Job loss: how to cope

Psychology



I have three children who are still studying, I cannot pursue my education even though scholarships have been provided for the laid-off workers.

Keeping in mind my family, I would prefer going to some other city to look out for employment. While making this decision, I would think of my children's education and my family's welfare.

Considering all these factors I would decide on taking up employment rather than getting a college degree. If I decide to go back to college to get a degree, it will certainly affect my children's future as I will not have sufficient funds to take care of my family. This may cause adverse effects. The criteria like the trend of the industry which I have decided to work and my career prospects have to be considered. (McKay 2008). Switching the career or the industry may help in my future. Since relocating would be of great help in finding me a job immediately, I would decide on moving to a different city. This decision would definitely help in improving my career and my family's situation.

Reference

McKay, D., (2008). Job Loss: How to Cope.

Retrieved from: http://careerplanning.about.com/od/jobloss/a/job loss.htm