

8:30 a. m. – 4:30 p. m. Monday through Friday  
 171 E. State St./Martin Luther King Jr. St., Center Ithaca, Suite 241, Ithaca, NY 14850  
 Phone: (607) 272-7570 Ext. 118 TTY: (607) 272-3285, Fax: (607) 272-2835  
 E-mail: [firststop@tompkins-co.org](mailto:firststop@tompkins-co.org)

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 <b>METRIX Overview</b> 10 – 11 a.m.	3 <b>Professional Opportunity Developers</b>  9:00 – 11:00 a.m.	4 <b>Cornell</b> Meet the Employer Information Session  1:00 – 3:00 p.m.
7 <b>METRIX Overview</b> 1:00 – 2:00 p.m. ----- Civil Service Workshop 10:00 – 11:00 a.m.	8	9 <b>SSI/SSDI and RETURNING TO WORK</b>  1:00 – 3:00 p.m.	10 <b>Bridging the Gap Workshop</b>  10:00 a.m. – 12 NOON	11
14	15 <b>HEATH CONSULTANTS</b>  Open Interviews 10 a.m. – 2 p.m.	16	17 <b>Professional Opportunity Developers</b>  9:00 – 11:00 a.m.	18
21 <b>METRIX Overview</b>  11:00 a.m. – 12 NOON	22 <b>THERM</b>  Meet the Employer  1:00 – 3:00 p.m.	23 <b>Older Worker Workshop</b>  10:00 a.m. – 12 NOON	24	25
28	29	30	31 <b>Professional Opportunity Developers</b>  9:00 – 11:00 a.m.	

*All workshops are offered at no cost to you and will be held at the Career Center unless otherwise indicated. However, space is limited and registration is required. Please call (607) 272-7570 ext.118, or register at the front desk. Tompkins Workforce is an Equal Opportunity Employer/Employment Service.*

## MARCH 2016 WORKSHOP DESCRIPTIONS

### **Professional Opportunity Developers Group Meetings:**

**Thursdays, March 3<sup>rd</sup>, 17<sup>th</sup>, and 31<sup>st</sup>, from 9:00 – 11:00 a.m.**

Network with people who previously held executive level or highly technical positions.

### **Cornell University Meet the Employer Session:**

**Friday, March 4<sup>th</sup> from 1:00 – 3:00 p.m.**

A Cornell Human Resources representative will discuss job search tips, application process and overall information about working at Cornell University.

### **Metrix E-Learning Information Sessions:**

**Wednesday, March 2<sup>nd</sup>, Mondays, March 7<sup>th</sup> from 1:00 – 2:00 p.m. and March 21<sup>st</sup> from 11:00 a.m. – NOON.**

**Metrix E-Learning** is an online skills and job-related training program that contains over **6,000 Courses**.

Courses range in topics from accounting, leadership, healthcare, and computer programming, etc.

Once registered, customers have accounts with unlimited access for 90 days.

**Please note: This workshop requires a mid-level competency with computers.**

**If you want to learn basic computer skills, please speak with a counselor at the Resource Desk.**

### **Civil Service Workshop:**

**Monday, March 7<sup>th</sup> from 10:00 – 11:00 a.m.**

Learn how to look up exam and vacancy information for various forms of government. Will look at the application process and provide an understanding of navigating the process.

### **Social Security and Return to Work Workshop:**

**Wednesday, March 9<sup>th</sup> from 1:00 – 3:00 p.m.**

**Topics will be:** 1.) How benefits can be affected by paid employment, 2) Health insurance and work, and 3) Work Incentives for beneficiaries.

### **Bridging the Gap Workshop:**

**Thursday, March 10<sup>th</sup> from 10:00 a.m. – 12 NOON.**

Thinking about going to school for a certificate or a degree? Are you thinking about training to improve skills or to learn a new skill? Do you need information on what's available locally, who to talk to and how to begin? The Bridging the Gap Workshop will cover what is available locally for training, degree programs, certificates, and funding sources. It will also cover local labor market information to help provide the guidance needed to make such a valuable career decision.

### **HEATH Consultants Open Interviews: Tuesday, March 15<sup>th</sup>, 10 a.m. – 2 p.m.**

A representative will be at Tompkins Workforce NY from 10:00 a.m. – 2 p.m. conducting interviews for **Gas Leak Survey Technician** positions currently available in Tompkins County. For more information and job applications, go to the company's website at: [heathus.com](http://heathus.com). Applications and job information are also available at Tompkins Workforce NY.

### **THERM, INC. Meet the Employer: Tuesday, March 22<sup>nd</sup>, from 1:00 – 3:00 p.m.**

A representative from THERM, INC. will be at Tompkins Workforce NY at 1:00 -3:00 p.m. to provide information on employment opportunities at THERM. THERM is a manufacturing company located on South Hill in Ithaca.

### **Job Search Tips for Older Workers:**

**Wednesday, March 23<sup>rd</sup> from 10:00 a.m. – 12 NOON.**

Is age discrimination real? Have you ever been called "over qualified"? Are older adults being stereotyped? Discuss these topics and more in a forum for job seekers who are considered "older." Topics will include myths about the older worker, changes in job search methods, realities of the current job market, and ways to deal with them.

