work★guide



Commute. Work. Community.

TMASF Connects Work Guide

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The *TMASF Connects Work Guide* a comprehensive guide to living and working in San Francisco. Included is tools and information to help you find a job, build a business, and build a career. Whether you are a high school or college student, a recent graduate, an employer, a senior, or just looking for workforce development tips, the *TMASF Connects Work Guide* has it all!

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Career Assessment & Empowerment

Before you can figure out what job is right for you, you need to figure out who you are. Yes, it's a big question but the more you analyze and assess now, the more happiness and success you'll have down the road. There are thousands of resources to help you dig down to find who you are and what you're passionate about. And with today's economy, job development and support groups that provide huge networking opportunities are popping up all over town. Below is a list of links to help you get started on your journey. Once you've made it through the gates, visit our **commuter section** for travel options around the Bay Area to help you get to your interviews and to work.

About.com How to Use Self-Assessment Tools to Choose a Career

<u>The Job Hunter's Bible</u>

<u>Career Coaching</u>

Find the right career for you

Everything about finding a job

A coach for your career

Strong Interest Inventory Know your talents before making any career change

Jung Typology TestPersonality TestingMyers-Briggs AssessmentPersonality Testing

<u>16 Personalities Test</u> Popular personality test focused on the "Big Five" traits

Berke AssessmentEmployment Personality TestWho Am I? QuizVisual Personality TestGoleman's EQ TestEmotional Intelligence Test

IHHP EQ Test Emotional Intelligence Test Emotional Intelligence Test

<u>StrengthsFinder</u> Discover what makes you stand out

<u>Career Workshops</u> Free resume and career coaching at SF Main Library

Assess and Build Your Skills

Today's job market requires today's skills. You don't need a Master's, or even a college degree, although if you are considering going back to school, education opens up many doors. But what you will need is a practical approach to your skills – are they realistic to the job within your sights? Your ability to read, write, and communicate clearly is not only crucial; it will give you the edge when it comes to getting the coveted second interview, and ultimately the job offer.

Reading, Writing, and Communication Skills

Free Spelling Worksheets – learn, refine, test yourself!

Grammar & Writing Tests and Tips
Spelling City More spelling help

<u>Dictionary</u> Find your words and learn their meaning



Computer Skills

<u>Local Technology Help</u> Bay Area Network of Computer Resources

Free Tutorials Microsoft Word, Excel, PowerPoint
Free Typing Games Have fun learning the keyboard!
Learn the Keyboard More keyboarding experience

Test Your Typing Speed Important to know

Cover Letters and Resumes

There are four essential elements to good resumes and cover letters: be concise, be truthful, be appropriate, and be clear. Let a little of your personality shine through but don't forget that "less is always more". Before you sit down and write your resume and corresponding cover letter, remember that the resume should be factual about you, "the product", and a cover letter should be intriguing enough to open the door.

Resume Hints:

Keep it organized, brief and factual: emphasize appropriate accomplishments, but do not change titles, salary, period of employment, supervisor information.

Goals/Objectives are tough to describe in a resume – it's better to have goals clearly in mind and cover this ground in the interview.

References should be available on request.

Resume Resources

10 Tips for Stronger Resume Branding

Resume Templates

Indeed.com

About.com

Monster.com

Resume-Resource.com

Purdue OWL: Resume Workshop

Cover Letter Hints:

Write respectfully. While it's best to write to a specific person when submitting a cover letter, sometimes this information is hard to find. In cases like this, think broadly: "Dear Selection Panel", "Dear Search Team", or "Dear Interviewing Board" are options. The same applies for emails.

Do not list every task you've completed. Broad descriptions are better because they lead to a discussion of your transferable skills.

A brief statement talking about your ability to learn new things and acquire new skills is INVALUABLE.



