It is required that claimants complete **5 work search contacts per week** or **1 CareerSource service appointment**. Claimants who live in counties with less than 75,000 people are required to complete **3 work search contacts per week** or **1 CareerSource service appointment**.

### Work Search Contacts Options

- Register and use a career or job-market explorer such as EmployFlorida.com.
- Respond to a job posting through the state Florida’s job-market explorer EmployFlorida.com.
- Completing a job application in person or online with employers who may reasonably be expected to have openings for suitable work.
- Mailing a job application and/or resume, as instructed in a public job notice.
- Making in-person visits with employers who may reasonably be expected to have openings.
- Interviewing with potential employers in person or by telephone.
- Registering for work with private employment agencies or placement services.
- Using other job search activities such as reviewing job listings on the internet, newspapers, professional journals, contacting professional associations, networking with colleagues or friends also may subsequently lead to a productive work search contact.

### CareerSource Service Appointment Options

- Registering for work and reemployment services with your local CareerSource Center.
- Employment resources available at CareerSource Centers which may lead directly to obtaining employment include:
  - Participating in skills assessments for occupation matching
  - Participating in instructional workshops; or
  - Obtaining and following up on job referrals from the CareerSource Center.

### Employ Florida

- Using online job matching systems, including the Florida CareerSource Employment System, to submit applications/resumes, search for matches or request referrals, and/or apply for jobs.
- An efficient way to contact employers is by using EmployFlorida.com, the state’s online job matching system where you can search thousands of job postings and apply for jobs.