Are you looking for work or starting a new career? Let us show you what Idaho employers are looking for, how to find education and training and where the unexpected places are to look for work. Find out if you qualify for financial aid or government-sponsored employment support programs. Attend job search workshops, build an electronic resume and create an online searchable profile. Access thousands of job listings, learn what to say or ask during your next interview and how to network effectively - all at no cost to you.

Visit our website at labor.idaho.gov/jobseeker where you can:

Access all of these job seeker services and more.

Search the online calendar or call your local office for dates and times for job search workshops in your area.

Find the contact information for your local office.

Search our Job Listings
Create an online profile employers can search and view job openings by city, county or occupation. Sign up for instant job alerts.

Attend a Job Search Workshop
Take our job search workshop online, in person or download the entire guide to read on your own. Chart your career path, set your goals, develop a work plan and learn the secrets of a good interview. Discover the most current and effective ways to use the Internet and social media to look for work.

Attend a Professional Networking Meeting
Some Idaho Labor offices host meetings where you can network with other people looking for work and learn new job search skills. Find out what employers are looking for from human resource professionals and guest speakers representing Idaho businesses and new and emerging industries.

Use our Resource Center
Our local and remote location offices offer access to personal computers, resume templates, internet and career planning along with fax, phones, copiers and information about community services. See labor.idaho.gov/officedirectory to find a location near you.
Check Your Skills
Test your work-related skills in numerous software applications. Access more than 1,200 assessment tests for skills like critical thinking, medical billing and coding, typing, ten-key and more.

Keep Up on Wages, Occupations and Economic Information
Know what kind of compensation package - wages and benefits - to expect, accept or request from prospective employers.

Find Volunteer Opportunities
Serve Idaho encourages volunteerism and community service among private, public and nonprofit organizations and agencies. Keep your skills current and stay connected to the workplace. Or apply to AmeriCorps and work in an intensive service position, learn valuable skills, contribute to lasting change and earn money for education.

Explore Your Future, Plan Your Career
Use JobScape to explore career opportunities and find educational programs, scholarships and financial aid. Review job descriptions and educational requirements for hundreds of occupations. Visit labor.idaho.gov/jobscape

File for Unemployment Insurance
Unemployment insurance is funded by taxes most employers pay quarterly and is intended to partially replaces wages for people who have lost jobs through no fault of their own. File for unemployment insurance online and receive benefits electronically.

Ask About Our Employment Support Services*

» Adult and Youth Education and Training Programs
Having trouble looking for and finding work? We can help. Adults and youth who meet certain criteria may be eligible for support with earning a GED; accessing training, education or tutoring resources; and finding employment.

» Trade Act Assistance
Idahoans who lose their jobs due to layoffs or plant closures when a manufacturer shifts production to countries outside the U.S. may be eligible for retraining services and re-employment support.

» Veterans Services
Find out what Priority of Service means and what kind of employment benefits are available to veterans and their families. Meet one of several veteran representatives located throughout the state.

» Youth Services
Tutoring, alternative school offerings, summer employment, internships and apprenticeships, leadership development, mentoring, follow-up services and comprehensive guidance and counseling are available to eligible youth.
*Income and eligibility requirements apply.

Learn Idaho’s Labor Laws
Idaho workers should know what to expect in the workplace. Learn which laws Idaho employers are required to follow including paying the minimum wage.

» Farmworker Services
Idaho is committed to ensuring farmworkers know the laws that protect their rights to fair wages and working conditions.

» Idaho Human Rights Commission
Federal and state laws generally define discrimination as treatment of one employee differently from another on the basis of race, color, religion, gender, pregnancy, age, marital status, physical or mental disability or other personal characteristics. If you think you are the subject of discrimination, contact the Idaho Human Rights Commission.

For more information about any of these services, visit our website at labor.idaho.gov, visit a local or remote location office in your area (find a directory at labor.idaho.gov/officedirectory) or call the Department of Labor at (208) 332-3570 and ask to be connected to the office in your area.