Cover Letter Resources

12 Tips for the Entry Level Cover Letter Writer

Three Excellent Cover Letter Examples

Harvard Business Review: How to Write a Cover Letter

Don't Make These Cover Letter Mistakes Again

Cover Letter Advice and Samples

Sample Cover Letters

University of Wisconsin Writing Center: Writing a Cover Letter

Image Resources and Social Skills

Dress for Success

Wardrobe for Opportunity

The Women's Alliance

About.com/Human Resources

Building a Wardrobe for Work

The Perfect Hair and Makeup to Nail Your Interview

Appropriate Dress for the Interview

How to Apply Makeup for Work

Makeup Tips for Work

Lens Crafters

Pearle Vision

10 Rules of Interview Etiquette

Howtointerview.com

Job Interviewing Do's and Don't's

7 Killer Questions to Ask at Your Next Interview

How You Should Answer the 10 Most Common Interview Questions

30 Behavioral Interview Questions You Should Be Ready to Answer

The Interview Prep Cheat Sheet

Questions You Should Ask During the Job Interview

Informational Interviews

How It Can Help You Get A Job

Georgetown University: The Basics

How to Request an Informational Interview by Email



Major Career Changes

Self-Improvement

Build Your Personal Brand (And Your Career)

Learn to Be More Engaging

9 Different TED Talks for 9 Kinds of People

Being an Introvert Has Its Advantages

Honing In On A Job: Six Degrees Of Separation...

Top Ten Tips: How to Keep Your Job in Today's Economy

Ten Commandments of Keeping Your Job

Don't Quit Your Job

Making Ethics a Priority in Your Workplace

A Woman's Guide to Making More Money

Advancing Women

Are Women Better Entrepreneurs?

Two Partners in Women Friendly Companies: You and The Company

Finding the Ideal Workplace

Returning to Work

TED Talk: Carol Fishman

Breastfeeding and Returning to Work

How to Rejoin the Workforce after Raising Kids

Returning to Work: A Career Crossroads

Moving On

Resigning from your Job Gracefully

Employment Development Department: Filing for Unemployment

Reasons to Quit Your Job

Time to Move On? 10 Steps to a Successful Career Change

Surviving a Layoff

How to Deal with Getting Laid Off

Retirement

AARP

Medicaid

Medi-cal

Retirement Resources

CNN Money Retirement Calculator

401 Help Center Pre-Retirement Checklists

Top Retirements

Retirement Living



Job Hunting

San Francisco is a big city with big opportunities. TMASF Connects is here to open a big window for the job seeker and reveal a wide variety of job banks and databases. We provide lots of links to a general group of jobs, resources and placement programs, plus plenty of places to post your resume. There are also job links with special considerations for youth, students, gender, language, and religion. Everyone is looking for the right person and you just might be the one. There are so many opportunities out there, there's more than one that's right for you.

Social Networking

<u>LinkedIn</u>

Perfect Your LinkedIn Profile

22 Top Tips to Make Your LinkedIn Profile Shine

10 LinkedIn Tips for Students and New Grads

The Ultimate Guide for Creating the Best LinkedIn Profile

VisualCV

AngelList

Opportunity

Job Banks

California Job Journal

Career Builder

Careers.org

Craigslist - SF Bay Area

Dice

Employment Guide

Goodwill

<u>Indeed</u>

Job.com

Job Hunt

The Job Network

SFHSA

LinkedIn

Monster

One Stop San Francisco

Recruiter Network

San Francisco City and County Employment

Simply Hired

Spherion

State of California

TopTechJobs

United States of America



San Francisco Resources

Arriba Juntos

Center on Juvenile and Criminal Justice

Community Housing Partnership

Episcopal Community Services Adult Education Center

Faces SF

The Family School

Glide Memorial Church

Goodwill Industries, Inc.

Hospitality House

Human Services Agency of SF - Personal Assisted Employment Services (PAES)

Instituto Laboral de le RAZA

Mission Hiring Hall/SOMEC

San Fran Jobs

St. Anthony's

St. Joseph's Family Center, Catholic Charities CYO

Swords to Plowshares

Toolworks, Inc.

