

[CareerOneStop](#) is a free, secure resource offered for job seekers by the U.S. Department of Labor. ECS providers are encouraged to utilize this website and the numerous tools it provides, including those highlighted below:

- **“Explore Careers” Section:**

- Career exploration tools:
 - [Career Clusters](#)
 - [Career Profiles](#)
 - [Career Videos](#)
 - [Research industry trends](#)

- **“Find Training” Section:**

- [Types of training](#)
- [Paying for training](#) (financial aid, scholarships, and budgeting)
- [Professional development planning](#)

- **“Job Search” Section:**

- [Plan your job search](#)
- [Resumes and applications](#)
- [Networking](#)
- [Interview and negotiate](#)
- [Find jobs](#)
- [Job search tips](#)

- **“Find Local Help” Section:**

- [American Job Centers Finder](#)
- [Workforce Development Board Finder](#)
- [State Resource Finder](#)
- [Community Services](#)
- [Employment and Training Programs](#)

- **“Toolkit” Section:**

- Self-assessments for participants:
 - [Career Interest Assessment](#)
 - [Work Values Assessment](#)

- [Skills Assessment](#)
- Career Tools:
 - [Salary comparison tool](#)
 - [Cost-of-Living comparison tool](#) (for participants considering relocation)
 - [Practice Job Application](#)
 - [Resume Guide](#)
- Professional Development:
 - [Local Training Finder](#)

- “Resources For” Section:

- [Workers aged 55+](#)
- [Entry-level workers](#)
- [New Americans](#)
- [Spanish speakers](#)
- [Workers with disabilities](#)