



Knowledge Through Sharing. It's That Simple.

Hello!

Welcome to the Oswego County Workforce New York's Monthly Newsletter. Our goal is to keep Oswego County job seekers in the know about current workforce initiatives, tips and tricks. For more information about our office visit our webpage at www.ocwny.org

Summer Job Opportunities for Young Adults

Are you age 14-20? Do you want a summer job? The Oswego County Workforce New York Summer Youth Employment Program (SYEP) may have a job for you! This program is open to young adults (age 14-20) who are residents of Oswego County AND meets **at least one** of the following criteria:

- Low household income
- Currently receiving:
 - TANF (Cash Public Assistance)
 - SNAP (Food Stamps)
 - Medicaid
 - HEAP
- Currently in Foster Care

IMPORTANT!!!

All applicants must attend a work readiness/payroll enrollment workshop AND an Oswego County employee orientation session.

Job opportunities are limited.

Call SYEP at (315) 591-9000 now for more information.

The Oswego County Workforce New York Summer Youth Employment Program (SYEP) provides paid work and job readiness training to empower young people (income eligible, 14-20 years of age) to develop their work interests, skills, and abilities. Participants earn their own money, build a resume, gain professional references, and reinforce productive work habits and positive attitudes. Eligible applicants may be offered paid employment at the current NYS minimum wage (\$15.00 per hour) for up to 30 hours per week from early July to the middle of August.

SYEP provides a variety of opportunities throughout the county, but placements may be limited in some areas. The work sites include local school districts, community-based organizations and Oswego County Conservation Corps (OC3) landscaping crews. Job opportunities include clerical trainee, custodial trainee, recreational program helper, OC3 crew member and more.

Public, private and not-for-profit employers are encouraged to apply as work sites too!

For more information or application packets please contact:

Oswego County Workforce New York
200 North Second Street
Fulton, New York 13069
(315) 591-9000
ocwny@oswegocounty.com

Recognize Burnout Before It Flares

Do you feel constantly tired and irritated by work? You may be burning out. The symptoms of burnout are as varied as those who suffer it. Some people get angry, some become quiet and introverted, while others overeat or abuse drugs and alcohol.

If your job is stressful, find out if you're headed for job burnout. Some common feelings associated with burnout are:

- You feel unable to be effective at work.
- The workplace demands more than you are able to give.
- Nothing you do seems good enough.
- You are anxious and dread going to work.
- You are always tired, even when you get enough sleep.
- You're bored most or all of the time.
- You feel guilty.
- You feel hopeless, powerless, and frustrated.

Here are some of the best defenses against burnout:

- **Take care of yourself.** Eat a healthy, balanced diet, and get enough rest and exercise.

- **Make balance a priority.** Have a rich life outside of work, as well as activities and people who bring you satisfaction outside of the office.

- **Reach out for help.** Build a strong support system, and make sure you're not with people who spend time complaining.

- **Come up with solutions.** If you sense a problem, follow through on all possible remedies you develop.

Job Search Assistance

[2024 Job Seeker Survey](#)

[Get Interview Ready](#)

[Common Interview Questions and How to Answer Them](#)

[Practice Job Application Tool](#)

[Search for Jobs on the NYS Job Bank!](#)

Upcoming Events!



Oswego County
Workforce New York
Career Center



Annual Spring Job Fair!

Thursday | May 9, 2024 | 2pm-5pm

Lake Ontario Event and Conference Center
26 East 1st Street, Oswego, NY 13126

Various industries such as Manufacturing, Trades, Banking, Healthcare & more will be in attendance! Come get hired!

Get in Touch

Oswego County Workforce NY Career Center
200 North 2nd Street, Fulton, NY 13069
(315) 591-9000 or (315) 591-9247 TTY
ocwny@oswegocounty.com

Come Get Hired!

- Local Businesses and Training programs will be attending.
- Bring copies of your resume for employers

Thank you to our sponsors!



Oswego County Workforce New York
Resources



- Does your vehicle need repairs or tires so you can get to and from work?
- Are transportation needs putting your job at risk?
- Do you need help with registration costs?

Oswego County Vehicle Repair and Transportation Assistance Program

ELIGIBILITY REQUIREMENTS:

- Be consistently working a minimum of 30 hours per week OR accepted a new job with a minimum of 30 hours per week
- Resident of Oswego County and a US citizen or legally authorized to work in the US
- Be income eligible.
- Have a valid Driver's License
- Vehicle must meet title, registration, and insurance requirements

**Contact the Oswego County Workforce New York Career Center
at 315-591-9000**

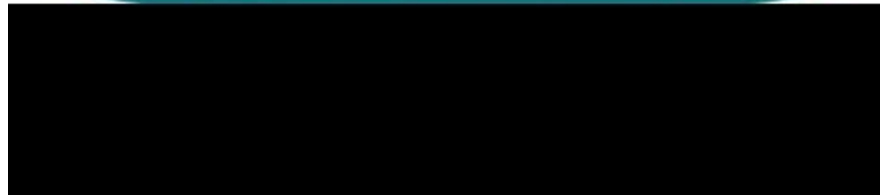
Oswego County Workforce NY is an equal opportunity employer/program. Auxiliary aids are available upon request to individuals with disabilities.
TTY (315) 591-9247



FOLLOW US ON FACEBOOK

To keep up with events and job fairs throughout Oswego County!

Who we are



Did You Know?

Did you know...that Oswego County's average unemployment rate for March 2024 was 5.0% This was a decrease from the February 2024 rate of 5.5%.

Did you know...that you should have different versions of your resume if you're looking for work in more than one field? Update and customize your resume for each new position.

Did you know...that we have staff to help you in your job search if you receive SSI/SSDI? Stop in to learn more.

Did you know...that you should prepare for an interview by researching the company? By doing some research ahead of time, you'll be better prepared and able to ask questions about the company.

To see our most recent events and recruitments follow us on Social Media!



Facebook- Oswego County Workforce NY,
Oswego County YouthWorks (Ages 16-24)

X- Oswego County Workforce New York

Instagram- ocwny13069

LinkedIn- Oswego County Workforce New York

Please call or see the front desk attendant for more information.

Local employers need YOU to help fill job openings in the following occupations: Transportation, Health Care, & Manufacturing/Trades
If you're interested in training or a scholarship, see your Employment Specialist or call us at 315-591-9000.

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Workforce New York**

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