Year Up

Youth-Based Resouces

California Institute of Integral Studies Career Development Office

City College of San Francisco Career Connection

Golden Gate University Office of Career Planning

San Francisco Conservation Corps

San Francisco State University Career Center

San Francisco Youth Employment Coalition (SFYEC)

San Francisco Youth Jobs +

SF YouthWorks - High School Internships

Techbridge

University of San Francisco Career Center

University of California, San Francisco Office of Career Development

Special Needs Training & Placement

California Department of Rehabilitation

DisabilityInfo

U.S. Office of Personnel Management

Senior Opportunities

AARP

Retirement Jobs

Seniors for Jobs

Senior Job Bank



Specialized & Non-Profit Job Opportunities

AIA Career Center

American Institute of Certified Public Accountants

American Institute of Graphic Art

American Insurance Association

ASAE Association Career Center

ASAE Career Headquarters

CalCPA Education

CalSAE's Career Center

Careers: AIGA

Idealist

International Association of Business Communications

International Trial Attorney's Association

Jewish Vocational Services

Non-Profit Career Network

Opportunity Knocks

Professional Businesswomen of California

San Francisco: AIGA

San Francisco Department of Human Resources

Society of Human Resource Management

Western Independent Bankers

Veteran Resources

Recruit Military

Resume Engine

<u>MilitaryHire</u>

VetJobs

Military.com

VA Careers

California Department of Veterans Affairs

United States Department of Veterans Affairs

Hire Veterans

Feds Hire Vets

Employer Toolkit for Hiring Veterans

Workforce Development and Job Search Articles

San Francisco Office of Economic and Workforce Development

Bay Work

East Bay Works

Bay Area Coalition for Employment Development

Here's Your Key to the Executive Suite Position

Innovation Can Help Job Seekers

9 Tips for a Stealthy – but Successful – Job Search

Where to Get a Computer If You Don't Have One



On the Job

You have put a lot of time and effort into your job search and getting the job. The most effective employee utilizes certain skills to make transitioning into the working world smoother while maintaining balance between work and life. Whether it's your first job or your second or third career, these tips and tools will help you to reach your full potential.

Survive Your Fist Day of Work

10 Tips for Your First Day of Work

Your First Job: Making a Good Impression

Tips on How to Keep the Job

Stay Relevant in a Career

Email Etiquette

Grammarly

10 Ways to Maximize Your Workday

Commuting

TMASF Connects offers extensive commute resources – our mission is to help commuters explore their trip options and provide alternatives to driving alone to work. Check out the TMASF Connects Commute Guide for tips for getting around the Bay Area and other commuting resources.

Telecommuting and Flextime

Definition

Telecommuting Policy and Program

Advantages and Drawbacks of Telecommuting

Statistics: Cost and Benefits

Telecommuting Myths

A Guide to Commute Alternatives

Flexible Work Options Guide

Flextime Schedule Variations

MIT Flextime Program

Employer Best Practices for Workers with Caregiving Responsibilities

Samples of Schedule Change Request Forms



Image and Etiquette

How to Apply Makeup for Work

Makeup Tips for Work

Lens Crafters

Pearle Vision

Building a Wardrobe for Work

Dress for Success

Wardrobe for Opportunity

The Women's Alliance

Business Etiquette- More Than Just Eating with the Right Fork

Toward a More Civil Work Place- Avoiding Offensive Behavior on the Job

How to Resolve a Conflict at Work

Can't We All Just Get Along

Giving At the Office without Going Broke

Why Do Sick People Go To Work? Unhealthy Fear

Skills You Need

The Rules

Cal/OSHA Division of Occupational Safety and Health

California Labor & Workforce Development Agency

California Department of Industrial Relations

EmployeeIssues.com - Resources about job safety, benefits, rights and much more

Nolo Employee Rights

U.S. Department of Labor

Managing Success

You've Earned It- Now Manage It

America Saves Week

Automatic Data Processing, Inc.

