

O Career Transition Services for UO Faculty and Staff

The UO Office of Human Resources partners with Cascade Centers to provide our employee assistance program (EAP), which offers a variety of resources for faculty and staff, such as one-on-one career counseling, assessment and testing, and job seeking services. Resources are available both in-person and online; please visit the Career Transition Resources available on the Human Resources webpage for more information: hr.uoregon.edu/careertransition.

Personalized Career Counseling

Confidential one-on-one appointments with an EAP representative can be scheduled and customized for each individual based on their specific career transition needs. Areas of assistance can include a general assessment of interests, motivation, and job skills, writing a resume and cover letter, interviewing skills, job search assistance, and many other career transition services. EAP representatives can also help with the emotional challenges and adjustments related to a career transition.

To schedule an appointment, please contact Cascade Centers at 800-433-2320 or text 503-980-1770.



Other Resources

On-line Resources at www.cascadecenters.com

Information about how to conduct a successful job search, career assessments and testing, as well as useful links. Cascade can help with resumes, cover letters, and interviewing skills. Users also have access to an on-line resume builder.

Financial Consultation

Financial coaches can provide a needs analysis and an online written action plan to help develop better spending habits, reduce debt, improve credit, and increase savings to employees.

Cascade Personal Advantage Website

This expanded area of the website includes financial calculators, extensive career development articles, and other resources.

To Access:

Go to www.cascadecenters.com

Click 'Member Log in'

Register as a new user

Enter the UO password: state of oregon

To Access "Career Transition" section of the site:

Click on the 'Personal Growth' tab

Click 'Managing Work and Family'

Click 'Career Transition' from the drop down menu

Contact Jen Mirabile at 541-246-2195 or mirabile@uoregon.edu for assistance.



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