

14 Things to Do When You Lose Your Job

GoSkills online course syllabus

Skill level

Beginner

Lessons

16

Pre-requisites

No prior experience needed

Video duration

32m

Estimated study time

32m 22s

Instructor

Jeff Harley

Introduction

1 Making a plan after a job loss

Before You Lose Your Job

2 Bolster your emergency fund

If you haven't been laid off yet, but think it's coming, start bolstering your emergency fund.

3 Dust off your resume

You should always be ready to seize a good opportunity, and this starts with a prepared resume.

4 Maximize your remaining benefits

Take advantage of any unused benefits before they are gone.

5 Don't quit your job

Quitting your job almost guarantees you will not receive severance or unemployment benefits.

The First 2 Weeks of Unemployment

6 Finalize your exit

The last days of work can be a whirlwind of information -- but being an active participant instead of a passive one can make a big difference.

7 Assess your insurance coverage

You likely will lose some insurance when you leave your job.

- 8** **File for unemployment ASAP**
Running out of cash is scary, so you should file for unemployment as soon as you're eligible.
- 9** **Assess your financial situation**
Losing your job can come with a financial strain.
- 10** **Consider best and worst case**
If you lose your job, don't panic -- just start making plans.
- 11** **Revisit your budget**
Re-budgeting can mitigate major pitfalls associated with losing your job.
- 12** **Give yourself time to grieve**
Be kind to yourself, this is a big change in your life and it will be hard.

Being Unemployed

- 13** **Create structure in your life**
Your full time job is now finding a new job, treat it as such.
- 14** **Ask for help finding a job**
Everyone loses their job at some point -- don't be afraid to ask for help.
- 15** **Make major lifestyle changes**
Sometimes unemployment continues longer than expected.

Conclusion

- 16** **Recommendations to get moving**