

How to effectively deal with job searching fatigue

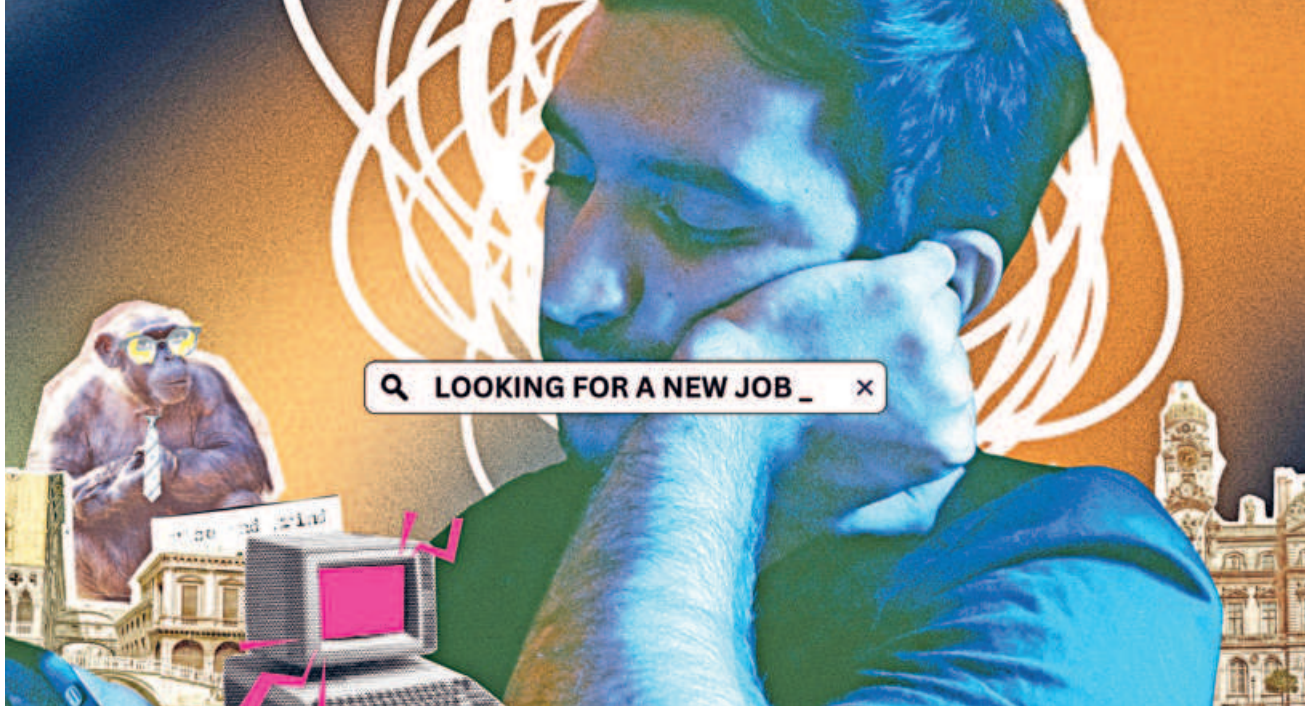


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Yes, job hunting fatigue is real. Continuously applying to new jobs, if you are actively on the job hunt, can become tiresome and wear you down. Often, it leads to anxiety, fatigue, in some cases, depression. The journey often stretches over months, and fatigue affecting both mental and physical health, exacerbates the challenges of job searching.

In many cases, the interview process itself becomes a nerve-wracking experience for many. Employers typically interview an average of six candidates for each vacancy, and the entire interview process can take about a month or more in many instances. This period of uncertainty contributes significantly to the overall stress and fatigue experienced by job seekers.

Then there are the rejections. Application fatigue sets in when the initial enthusiasm of job searching gives way to the despair of repeated rejections. This emotional toll not only saps one's energy but can also lead to a reluctance to apply for new positions, for fear of facing further disappointment.

The vicious cycle of applying, facing rejection, and then hesitating to continue the search can significantly delay career progression and impact one's self-image and performance in other facets of life.

But there are ways to combat or mitigate this stress.

Defining your "Why" and "Why Now"

A clear understanding of your motivations for seeking a new role is a powerful antidote to job search fatigue. Reflect on what drives you towards a new opportunity and why this is the moment to act on it. This clarity will serve as a beacon, guiding your efforts and helping you navigate through moments of doubt or frustration with a sense of purpose and direction.

