

CAREER COMPASS

Navigating Youth to Career Success

February 2026

Your Future Begins Here | sutteronestop.com

BUILDING CONFIDENCE: OVERCOMING SELF-DOUBT



SCAN ME



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

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.



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.



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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East Linda Garden LP
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IHOP
JCPenney
Papa Murphy's Take N' Bake
Photogenic 1 Studio
Pizza Factory
Steele House Coffee
Straw Hat Pizza

Sutter Co. Supt. of Schools
Tin Roof Bakery
Tractor Supply Co.
Walgreens (855 Colusa)
West Coast Sourdough
Yuba City High School

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



Equal Opportunity Employer/Program.
Auxiliary aides & services are available upon request to individuals with disabilities.