH FOR JOBS](#)

# Serviços de Reemprego e Avaliação de Elegibilidade (RESEA)



**RESEA Program Steps** ×

Here are the steps you will need to accomplish as a participant of the RESEA Program.

<input checked="" type="checkbox"/>	<b>Currently RESEA Enrolled</b>	Yes
2	<b>Attended CCS</b> <small>Learn more about the services you can now access</small>	No
3	<b>Complete Initial RESEA Review</b> <small>Contact your local MassHire Career Center</small>	No
4	<b>Participate in Reemployment Services (RES)</b> <small>Join workshops, apply for jobs, research job trends, and more</small>	No
5	<b>Complete Career Action Plan (CAP) Requirements</b> <small>Complete your customized Career Action Plan</small>	No
6	<b>Complete Subsequent RESEA Review</b> <small>Contact your local MassHire Career Center</small>	No

[PRINT](#) [VIEW YOUR CAREER ACTION PLAN](#)

**You are Currently Enrolled  
in the RESEA Program**

[CHECK YOUR STATUS](#)

# Comece a se preparar

**Plan, Act,  
Get to Work!**

## Build Your Profile

If you don't have a resume, we can help you build one. Start by creating your profile to build a resume that you can share.

[START CREATING MY PROFILE](#)

## Your Career Action Plan

Use the Career Action Plan tool to think through your **short and long-term career goals** and then identify action steps you can take

 You have an upcoming due date

[VIEW YOUR CAREER ACTION PLAN](#)

[CONNECT WITH YOUR CAREER COACH](#)

# Entre em Contato com um Orientador de Carreira

## MassHire Virtual Pathway

### Plan, Act, Get to Work!

We want to make it easier for you to find a job. Register for MassHire, Attend a Career Center Seminar, Create your Career Action Plan, Build a resume, Enroll in workshops, Search for jobs. The MassHire Virtual Pathway will guide your action steps!

REGISTER NOW



# Como encontrar um emprego no JobQuest

## Find a Job

212,208 TOTAL JOB OPENINGS

Start searching for your next job opportunity! When you Register for a MassHire JobQuest account you can get Job Matches based on your unique skills, education, & work history, and save & export jobs.

**Search for available jobs using any combination of search criteria below**

When using the language translation function on this page, you must still enter text using the English language.

Keyword(s)

Job Category

Select a Category v

Job Title

Enter a Job Title

Company Name

Enter a Company Name

Job Order #

Enter a Job Order #

Show Jobs Listed Within

Select Timeframe v

Search for Job Locations by:

☒ City or ZIP Code ☐ Regions

Job Location

Enter Massachusetts City or ZIP Code

Distance from Location

10 miles v

# Concluindo

**Update Your Job Status**

Searching for Jobs	^
Currently Seeking Jobs	
Applying & Interviewing for Jobs	
I got the Job!	

Informe-nos quando você conseguir um emprego para que possamos celebrar seu sucesso!



# Próximos Passos

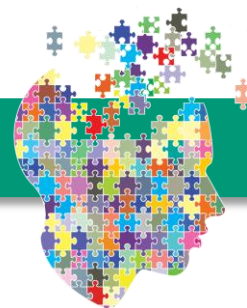
Informações sobre o Mercado de Trabalho e Recursos Profissionais



Currículos para a Força de Trabalho Moderna



...continue sua busca por emprego!





# Obrigado por assistir esta apresentação!



**Planeje, aja e  
comece a trabalhar!**

<https://www.mass.gov/how-to/find-a-masshire-career-center>

**Procure um Centro de  
Carreiras do MassHire**

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CAREER SERVICES