Harnessing the power of visualisation

Visualisation is a potent tool in maintaining motivation and focus. Take moments to envision the excitement of embarking on a new role, the satisfaction in your achievements, and the joy of working in an environment that

aligns with your values and aspirations. This practice not only clarifies your goals but also infuses your job search journey with a renewed sense of enthusiasm and determination.

Crafting a structured plan

A structured approach to job searching can significantly reduce feelings of overwhelm and disarray. Allocate specific times for job hunting activities, from updating your resume and LinkedIn profile to networking and applying for positions. Incorporating activities you love before diving into the job search can also prime your mind for enhanced productivity and creativity.

Focusing on Controllables

Job searching is fraught with uncertainties and factors beyond your control. Shift your focus to elements you can influence, such as refining your resume, networking, and honing your interview skills. Concentrating on actionable steps not only propels you forward but also cultivates a positive mindset, essential for long-term resilience.

Allowing time for relaxation

The antidote to application fatigue begins with acknowledging the necessity for adequate relaxation. Job hunting, with its demands of customising cover letters, preparing for interviews, and conducting research, is inherently laborious. Balancing these tasks alongside existing professional commitments necessitates strategic breaks to rejuvenate. Activities as simple as taking a leisurely walk, engaging in sports, or enjoying a coffee can serve to refresh the mind and replenish the resolve to tackle the job search with renewed vigour.

Targeted applications

A scattergun approach to job applications rarely yields the desired outcomes and often exacerbates feelings of fatigue. The key lies in discerning the roles and organisations that genuinely align with one's background and aspirations. This targeted strategy not only enhances the likelihood of success but also ensures that time and effort are invested judiciously. Aspiring candidates are thus advised to reflect on their interests and the

types of organisations where they envision thriving before embarking on their application journey.

Embracing rejection as a stepping stone

Rejection is an inevitable part of the job search process but need not be viewed as a setback. Instead, consider each rejection as a step closer to the right opportunity. Allow yourself time to process disappointments, extract learning experiences, and proceed with the conviction that the perfect role awaits. This mindset shift is crucial in maintaining momentum and optimism throughout your job search journey.

Seeking feedback and looking ahead

Rejection, while disheartening, offers invaluable opportunities for introspection and growth. Rather than dwelling on the disappointment, soliciting feedback can illuminate areas for improvement, whether it pertains to one's demeanour during interviews or the presentation of their curriculum vitae. Embracing constructive criticism paves the way for enhanced performance in subsequent applications, instilling confidence and refining one's approach.

Maintaining professional discretion

During interviews, a focus on past unsuccessful applications can inadvertently project a sense of desperation. Prospective employers are primarily interested in a candidate's suitability for the role at hand, gauged through discussions about their skills, experiences, and aspirations. Dwelling on previous rejections detracts from this objective and can undermine one's candidacy.

The art of declining offers gracefully

Even in the middle of a stressful job search, some offers might not align with your current requirements. In such cases, it is important to gracefully turn them down and keep looking for better suited options.

Turning down a job offer is never easy but handling it with grace is crucial to maintain professional relationships. Be candid yet respectful in your communication, outlining your reasons without unnecessary delay. Opt for a personal touch by calling, if possible, to express your gratitude for the offer and the opportunity to engage with the company. This approach not only preserves the relationship but also reflects positively on your professional etiquette.

Sustaining motivation

Revitalising one's job search motivation can be achieved through a variety of means, from mutual encouragement within one's network to participation in online forums dedicated to job seekers. Setting tangible goals, such as submitting a specified number of applications to organisations of genuine interest, can lend structure and purpose to the search, mitigating the sense of aimlessness that often accompanies application fatigue.

Application fatigue is a formidable challenge that demands a multifaceted strategy to overcome. By integrating relaxation, targeted applications, constructive feedback, professional discretion, and sustained motivation into their approach, job seekers can navigate the tumultuous waters of job hunting with resilience and purpose. In doing so, they not only enhance their prospects of securing fulfilling employment but also safeguard their well-being against the trials of the search.

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JOBS SPOTLIGHT



Partex Star Group
- Senior Executive/Assistant Manager, Commercial

Deadline: February 29

Eligibility:

- MBA/Masters in Business Administration from any reputed university.
- Prior experience in sales analysis from any building materials company.
- Will be responsible for regular license renewal for IRC, ERC, BERC, MDC, BIDA, etc.

Minimum experience: 3-4 years

For more details, check out the official LinkedIn page of Partex Star Group.

Renata Limited

- Analytical Method Development Officer/Sr. Officer



Deadline: February 29

Eligibility:

- Bachelor's or Master's degree in Pharmaceutical Science, or a related field.
- Proven experience in analytical method development, preferably in a regulated market (US and Europe).
- Strong knowledge of analytical instrumental techniques and quality systems.

