

Should you quit your job?

Don't quit your job without having another lined up, goes the conventional wisdom. But in a strong economy, many often take the opportunity to reflect on their jobs and gauge their satisfaction, or lack thereof.

If you're considering leaving your job, you are not alone. In fact, it's likely that one or more of your colleagues is mulling the same prospect.

Low unemployment means a job-seekers market for those with valuable skills and experience. Confidence in the economy spurs risk-taking, and the expansion of entrepreneurs in the workforce has drawn more to think about joining the ranks of the self-employed or to seek better jobs and higher pay elsewhere.

According to the Wall Street Journal, nearly 3.4 million people in the U.S. turned in their two-week notice in April 2018. That figure of voluntary resignations was expected to hit 40 million last year and continues — almost double the number of a decade ago.

So is the time right for you? Clearly, this depends upon your individual circumstances. Cutting ties with your employer due to good times economically doesn't always mean it's a smart move.

Rather, the expanded opportunity can help you measure satisfaction with your present situation. Everyone has bad days at work, but if you wake up dreading the day ahead or sense looming negativity that extends to your personal life, it might be time to at least consider the possibility.

Here's some data compiled by the employment-focused website JobList.com on recent statistics that might aid you in measuring your situation.

Almost half of employees confess to have considered quitting their jobs. Most cite the desire for higher pay, but many, too, note a toxic work environment.

Those who lean toward quitting test the waters on the former issue by inquiring about a raise or the potential for a raise in the near future.

It took the average employee about two months from the time of serious consideration to leave their job until they proffered a letter of resignation. During that period, most had realized their desire to leave and spent the remainder of that time applying and interviewing for new jobs. When that search ended successfully, most were ready to leave.

Most, but not all, took the important step of finding solid new employment before leaving their existing job. But 35% left before achieving that goal over environmental issues such as the aforementioned toxic atmosphere, poor management and a culture inconsistent with their values and expectations. These issues were cited chief among the reasons 48% left their jobs prematurely.

Every situation is different and the choices and reasons can be highly personal. If you are thinking of leaving your job, whether for economic reasons or over workplace situations that take a significant toll on you, it pays to consider all your options and weigh your chances of finding a new job quickly.

Fastest growing occupations

10 occupations with the highest percent change of employment between 2018-2028:

1. Solar photovoltaic installers
2. Wind turbine service technicians
3. Home health aides
4. Personal care aides
5. Occupational therapy assistants
6. Information security analysts
7. Physician assistants
8. Statisticians
9. Nurse practitioners
10. Speech-language pathologists

Source: U.S. Bureau of Labor Statistics



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