Dos and don'ts - Social media and your job

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TULSA - Social media -- chances are you're immersed.

For some people social media can help them land a job. But others can find themselves passed over or even fired, all because of what they post online.

Teri Aulph, a business consultant, breaks down the dos and don'ts of social media.

3 DON'TS

1. Never complain about your boss, coworkers or company on Facebook, Twitter or any other form of social media.

Angry venting publicly demonstrates a lack of maturity as an employee and could taint you as a candidate for your next opportunity. Keep in mind social media, by design, is a communication model that ripples exponentially. It may feel like a party, but you will not be celebrating if you lose your job over an unwise post.

2. Never post anything on social media that would embarrass you if it was printed in the newspaper.

Words are a form of action, use them wisely. The influence to 'share' doesn't necessarily mean anything and everything.

3. Don't drink and post.

While social media feels comfortable and cozy, it's a public forum and you have little control over how you are exposed.

3 DOS

1. Do utilize your connections to virtually network as a job seeker.

Be professional and positive. Demonstrate the same behavior you would face-to-face.

2. Seize opportunities to demonstrate expertise by sharing articles or information that supports your desired position.

It's a good idea to add your personal 'take' on the subject.

3. Be supportive of others and post positive messages that align with our personal values.

Employers seek people who people want to work with and who demonstrate leadership in every aspect of their lives.