



YOUR SUPPORT CREW

Job hunting can be a challenging process. Trying to do it on your own, with no support from family, friends or contacts, can be even harder.

One way to stay motivated is to ask a group of people to support you with your job search.

A mentor

A mentor is someone with experience who can help you stay focussed on your job search. You tell your mentor what you are trying to achieve. Your mentor helps you to refine your thinking, focus your search and encourages you to keep going when you face rejection.

Your mentor could be a family member, a tutor or professor, someone you have worked with in the past, someone from the networks you have developed here in New Zealand, or even someone in your home country who understands what you are going through. For more information about mentors, review these two resources, or do an internet search using the key words 'mentor, career'.

▼ <https://social.hays.com/2018/05/10/find-career-mentor/>

▼ www.quicksprout.com/connect-with-mentors/

Friends and family

Find a small group of friends and family who can be your 'cheerleaders' for job hunting. These people can encourage you to apply for jobs, help you practice interviews, support you when you are not successful and cheer for you when you are!

Your support crew might be people you live with, people from your church or sports group, or other students you have studied with.

These people need to be positive about you and what you are doing – if your aunt is always telling you what you do wrong, choose someone else to be your job hunt supporter.

Talk to them about what you need from them – and be prepared to be support crew for your friends and family as they go through their job search.



Wider networks

You are not the only international student looking for work in New Zealand. It's a great idea to connect with migrant networks. The people in these networks often understand exactly what you are going through and can give you tips and advice to help.

Check out these websites to see what is available in your area.

- ▼ www.newcomers.co.nz/
- ▼ www.newzealandnow.govt.nz/regions-nz/taranaki/information-advice
- ▼ www.newzealandnow.govt.nz/regions-nz/whanganui-manawatu

For some roles there will be a relevant professional association. These can be a great source of career information, job opportunities and potential contacts and mentors.

Here is a list of professional associations in New Zealand, with links to their websites.

- ▼ www.enz.org/new-zealand-professional-bodies.html

You can also ask advisers from your education provider for help and contacts. You don't have to do it alone!