

NEWS

▼ POST-SECONDARY EDUCATION

Unemployment turns your life upside down in a bad way

Ask those who've had to suffer the consequences of an economic downturn and have seen their employment come to an unexpected end—being jobless is no fun.

According to recent research from the Organization for Economic Cooperation and Development (OECD) un-



employment negatively impacts on various measures of well-being.

Those who are unemployed tend to have trouble sleeping, experience low self esteem, have difficulty enjoying day-to-day activities and seeing themselves making a valuable contribution to society.

The OECD data outlined some of the key characteristics of what can make being unem-

ployed so difficult.

If you are unemployed and your partner is working this apparently is much more difficult to take than if both of you are unemployed—leading to greater unhappiness for both.

Location also impacts on the stress of being unemployed. If you are jobless in a region of high

unemployment it is much easier to accept your situation as your neighbours are probably in the same boat.

But if you are unemployed living in a city with very high employment, such as Fort McMurray, you would probably find it much more difficult to cope with your situation—there's a ten-

dency to wonder what's wrong with you when everyone else is able to find a job and you can't.

On the whole, according to social scientists, being unemployed is one of the most damaging events that can happen to an individual—much more damaging than divorce, bankruptcy or death of a family member.

These are interesting studies because they give pause for thought.

Think about your life suddenly stripped of your job.

How would you feel if you lost your job today based on your age, finances and your place in society?

SEE MUSKENS A18

NEWS

▼ POST-SECONDARY EDUCATION

Return to school option for the jobless

MUSKENS FROM A17

Although your job pays your bills it also plays an important role in providing you with a sense of who you are and where you fit in society.

Depending on your job, for many of us who have spent time at college or university, our job defines our beliefs.

For those of us who work in education, wheth-

Health care workers are there to help people get better and cope with illness.

These are very giving occupations which tend to draw a lot from a person's belief in helping others.

A lot of job satisfaction occurs when you know your actions have impacted positively on someone else.

Other jobs play similar roles where a mechan-

ical engineer helps a mother buy the right gift for her daughter.

We all contribute in one way or another - regardless of what we do.

For the many Canadians who are currently jobless the best move away from unemployment is through education.

Educated Canadians have lower unemployment rates and higher job satisfaction

and spend your time preparing not to be unemployed again.

If your New Year's resolution is to do just that, don't think that you have to wait until next fall to follow through. Many institutions—including Okanagan College—have programs and courses that start in January.

The opportunities are there—take the time to learn about them.