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Congratulations to Our Hawthorne Students For Working Towards a Brighter Future



We are so proud of our Hawthorne High School of Manufacturing & Engineering students who completed the industry-recognized South Bay Workforce Investment Board - SBWIB Aero Flex Pre-Apprenticeship Program. These dedicated students are now prepared for an aerospace program in college or proceeding directly into an aerospace career after graduating high school. Photo courtesy Centinela Valley Union High School District.

Your Neighborhood Therapist

Dear Neighborhood Therapist,

I know I need to apply for a new job. I have been here a long time, and I am well respected by my bosses and colleague, but it's not taking me anywhere in terms of my career or my earnings needs and potential. I have wanted to change jobs for a long time, but now I am getting older and it feels more "urgent" and I have reached my limit. There are two problems that I am constantly running into: first, I feel like maybe I have stayed in my job too long. Every time I look at a job description for something that looks similar to what I do, I see this long list of qualifications that I do not have, and I get intimidated, and I end up not applying. Second, I think, "what if I get the job, and I don't like it at all and I'm stuck there?" I believe that you are supposed to stick it out in a job, even if you don't like it very much, and so I end up not applying. This all makes me feel even more stuck, and more horrible about myself. Is it possible to break this cycle?

– *Stuck in a Job Rut, El Segundo*

Dear Stuck,

Yes, it is possible to break the cycle; once you break the cycle, I suspect you will start to feel much better. First, let's have a quick look at power in the employer/employee relationship.

We live in a culture that teaches us to be submissive to employers, and you, like all

of us, have been subject to this your whole life. Employers, of course, support this idea because they benefit from it: if you feel lucky to have a job, you won't complain so much about your salary or working conditions.

To further increase this sense of power imbalance, employers may use language and terminology that sounds corporate and intimidating. Sometimes, "generate and analyze financial reports" really means, "click the 'create report' button and tell your boss if the number is higher or lower than the last time you clicked the button."

That all sounds scary, but remember that if an employer is posting a job, it's because they also have a need. As someone who has stayed in your job a long time, thus proving that you are responsible enough to hold and thrive in the job, you are already steps ahead of many, many candidates.

So apply anyway, whether or not you feel you are an exact match. I promise you that people far less qualified than you are going for the same jobs. Employers do not encourage this, but they do expect it. Employers rarely require an exact match, but your consistency will certainly be appealing. And if they say no, well, that could be for dozens of reasons that have absolutely nothing to do with you.

You have a point about your fear of not liking a new job. It's possible! You might have jumped out of the frying pan and into

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