

What do I do now?

Unemployment Compensation

Filing for unemployment compensation should be the first thing on your list. If you meet the eligibility requirements, you are entitled to receive temporary compensation.

/ The following circumstances may disqualify you from collecting unemployment benefits:

- / Quit without good cause
- / Fired for misconduct
- / Resigned because of illness (check on disability benefits)
- / Left to get married
- / Self-employed
- / Involved in a labor dispute
- / Attending school

/ In order to file a claim you will need:

- / Social Security Number
- / Alien Registration Card if you are not a US citizen
- / Mailing address including zip code
- / Phone number
- / Name, addresses and dates of employment of all your past employers for the last two years

*For additional information, make sure to contact your State Unemployment Office and visit www.benefits.gov.

HELPFUL RESOURCES

These resources allow you to explore companies in your area, provide career and job analysis, and can be utilized as a comprehensive research tool for different industries.

/ **O*Net** is a tool for career exploration and job analysis, and has detailed job descriptions and skills necessary for each occupation

- / **Explore Occupations and Career Paths:**
www.onetonline.org

/ **Reference USA** is used to locate and obtain information on businesses and organizations in the United States. See directions below on how to locate and use **Reference USA**.

- / **Log into your Student Portal**
- / Click on Library
- / Select Find Article & More
- / Click Databases A-Z
- / Select R for Reference USA
- / Click [Reference USA](#)

JOB SEARCH TOOLS AND RESOURCES

- / **Career One Stop**
www.servicelocator.org

- / **Ashford Career Services**
www.ashford.edu/student_services/careerservices.htm

- / **Employment & Training Administration**
www.doleta.gov

- / **Unemployment Lifeline**
www.unemploymentlifeline.com

The University's programs and services are designed to prepare students and graduates to pursue employment in their field of study or related field; however, the University does not guarantee that students or graduates will be placed in any particular position or employment. Any statistics referenced on the website and attributed to a source other than Ashford University have not been independently verified by Ashford University. Career Services abides by the principles of professional conduct set forth by the National Association of Colleges and Employers (NACE).

Consider These Free Government Resources to Assist You with Your Search

Career One Stop

/ Provides resources on careers, resumes, job search, training, and unemployment guides. This is a great place to begin your search because it gives a state breakdown of the available resources.

/ www.careeronestop.org

Occupational Outlook Handbook

/ Provides hundreds of occupational profiles ranging from work environment, how to become one, and what they do.

/ www.bls.gov/ooh

O*Net Online

/ Great resource to look up summaries for different careers

/ www.onetonline.org

Employment & Training Administration

/ Provides important information on the different federal government programs such as job training, unemployment insurance benefits.

/ www.doleta.gov/etainfo

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/ Connects people with important community service and volunteer opportunities

/ 211us.org

Feeding America

/ feedingamerica.org