

From the Editor

I thoroughly enjoy global travel, and actually have a very long “bucket list” of places I would like to explore. Over the years I have learned that travel can actually help to develop work-related skills that can make us even more marketable. That is, skills which employers are looking for. The following is a modified version of an article, *5 ways to turn your international travel into a job* which I authored; and was originally published at *USATodayEducate.com*.

Here are my top five tips on making the most of your global trip:

1. *Boost your CQ.* Employers are looking for CQ, or cultural intelligence. It’s a way of measuring a person’s cultural competency and global sensitivity. The ability to be more mindful and tolerant of others around us is key in today’s workplace.
2. *Pick up a language.* In the job marketplace, Spanish, Arabic, and Chinese are becoming increasingly important for doing business. Why not try to learn the basics of the language before your trip and add that to your resume/CV? It shows drive and determination, and employers are always seeking individuals who are multilingual.
3. *Take your social media network global.* When you travel, blog and post pictures of your experiences. Keep in mind that Human Resources people will be checking your social media channels, so surprise them with some cool, global connections in your personal network.
4. *Build friendships that last.* Bring your business cards and take the initiative to distribute them. Always give two cards – one for the person to keep and the other for them to pass along to another person. Using this strategy, I have built new contacts, found new friends/colleagues, and even landed some speaking engagements. Be sure to ask the person for two of their cards and follow up with an e-mail.
5. *Volunteer.* Make the most of your chance to do good while traveling by seeking and participating in volunteer experiences. Take pictures and be active in posting this out on your social channels to build awareness. This awareness is good for

your personal brand building. It not only shows strong character to a prospective employer, but it’s a great opportunity to learn about a country, as it is NOT told in a guidebook. You’ll also connect with caring people who are trying to make a difference, too.

This issue of *WORK* is divided into two sections. The first section contains seven articles on agriculture. This special section was guest edited by Dr. Fadi Fathallah, who provides you with an interesting overview about agriculture in his *Guest Editorial*. I thank Fadi for his leadership.

The second section contains eight articles on a variety of topics by authors from around the globe. This second section starts with Cadieux and Marchand’s longitudinal and comparative study of psychological distress among professional workers in regulated occupations in Canada. Dhar examined the quality of life of low-income construction workers in India.

Using the Brief Job Stress Questionnaire (BJSQ), Kawada and Otsuka investigated job stress and job satisfaction over a two-year interval among workers in Japan. Løvseth and colleagues provide a cross-sectional study of university hospital physicians in four European cities. They investigated the psychosocial work factors as moderators of confidentiality, which became barriers to seeking social support. Nilsen and Anderssen conducted a study that looked at work as an individual self-care management strategy among Norwegian persons living with non-malignant chronic pain.

Nitzsche, Jung, Kowalski and Pfaff reported on the theoretical development and initial validation of the newly developed Work-Life Balance Culture Scale (WLBCS). WLBCS is an instrument for measuring an organizational culture that promotes the work-life balance of employees.

As Puig-Barrachina et al., wrote, “Precarious employment is becoming an increasingly important social determinant of health inequalities among workers”. Their article measured employment precariousness in the European Working Conditions Survey.

Finally, the issue concludes with an article by Vaez et al. on work-related violence in Sweden and its association with self-rated general health among public sector employees.

As always, I welcome hearing from you and hope that you will consider submitting your scholarly work to our journal.

Cheers,
Karen
Editor, *WORK*
Occupational therapist & ergonomist
E-mail: kjacobs@bu.edu
blogs.bu.edu/kjacobs/