

# Losing your job

- Did any of you lose your job because of no fault of your own, for example, because of a corporate reorganization, bankruptcy, or major corporate disruption?
- Describe what it was like to lose your job
  - What advice helped?
  - What advice didn't?
  - What did you do?





# The Changing World of Work

Losing the job



# Course outline

Date	Topic	Notes
3/23	Finding a job: What's it like out there?	
3/30	Doing the job	
No class meeting on 4/6		
4/13	Keeping the job	
<b>4/20</b>	<b>Losing the Job</b>	<b>Lori MacGregor, Reignition Project</b>
4/27	Looking Ahead	Shannon Curtis, Assumption Career Development and Internship Center





## On Marathon Day



CWoW-4

## The Reignition Project

[Home](#) [Archive](#) [About](#)



**She stopped shrinking herself - and built a space where others don't have to**

Alex West Steinman on building The Cove...  
MAR 25 • LORI MACGREGOR



**She beat breast cancer, then built the support survivors were missing**

Why Shay Moraga created a nonprofit...  
JAN 21 • LORI MACGREGOR



**Fed by Purpose: The Dog Food Lady**

How Amanda Skerski built Project Minnie, one bag of dog food at a time

APR 15 • LORI MACGREGOR



**From Muckraking to Open Mics**

Jamie Mack on leaving investigative...

FEB 4 • LORI MACGREGOR



**Flipping and Flying at 40+**

How Angela Fuller returned to gymnastics...

FEB 18 • LORI MACGREGOR

# Lori MacGregor



CWoW-4

## U.S. Consumer Sentiment falls to lowest on record in April

University of Michigan Survey of Consumer Sentiment since 1952



April data is a preliminary reading. The final reading comes out at the end of the month.

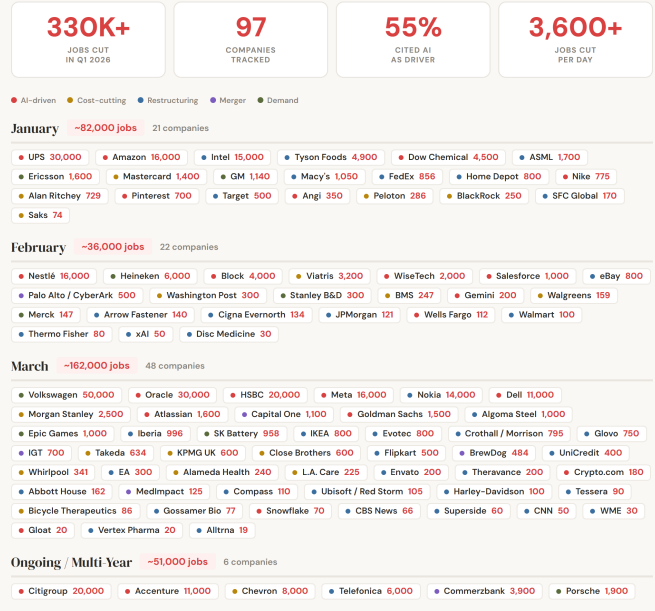
Created with [Datawrapper](#)

Americans hate the 2026 economy



## Every Q1 Layoff. All of Them.

On march 17, a single post about Dell hit **3.4 million views**. at that point, we were tracking **~80 companies** and **~290,000 job cuts**. two weeks later, as Q2 begins:



Every company. Every cut. Every source. Tracked at [layoffhedge.com](https://layoffhedge.com)

# Q1 Layoffs



### Massachusetts LMI Data Sheet

Labor Market Information (LMI) February 2026

<b>Unemployment Rate</b> <b>4.8%</b> OTM +0.1% OTY +0.5%	<b>Labor Force Participation Rate</b> <b>66.0%</b> OTM -0.2% OTY -0.7%	
<b>Total Labor Force</b> <b>3,915,300</b> OTM -11,400		
<b>Employed Residents</b> <b>3.73M</b> OTM -11,300		
<b>Unemployed Residents</b> <b>186K</b> OTM -200		
<b>Total Payroll Jobs</b> <b>3,700,500</b> OTM -7,200 OTY -17,000		

Current month figures are preliminary estimates subject to revision. Over-the-month (OTM) and over-the-year (OTY) comparisons reference revised estimates. October 2025 data are unavailable due to the federal government shut down.