Feed the Pig – Savings Tips and Resources for every Stage of Life

IRS Tax Info for Individuals

<u>Money Instructor – Budget Planning and Lessons</u>

Salary Paycheck Calculator

Turbotax

Understanding Withholdings

<u>Understanding your Benefits - Working with a Disability in California</u>

Understanding your Tax Bracket

A Dozen Tax Tips for College Students

Tax Lessons for College Students



Work-Life Balance

Manage Your Work, Manage Your Life

WebMD 5 Tips for Better Work-Life Balance

Work-Life Balance Calculator

Stress Management: How to Reduce, Prevent, and Cope with Stress

Stress Management Resources from MindTools

How to Leave Your Problems at Work

Work-Life Balance: Ways to Restores Harmony and Reduce Stress

EPA: Benefits for the Commute

Advantages and Disadvantages in the Workplace

Integrating Work and Family Life

Workplace Productivity & Morale

The Incalculable Value of Finding a Job You Love

How to Increase Worker Morale

Downtime Central

Employee Motivation

Networking

Word of mouth is the most valuable tool you have when looking for a job or looking for your next job: find people who are hiring, find people who know people, get advice, make new friends with people in the same business as you are. Great opportunities come from building relationships. Refer to the links and interest groups below for ways to get started.

University of California Berkeley - Definition of Networking

Tips to network

10 Tips for Successful Business Networking

How to Network: 12 Tips for Shy People

Bay Area Job Seekers and Professionals Looking to Network

Chinatown Merchant's Association

NetParty – Business and Social Networking for Young Professionals

San Francisco Business Times Events Calendar

San Francisco Chamber of Commerce Events

San Francisco Hispanic Chamber of Commerce

South of Market Business Association



Students

It's never too early to start thinking about college and your future career! San Francisco has a myriad of internship and educational opportunities to encourage local youth to learn and grow in the City. TMASF Connects provides resources to help you learn about financial assistance, scholarships, education, local job opportunities, and more. If you are a current college student, we have links for your post-graduate job search. No matter what stage you are in your education, we have resources for you!

TMASF Connects Scholarship Program

During 2011, TMASF Connects Work program began working with San Francisco Unified School District (SFUSD) to promote their summer internship programs to the businesses residing in our member buildings. The TMASF Connects Scholarship is open to San Francisco Unified School District (SFUSD) or other CTE program students who meet an overall 2.75 GPA requirement, have been accepted to post-secondary training or education program, and ideally (but not required) have completed an internship in one of our member buildings. To learn more, please refer to our 2016 TMASF Connects Scholarship Package.

Loans, Grants, Scholarships, Assistance

Financial Aid Guides

Federal Education Tax Benefits Guides

Federal Funding Programs

FinAid: Calculators

FinAid: The SmartStudent Guide to Financial Aid

FAFSA (Free Application for Federal Student Aid)

