

Resources for employees as they separate from Pacific or experience a reduction in hours

Morneau Shepell-EAP

1. Employee Assistance Program-Free and Confidential
2. Free Counseling related to finances, work, and other aspects surrounding changes

Workhealthlife.com/mlaeap or at 1-866-695-6327

LinkedIn Learning Career Promoting Courses

Rock Your LinkedIn Profile

<https://www.linkedin.com/learning/rock-your-linkedin-profile/who-are-you-creating-your-profile-summary?u=26129634>

How to Rock an Interview (Audio Course/Podcast)

https://www.linkedin.com/learning-login/share?forceAccount=false&redirect=https%3A%2F%2Fwww.linkedin.com%2Flearning%2Fhow-to-rock-an-interview%3Ftrk%3Dshare_ent_url&account=26129634

Writing a Resume

https://www.linkedin.com/learning-login/share?forceAccount=false&redirect=https%3A%2F%2Fwww.linkedin.com%2Flearning%2Fwriting-a-resume%3Ftrk%3Dshare_ent_url&account=26129634

Note: LinkedIn Learning is available for free while employed at the University or through any California city library.

Letizia HR Solutions, Inc

Resume development, coaching and review

Interviewing skill development and coaching

On site or on Zoom

Contact Information: mike@letziahrsolutions.com

Employment Development Department

Log in and begin to file your claim to ensure that your debit card is issued to you before your claim is filed.

File your UI claim in the first week that you lose your job or have your hours reduced. Your claim begins on the Sunday of the week you submitted your application.

If you previously filed a UI claim within the last 52 weeks and have not exhausted your benefits, you must [reopen your claim](#) to resume benefits.

Important: Waiting to file can delay your benefits.

https://edd.ca.gov/Unemployment/Filing_a_Claim.htm