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Wicked Good Stuff for Job Seekers

Maine Department of Labor

Maine Labor Market Information Services

Maine Bureau of Employment Services

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Wicked
Good Stuff
for
Job Seekers

Internet Sites
and
Publications

Maine Department of Labor
Labor Market Information Services
P.O. Box 259, Augusta, ME 04332-0259
Tel. (207) 287-2271, FAX (207) 287-2947, TTY 1-800-794-1110
E-mail address: lmi.me@state.me.us
Web site: <http://www.state.me.us/labor/lmis>

Selected Internet Sites for Job Seekers*

| Selected Government Web Sites: | Web Site Addresses: | Notes: |
|---|---|--|
| Labor Market Information Services (LMIS) | http://www.Maine.gov/labor/lmis/ | <i>Maine Employment Info Guide</i> , Occupational Profiles, brochures, tables, labor statistics. |
| Maine Department of Labor | http://www.Maine.gov/labor/ | Information and services offered by the Maine Department of Labor and partner agencies. |
| Maine Job Bank | http://www.ajb.org/me/ | Job postings through Maine CareerCenters. |
| Maine State Government | http://www.Maine.gov | Maine State Government: Employment information and links to all government agencies. |
| Maine Office of Licensing and Registration | http://www.Maine.gov/pfr/olr/ | Professional license information for Maine. |
| America's CareerInfoNet | http://www.acinet.org | America's Job Bank, career planning tools, employment outlook, earnings, and educational opportunities nationwide. |
| O*NET OnLine | http://online.onetcenter.org | Online occupational analysis tool that replaces the Dictionary of Occupational Titles (D.O.T.). |
| Occupational Outlook Handbook | http://www.bls.gov/oco/ | Career exploration tool covering the jobs held by 90% of America's workforce. |
| Occupational Outlook Quarterly | http://www.bls.gov/opub/ooq/ooqhome.htm | Career exploration periodical containing practical information on jobs and careers. |
| U.S. Bureau of Labor Statistics | http://www.bls.gov | The primary Federal labor economics and statistics resource. |
| Occupational Employment Statistics (OES) | http://www.bls.gov/oes/ | Wage rates for all states and metropolitan areas. |
| U.S. Employment and Training Administration | http://www.doleta.gov | Information for businesses, adults, youth, and dislocated workers |
| U.S. Census Bureau | http://www.census.gov | The primary resource for population and other demographic information. |

| Other Useful Web Sites: | Web Site Addresses: | Notes: |
|-------------------------|---|---|
| Bangor Daily News | http://www.bangornews.com | News/classifieds for Bangor/Northern Maine |
| Brunswick Times Record | http://www.timesrecord.com | News/classifieds for Brunswick/Bath/Mid-Coast |
| Employment Times | http://www.employmenttimesonline.com | Maine/New Hampshire employment newspaper |
| Hot Jobs.com | http://www.hotjobs.com | Nationwide employment listings; many for Maine |
| Jobs in ME.com | http://www.jobsinme.com | Maine employment listings and company profiles |
| Journal Tribune | http://www.journaltribune.com | News/classifieds for York County |
| Kennebec Journal | http://www.kjonline.com | News/classifieds for Augusta/Central Maine |
| Lewiston Sun Journal | http://www.sunjournal.com | News/classifieds for Lewiston-Auburn/Western Maine |
| Monster.com | http://www.monster.com | Worldwide job search and resource network |
| Morning Sentinel | http://www.onlinesentinel.com | News/classifieds for Waterville/Winslow/Central Maine |
| NewsLink Associates | http://www.newslink.org | Newspaper, radio/television links worldwide |
| Portland Newspapers | http://www.portland.com | News/classifieds for Southern/Central Maine |

| Add Your Own Favorite Web Sites: | Web Site Addresses: | Notes: |
|----------------------------------|---------------------|--------|
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*Listing of Internet resources to help you learn about the labor market. Knowledge is power, and what you gain here will assist you in making an informed career decision. The listings are by no means all-inclusive, but are recommended starting points in your research. Many of these sites do not contain specific job postings. There are many Internet sites devoted to job postings, but keep in mind that some are much more useful than others. We recommend that you speak with a staff member at your local CareerCenter (1-888-457-8883) or www.mainecareercenter.com for specific job search advice.

Selected Publications for Job Seekers

| Title | Description | Availability |
|--|---|---|
| <i>Occupational Outlook Handbook</i> . Published by U.S. Bureau of Labor Statistics, U.S. Department of Labor | Occupational report covers 90% of U.S. workers. | http://www.bls.gov/oco/ Entire publication available in Adobe Acrobat format. |
| <i>Maine Employment Outlook - Statewide and Substate Areas</i> . Published by Labor Market Information Services, Maine Department of Labor | Industry and occupational employment projections. What's growing and what's not! | Available online via Maine Employment Info Guide and other sources. http://www.Maine.gov/labor/lmis/ |
| <i>Occupational Employment and Wage Estimates for Maine</i> . Published by Labor Market Information Services, Maine Department of Labor | Wage rates for Maine and substate areas. Lists mean, median and mid-range earnings. | http://stats.bls.gov/oes/home.htm Available online via the Bureau of Labor Statistics. |
| <i>Maine Fringe Benefit Study</i> . Published by Labor Market Information Services, Maine Department of Labor | Information on fringe benefits offered by Maine companies. | Available in printed format only. |
| <i>Maine Directory of Occupational Licensing</i> . Published by Labor Market Information Services, Maine Department of Labor | Directory of occupational licensing agencies covering occupations for which a license or certification is required by State of Maine. | Office of Licensing and Registration http://www.Maine.gov/pfr/olr/ Also try America's Career InfoNet http://www.acinet.org |
| <i>Occupational Profiles for Hot Jobs in Maine; Occupational Profiles for Careers in Maine for College Graduates</i> . Published by Labor Market Information Services, Maine Department of Labor | Detailed descriptive information for occupations listed in <i>Hot Jobs in Maine</i> , and <i>Careers in Maine for College Graduates</i> brochures. | Labor Market Information Services Web site: http://www.Maine.gov/labor/lmis/ |
| <i>Job Hunting in Maine - Putting the Pieces Together</i> . Published by Labor Market Information Services, Maine Department of Labor | Tips and techniques to assist in your job search. Skills analysis, résumé building, cover letters, applications, interviewing, and use of CareerCenter resources. | Available in printed format only. Contact your local CareerCenter for a free copy. |
| <i>Maine Business and Professional Directory & Maine Manufacturing Directory</i> . Published annually by Tower Publishing Company | Contain addresses and contact names for Maine businesses. Sorted alphabetically by county and type of business. Updated annually. | Directories are available to job seekers at Maine CareerCenters. Electronic data available for purchase at Tower Publishing Web site. www.towerpub.com |

These publications are available at your local CareerCenter and at many libraries, to assist you in making informed career choices. There are many other resources available, and these are recommended starting points. Speak with a CareerCenter staff person for recommendations to address your specific interests.

For information on services and training sponsored by the Maine Department of Labor or for directions to your nearest CareerCenter, call 1-888-457-8883. *The Maine Department of Labor provides equal opportunity employment and programs. Auxiliary aids and services are available upon request to individuals with disabilities.*