Minimum experience: 2-4 years

Apply through the Career section in the official website of Renata Limited.



MetLife Bangladesh

- Financial Planning and Analysis Manager

Deadline: March 5

Eligibility:

- Graduation and Post-graduation in Accounting or Finance.
- Professional qualifications such as CA/ACCA/CMA will be an added advantage.
- Prior experience in Financial Planning and Analysis, Financial Accounting and Reporting, Management Accounting, etc.

Minimum experience: 2-3 years

Apply through the official LinkedIn page of MetLife Bangladesh.

How to look for jobs on Facebook while avoiding scams

MD. ZAHIDUR RABBI

From "arn BDT 500 from home with these few easy steps" to legitimate advertisements from recruiters with proper job descriptions: we frequently come across a variety of job opportunities on Facebook. In an era dominated by social media, Facebook has emerged as a prominent platform for Bangladesh not only for connecting with friends but also for exploring career opportunities. However, amidst all of these job listings, scams and fraudulent postings provide risks to unsuspecting job seekers. Here's a quick guide on how you can avoid scams on Facebook while looking for jobs on the social media platform.

Credibility is crucial

When searching for jobs on Facebook, it is essential to prioritise credibility. Instead of getting pumped up over a post, look for proper job details and the deadline for application. Look into the page from which the job post was given and see if it is reliable or not. The same thing goes for posts made by people on their timelines or in groups. Verified pages and posts with detailed company information and legitimate contact details

are an indication of trustworthy opportunities.

Reputed companies, organisations, or established recruitment agencies also post their career opportunities on their websites. So, cross-checking their website or verified pages on multiple social media platforms with the job posting is also a good way to avoid scams. You can also review the online presence of the company, and seek out employee reviews. A good employer will have a transparent and credible online presence, which helps to validate the legitimacy of the job opportunity.

Be on alert against scams

Be wary of job postings that promise unrealistic salaries, require upfront payments, or request personal financial information. These are often red flags for scams or frauds. Try to understand the industry standard by looking at previous job postings by companies on their website or various job portal archives. Moreover, exercise caution when contacted by recruiters or individuals offering lucrative opportunities out of the blue.

"Scammers have their own way of getting contact information so you should always verify the legitimacy of the job offer before proceeding",



says Arman Hossain, who recently secured a job offer at a corporate venture through an advertisement on Facebook. "Check what the job is about and check if you have applied for anything similar. Moreover, no legitimate recruiter needs bank account details, any kind of passwords or safety money during the hiring process. So, be cautious before sharing any kind of sensitive

information," Arman added.

Utilising Facebook for jobs

Facebook is popular with job seekers, especially freshers as many entry-level jobs in particular are listed on this platform by various recruiters who want to attract the best of the fresh talents. There are a lot of Facebook pages and groups dedicated to job postings and career networking. Joining

industry-specific groups can be a valuable resource for job seekers. This allows job seekers not only to receive alerts about new job opportunities but also allows them to connect with industry experts.

Networking opportunities within relevant communities also allow job seekers to understand how to adapt their education and skills for a particular role. "Staying updated with my university club's Facebook group even after graduation helped me stay aware of the current job market and the requirements needed in my field," says Shahana Jahan, a recent BBA graduate from a local university. However, it is important to be cautious about the legitimacy of postings within these groups. Sometimes you may even come across someone claiming to be an expert but might be a scammer. So, be vigilant.

Do not hesitate to ask for additional verification

If you are still in doubt about the authenticity of a job advertisement on Facebook, verify the details independently. Directly contact the company or organisation through official channels to confirm the legitimacy of the job posting and inquire about the

hiring process. Actual employers will always welcome inquiries from possible candidates and provide transparent information about job opportunities as genuine employers also prefer an enthusiastic candidate.

Reporting suspicious activity

Ultimately, Facebook is a social media platform where all kinds of people exist. If you encounter a suspicious job posting on Facebook, report the activity to Facebook immediately. Use the platform's reporting tools to flag fraudulent content and protect other users from falling victim to similar scams. If you see someone falling for a scam, a cautionary comment or message goes a long way into helping a person.

Remember, it is not easy to earn money or to get a job with good facilities easily. It takes time and effort to earn a place where you can build your desired career. So, instead of dwelling on the short and easy path, prepare yourself while staying aware of possible scams or frauds. With vigilance and caution, Facebook can be a valuable platform for discovering legitimate career opportunities and advancing professional aspirations for many job seekers.