

### Researching the Labour Market

Researching labour market information is effective in helping you make informed decisions about your future.

#### Labour market information may include:

- Details about different types of work and learning opportunities
- Data on current employment conditions
- Forecasts for future employment growth and conditions

If you have seen or heard a news item about who is hiring or downsizing, or talked with friends about the industries they work in, you have encountered labour market information.

### Follow These Tips as you Begin Your Research into the Labour Market

#### Use Reliable Resources

Make sure to get your information from reputable resources, like government websites or professional associations. If you are unsure about a resource, evaluate it for quality or ask a career professional to assist assessing the validity of the source.

#### Look at All the Pieces of The Puzzle

Labour market information can help you make an informed program or career choice, but you also need to consider your interests and needs. Do some self-assessments to narrow your interests and strengths, assess your skills both from your work and life and consider who you could talk to in certain industries/sectors to gather some first-hand information.

#### Check Your Expectations

Most people do not start working in their dream job right away. You might need to move, take a lower-paying job, and work your way up.

#### Nothing is Set in Stone

Predictions are not facts. Many variables can affect the job market; for example, changes in technology can cause a boom or a bust in an industry.

#### Branch Out

Don't limit your research to one career area. Your education, work and life experiences provide you with a transferable skill set that will make you a strong candidate for lots of different jobs.