Financial Aid Calculators

College Affordability Guide

Free Education Guide

ED2GO Financial Assistance

Loan Programs

Sallie Mae

Navient

Federal Student Aid

SunTrust

The U.S. Dept. of Education

Union Federal Private Student Loan



Scholarships

Scholarships.com

ScholarshipExperts.com

California Student Aid Commission

The Hispanic Scholarship Fund

Asian & Pacific Islander American Scholarship Fund

NAACP Scholarships

The American Political Science Association Minority Scholarships

PGE Scholarship Opportunities

Coca-Cola Scholars Foundation

Microsoft Scholarships

General Electric (GE)/Lulac Scholarship

The Jackie Robinson Foundation Scholarship

Bank of America Grants & Scholarships

Ronald McDonald House Charities Scholarships

Gates Millennium Scholars Program

Tylenol Future Care Scholarship

Dr. Phil Foundation

Students and Taxes

A Dozen Tax Tips for College Students

Four Tax Breaks College Students and Recent Grads Shouldn't Miss

ECSI Student Loan Tax Incentives

Education Tax Toolkit

IRS: Students and Tax Forms

Publication 970 (2008), Tax Benefits for Education

Understanding Taxes

Education and Vocational Training

The SATs

CollegeBoard

SAT Practice

SAT Prep

Test Prep and Tutoring in San Francisco

Ivy Bound Test Prep

CommonApp

Varsity Tutors – Practice Tests



Local Colleges and Universities- Continuing Education

California Institute of Integral Studies

City College of San Francisco

Golden Gate University

San Francisco State University

University of San Francisco

University of California, San Francisco

Degrees Finder

Online Masters Programs

PhD's Education Index

About.com – College Admissions

About.com - Choosing a School

<u>CyberDegrees.org – Cyber Security Programs</u>

Vocational Schools

All-State Career

American Institute of Graphic Artists

Carrington College

Everest College

eLearners.com

International Association of Business Communications

ITT Tech

Technical School Guide

Other Resources

GPA Calculator



Internships and Job Placement

2016 Employer Application for SFUSD CTE Internship Program

Looksharp

Bay Area Star

NBC Bay Area Internships

KQED Internships

Bay Area Legal Aid

CBS Internship Opportunities

Bay Area Art Grind

San Francisco Zoo

Congresswoman Nancy Pelosi Internship Program

San Francisco Museum of Modern Art

Office of the Mayor, San Francisco

City and Council of San Francisco

Yerba Buena Center for the Arts

San Francisco 49ers

San Francisco Giants

<u>Greenpeace</u>

Macy's

San Francisco Chronicle

Online LPN to RN

California Center for College and Career (ConnectED)

Sustainable Careers

CELTA Job Placement in San Francisco

NACE (National Association of Colleges and Employers)

ED2GO Career Training Center

Live Career: College Student, Recent College Grad Career Resources

AfterCollege.com

FirstJob.com

GradStaff.com

LinkedIn: The Student Job Hunting Handbook Series

California Institute of Integral Studies – Center for Career & Community Engagement

City College of San Francisco (CCSF) Career Connection

Golden Gate University (GGU) - Office of Career Planning

San Francisco State University Career Center

University of San Francisco Career Center

University of California, San Francisco – Office of Career & Professional Development



Employers

One of the greatest resources in San Francisco is its workforce and TMASF Connects works to bring this workforce together. Our goal is to offer San Francisco residents a single resource for everything work-related: from finding the right job to finding the right employees for your company, from improving yourself to improving your bottom line, from understanding your paycheck to understanding your taxes, and beyond. In this section, we provide a myriad of resources from starting a business to hiring employees and beyond. Our goal is to provide a place where business owners find useful links to help keep the wheels of business turning.

Local, State, and Federal Resources

Local Links for Business Owners

San Francisco wants your business. And the City offers unique opportunities, credits and incentives to attract your business. Below are links to help you learn about "only-in- San Francisco" opportunities for business and how to take advantage of the City's unique offerings.

San Francisco Office of Economic and Workforce Development
Workforce Investment San Francisco (WISF)
Starting a Business in San Francisco
SF Labor Standards & Laws
Prevailing Wage Standards
San Francisco Center for Economic Development
SF Works

State Links for Business Owners

Welcome to California. Business leaders in the Golden State need to have a voice, and a roadmap to the issues that affect them – important matters such as health care, workers' compensation and business taxes. They need to know what and how policies and legislation affect businesses large and small, what products and services are available, all applicable labor laws and much more. Below is a list of helpful links to encourage business in California.

California's Employment Development Department (EDD)
California Labor Agency
California Chamber of Commerce
HRCalifornia
CA Business Portal
CalGOLD



Federal links

The <u>United States</u> operates some of the world's largest and most comprehensive websites. Despite this fact, most are relatively easy to navigate. These federal links offer information on almost every aspect of business and are geared toward big business leaders and small business owners alike. Learn about energy issues, agricultural, environmental, defense, science and technology, international trade, taxes, economic and demographic data, financial assistance, business plans, selling to the government and much, much more.

