

# CAREER COMPASS

Navigating Youth to Career Success

Your Future Begins Here | [sutteronestop.com](http://sutteronestop.com)

## BUILDING CONFIDENCE: OVERCOMING SELF-DOUBT

### BOOSTING YOUR SELF-ESTEEM

- Identify Your Strengths:**

Make a list of things you're good at, even the small things. Are you a great listener? Are you organized? These are valuable career skills!

- Reframe the Narrative:**

Instead of saying "I've never done this before," try "This is a great opportunity for me to learn something new."

- Explore a Wide Range of Options:**

Confidence comes from competence. Practice your "elevator pitch" or common interview questions until they feel like second nature.

- Celebrate Small Wins:**

Did you finish your resume? Send one application? Give yourself credit for every step forward.



2025-2026

The Sutter County One Stop is a proud partner of America's Job Center of California network.

## A Big Thanks To Our Work Experience Partners!

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Walgreens (855 Colusa)

West Coast Sourdough

Yuba City High School

*\*Employers that partner with us to provide valuable work experience opportunities for our youth.*



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SCAN ME



Want to get involved? Scan this QR code to connect with our Youth Team and learn about exciting opportunities!



### OVERCOMING THE FEAR OF FAILURE

Job searching and interviewing can be intimidating, but a "no" isn't a dead end - it's data.

- View Interviews as Conversations:** Remember, you are also interviewing the company to see if they are good fit for you.
- Analyze and Pivot:** If an interview doesn't lead to a job, ask for feedback. Use that information to sharpen your skills for the next one.
- Focus on the Process, Not Just the Result:** You can't control the hiring manager's final decision, but you can control how prepared and professional you are.



### CONFIDENCE-BUILDING CHECKLIST



- Write down 3 "Power Skills" (things you're proud of).
- Practice your "About Me" introduction in front of a mirror.
- Reach out to a mentor or school counselor for an encouraging chat.
- Research one company you admire to find a common ground.



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