

What is Labour Market Information and how can it help you?

Labour market information can help you unlock information about in-demand jobs and skills employers are looking for. Many factors affect the labour market including economy, recessions, pandemics, political changes, aging populations, and technical advances. If you are using labour market information to make career choices you need to look at both the long-term and short term labour market information and check the date it was published.

Tips for using Labour Market Information for job search or Second Career research:

- Make sure your info is from a reliable source, like a government [website](#)
- Remember labour market information can change quickly due to various factors
- Look for the published date of the information to ensure it is relatively current
- Research local university and college Student and Graduate reports - [Mohawk](#) and [McMaster](#)
- Check your expectations - lifestyle, goals, locations, wages, working conditions as well as demand. Make sure that when choosing a career you also consider your interests and needs, and that you may need to take an entry level position and work your way up.

Labour Market Information and Resources

Job Bank - find available jobs, tools and government resources to help you navigate the world of work during the pandemic.

[Learn more about an occupation](#), wages, prospects, education, and skills needed. Discover the [employment prospects](#) for your career across Canada or compare different occupations.

[Explore jobs or career options](#) by completing an assessment that matches your skills and knowledge.

[Find a job during COVID19](#)

CareerCruising - [complete an assessment](#) that helps you recognize your interests, skills, preferences and goals so you can explore careers that match your interests.

Workforce Planning Hamilton is a workforce planning organization that is a catalyst for economic and labour market development, building solutions and engaging multi-stakeholder alliances. [Links to Employer Hiring Trends, Employers Hiring During COVID19, and Local Labour Market Information](#).

Ontario Labour Market Link provides labour market information, statistics and quizzes that can help you plan your career, learn more about work trends and the skills, education and training you need for jobs today, and in the future.

[Search job profiles](#)

[Take a career quiz](#)

National Occupational Classification (NOC Codes) is Canada's national system for describing occupations. You can [search the NOC](#) to find where an occupation is classified or to learn about its main duties, educational requirements or other useful information.