Everything you need on the business continuum – how to start a business, how to grow a business and how to close a business. Information, regulations, and guidelines – it's all here. The official business link to the <u>US Government Business</u> includes:

Home based businesses
Minority-Owned businesses
Self Employment
Startups
Veteran-Owned Businesses
Women-Owned Businesses

US Census Bureau census data can be useful for most business applications.

<u>US Chamber of Commerce</u> provides a national view of employment and business.

Human Resources

HR Hero
US Department of Labor Statistics
Employee Benefit Research Institute
State of California Department of Industrial Relations
Society of Human Resource Management
International Foundation of Employee Benefit Plans

Employer Reference Materials

This section covers labor trends and workforce data, and legal and business resources, designed for employer reference.

Labor Information

California Labor Agency
California's Employment Development Department
Labor Market Data
Prevailing Wage Standards
Quick Facts
SF Labor Standards
US Census Bureau



Business and Legal Resources

California Chamber of Commerce

Employer Best Practices for Workers with Caregiving Responsibilities

HR California

HR Hero

San Francisco Center for Economic Development

Certification and Referral Services

SBA: Home-based businesses

International Foundation of Employee Benefit Plans

LEED

Legal Zoom

Mayor's Office of Workforce Development

Minority-Owned Businesses

National Council on Aging

Nolo

Non Profit Organizations

Pre-Qualified Lawyer Referrals

San Francisco Bar Association

Self-Employment

SF Chamber of Commerce

SF Works

Startups

US Department of Labor Statistics

USGBC

US Small Business Administration

Veteran-Owned Businesses

Women-Owned Businesses

Hiring Resources

San Francisco offers a myriad of civic organizations, religious groups and specialized training programs that work together to keep San Francisco's unique pool of local talent working locally. We're proud to be part of that effort and to provide a place where job seekers find the map to the perfect job and where business owners find useful links to help keep the wheels of business turning.

Hiring the right people is a crucial step in building a better business. San Francisco offers many social, civic, faith-based government and private agencies/associations dedicated to promoting local talent. Check out the links provided on the following page.



Hiring Resources

SFHSA Human Services Agency of San Francisco
Arriba Juntos Promoting economic self-sufficiency

The Family School Promoting self-sufficiency through family support, education, etc.

Mission Hiring Hall Meeting the immediate and long-term employment needs of SF

Goodwill Helping businesses fill entry to mid-level positions

ILaboral Instituto Laboral de la Raza

SF ChamberSan Francisco Chamber of CommerceSFCCSan Francisco Conservation CorpsCity BuildConstruction industry job training

SFCDMA SF Council of District Merchants Associations

<u>Tech Bridge</u> promoting girls excellence in science, technology, and engineering

ToolworksCost-free placement services in warehousing, janitorial, etc.ANDAsian Neighborhood Design- helping to reduce povertyNCOANational Council on Aging- employment of our older workers

Jobs for Youth
RSNCJob opportunities and training programs for youth
Rehabilitation Services of Northern California

CCSF Career Connection Job

NCN National Council of Non-Profits

<u>AARP</u> Promoting employment opportunities for older workers

ASAE Association Career HQ

Hiring Graduates

They've worked hard, they've graduated and now they are ready to work harder for you. If you're looking for entry-level or specialized jobs, students are a great resource. Below we have listed colleges in the City which allow employers to post jobs on their career sites.

CCSF City College of San Francisco Career Connection
SFSU San Francisco State University Career Center
USF University of San Francisco Career Center

UCSF University of California, SF Office of Career Development

Golden Gate University Office of Career Planning

<u>CIIS</u> California Institute of Integral Studies Career Development Office

Hiring Seniors

AARP

Retirement Jobs Seniors for Jobs Senior Job Bank



Hiring Veterans

Recruit Military

Resume Engine

<u>MilitaryHire</u>

<u>VetJobs</u>

Military.com

VA Careers

California Department of Veterans Affairs

United States Department of Veterans Affairs

Hire Veterans

Feds Hire Vets

Employer Toolkit for Hiring Veterans

