



CAREERBOUND

Young Adult Employment Program

5 Ways to Use Winter Downtime to Grow Your Career

1: Build Job-Ready Skills

- Communication
- Teamwork
- Time management
- Customer service
- Computer & technology skills

2: Update Your Resume & Practice Interviews

- Refresh your resume
- Practice answering interview questions
- Prepare examples of your work experience and skills

3: Explore Career Paths

- Research industries
- Learn about training programs
- Attend job fairs or career workshops
- Talk with Career Bound and Work Force New York Career Staff

4: Set SMART Career Goals for the New Year

- Specific
- Measurable
- Achievable
- Realistic
- Timely

5: Stay Motivated & Build Healthy Routines

- Keep a daily schedule
- Practice self-care
- Stay active
- Connect with supportive mentors

Your mindset matters. Stay focused on your goals!

CareerBound Can Help You Succeed!

Our program provides:

- Paid job readiness training
- Career coaching & job placement
- Resume & interview support
- Certifications & industry connections

Location: Cornell Cooperative Extension, 840 Upper Front Street, Binghamton



CareerBound Youth!

Did the program help you reach your career goals?

Would you like to be showcased as our next success story?

Reach out to us! We would love to hear from you!

Leah came to CareerBound seeking support and funding to enroll in the **BOCES Manufacturing Welding** program. With one-on-one coaching and work readiness training, she began her welding journey and, just **four months later**, successfully completed the first phase of training and is **working full-time**. Leah recently received funding to continue into Construction Welding.

“CareerBound gave me the confidence to pursue welding seriously and push through challenges I didn’t think I could handle. It helped me turn something I was interested in into a real career path. Along the way, I’ve learned patience, resilience, and humility. Welding has definitely challenged me, but it’s also helped me grow both personally and professionally.”

Leah’s determination, work ethic, and growth reflect the power of combining workforce training, individualized support, and opportunity. We are proud to support her journey and excited to see what the future holds!



Where Are They Now?

Interested in Enrolling? Contact Holly @ (607) 760-2568

Carmelita entered CareerBound with very little work experience, but she knew she wanted to work with children in some capacity. Through career exploration and the completion of our 4-week work readiness training, Carmelita secured employment as a bus monitor — a perfect role that matches her patience, nurturing personality, and love for children.

This position also provides Carmelita with a healthy work-life balance, allowing her to be present for her own young children.

We are incredibly proud of Carmelita and all that she has accomplished, and we look forward to seeing her continue to grow and succeed.