Feb 2026

Ready to improve your skills and start on your ideal career?

NYSDOL is offering FREE virtual workshops on topics including resume writing, interviewing, transferable skills, and more. Sign up for a virtual workshop today!

NYS DOL STATEWIDE VIRTUAL WORKSHOP SERIES

Monday	Tuesday	Wednesday	Thursday	Friday
2 Managing Stress during the Job Search 11 am – 12 pm Communication Skills 1 pm – 2 pm Writing Effective Cover Letters 1 pm – 2 pm	3 NYS DOL Training & Supportive Opportunities 11 am – 12 pm Resume Basics 11 am – 12 pm Social Media Strategies 1 pm – 2 pm	4 SNAP Overview 11 am – 12 pm Career Assessment & Exploration 11 am – 12 pm Coping with Job Loss and Moving On 1 pm – 2 pm	5 SUNY Microcredentials 11 am – 12 pm Article 23-A and its Impact on Filing an Employment Discrimination Complaint with NYS Division of Human Rights 11 am – 12 pm Job Search Strategies 1 pm – 2 pm	6 Self-Motivation 11 am – 12 pm Chat with an Employment Counselor 1 pm – 2 pm
9 Learning about Childcare Assistance Program (CCAP) 11 am – 12 pm Spanish: Job Search Strategies 11 am – 12 pm Time Management 1 pm – 2 pm Building and Using your LinkedIn Profile 1 pm – 2:30 pm	10 Interviewing Techniques 11 am – 12:30 pm Roadmap to Getting Hired 11 am – 12:30 pm Civil Service 1 pm – 2:30 pm	11 An Overview of ACCES-VR 11 am – 12 pm Using Age to Your Advantage 11 am – 12 pm Advanced Resume 1 pm – 2 pm	12 Transferable Skills 11 am – 12 pm Upskilling 11 am – 12 pm Networking 1 pm – 2 pm	13 Chat with an Employment Counselor 11 am – 12 pm Salary Negotiation 1 pm – 2 pm
16	17 Job Search Strategies 11 am – 12 pm Going to School to get Back to Work 11 am – 12 pm Resume Basics 1 pm – 2 pm	18 Coping with Job Loss and Moving On 11 am – 12 pm Learn New Skills with Coursera 11 am – 12 pm Skills Based Resume Writing 1 pm – 2 pm	19 Writing Effective Cover Letters 11 am – 12 pm SUNY University Center for Academic and Workforce Development (UCAWD) 11 am – 12 pm Career Assessment & Exploration 1 pm – 2 pm	20 The Power of Positivity 11 am – 12 pm Chat with an Employment Counselor 1 pm – 2 pm
23 Advanced Resume 11 am – 12 pm Give Yourself Credit: SUNY Empire Information Session 1 pm – 2 pm Virtual Career Center 1 pm – 2 pm	24 Building and Using your LinkedIn Profile 11 am – 12:30 pm Veterans Services and Resources 1 pm – 2 pm Transferable Skills 1 pm – 2 pm	25 Cannabis Employment & Education Development (CEED) Information Session 11 am – 12 pm Disclosure, Talking to Employers about Disability 1 pm – 2 pm Interviewing Techniques 1 pm – 2:30 pm	26 Civil Service 11 am – 12:30 pm InterviewStream: Interview Prep Tool 1 pm – 2 pm Using Age to Your Advantage 1 pm – 2 pm	27 Chat with an Employment Counselor 11 am – 12 pm Public Speaking 1 pm – 2 pm

Pre-Registration Required!

Click the title of the workshop you would like to register for or visit: https://on.ny.gov/careercalendar

NEW YORK STATE | Department of Labor

WORKING FOR YOU