

Veteran's Newsletter

September 2009

How to Ace an Interview – The difference between getting a job and not is often the personal interview. Nerve racking, sure, but it's your chance to make a big impression. New York City career coach Frederick Ball, author of "Killer Interviews," has some winning advice.

- Prepare, Prepare, Prepare. Know enough about the company or business you are going to see to say why you'd like to work there. Know yourself, too, prepare at least three concrete examples of your accomplishments that illustrate your abilities and show why you're a good fit for the position.
- Keep your answers short. The average American listens for 28 seconds before getting distracted. Practice with a friend in advance, and time your answers to common questions.
- When in doubt, overdress. A formal outfit will at least earn you points for effort. But too casual clothes will make you look like you don't care about your appearance, or the job.
- Be polite. Never say anything negative about your former employers or colleagues. No one wants to work with a bad mouther.
- Say to the interviewer, "I really want this job". Many applicants feel they don't need to say this out loud. But because your interviewer has never met you, he may not be able to gauge your enthusiasm from your body language or tone of voice. So declare your interest, passion may even seal the deal for some employers.
- Follow up promptly. Within one or two business days, send a brief note to the interviewer to thank him for talking with you, bring up a point where you two connected, add anything you forgot to say, and restate your excitement about the job. Use your judgment about whether to send an email or a handwritten letter.

Other items of interest :

Don't expect a COLA in 2010 – What would it take for retirees and survivors to see any COLA for inflation would have to rise more than 2.4 percent through September. That's just not going to happen, barring some kind of disaster that nobody wants to see. And remember, if inflation is negative for the year, as seems almost certain, there just won't be a COLA.

VA Simplifies Compensation Rules for PTSD – The Veterans Affairs Department is taking steps to help veterans seeking compensation for post traumatic stress disorder according to VA Secretary Eric K. Shinseki. VA is publishing a proposed regulation to make it easier for a veteran to claim service connection for PTSD by reducing the evidence needed if the stressor claimed is related to fear of hostile military or terrorist activity. Comments on the proposed rule will be accepted over the next 60 days, and a final regulation will be published after consideration of all comments received.

VA Creating 28 new Vet Centers - Secretary of Veterans' Affairs announced that combat veterans will receive readjustment counseling and other assistance in 28 additional communities across the country starting in 2010. The community based Vet Centers provide veterans with mental health screening and PTSD counseling and are a key component to the VA's mental health program.

We are here for you !

The U.S. Department of Labor and the Jefferson County Workforce Center place great emphasis on service to veterans. Especially to recently separated veterans and to those with a service connected disability or some other barrier to employment. If you feel you have a situation that is limiting your job search. Please call the Veteran Employment Representative at 303 271-4728 or email David Alred at dalred@jeffco.us. He is located at the Laramie Building, 3500 Illinois Street, Golden, Co.

The Jefferson County Veteran Service Officer – The Jefferson County Service Officer assists veterans/dependents in filing claims for pension, compensation, health care, burial, education, home loan certification, life insurance, and other issues. Our Jefferson County Veterans Service Officer is Mr. Henry Mondragon. He can be reached at 303 271-4205 or hmondrag@co.jefferson.co.us. He is located at the Human Services Building, 900 Jefferson County Parkway, suite 170. His office hours are Monday through Thursday, 8 a.m. to 5 p.m.