**Payroll Jobs Overview**

Industry	OTM	OTY
Information	+500	-900
Financial Activities	+400	-2,800
Government	+200	-300
Construction	+200	-1,600
Other Services	+0	-200
Professional & Business Services	-400	-9,900
Manufacturing	-900	-300
Leisure & Hospitality	-1,800	+3,200
Trade, Transportation, & Utilities	-2,100	-6,100
Education & Health Services	-3,400	+1,800

NOTES: The labor force is the sum of the numbers of employed residents and those unemployed, that is, residents not working but actively seeking work in the last four weeks. Estimates may not add up to the total labor force due to rounding. For further information on seasonal adjustment methodology, please refer to the [Bureau of Labor Statistics](#).

Detailed labor market information is available at the [Massachusetts Department of Economic Research](#).  
[Statewide Seasonally Adjusted Unemployment](#)  
[Statewide Not Seasonally Adjusted Unemployment](#)  
[Labor Force and Unemployment Data](#)  
[Statewide Seasonally Adjusted Employment](#)  
[Statewide Not Seasonally Adjusted Employment](#)  
[Current Employment Statistics Data](#)

This workforce product was funded by a grant awarded by the [U.S. Department of Labor's Employment and Training Administration](#).

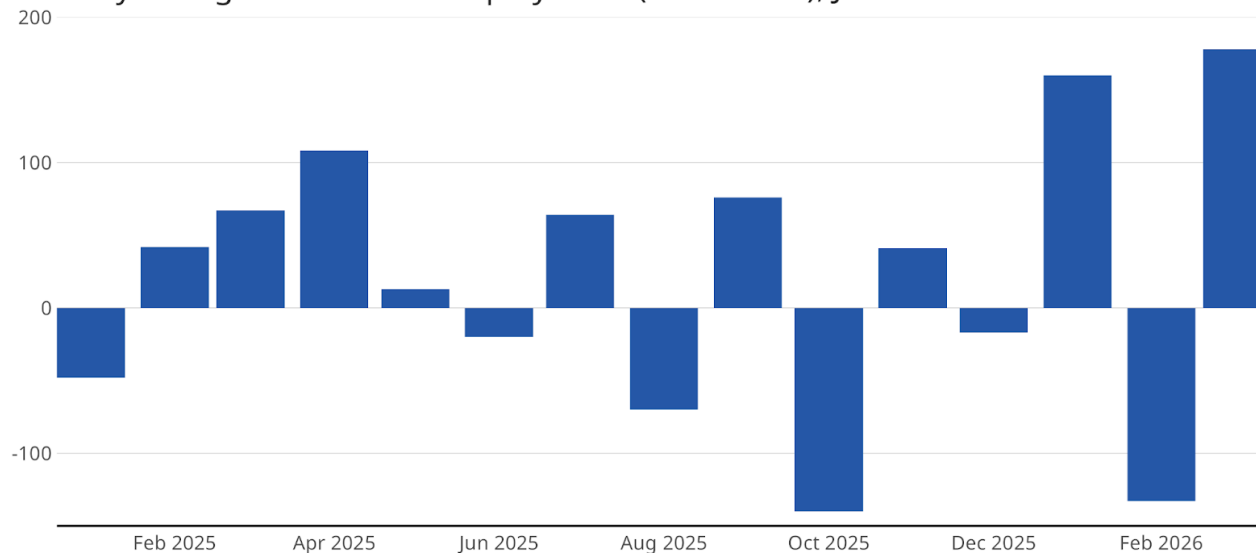
Massachusetts employers cut jobs in February, ending a four-month hiring streak

*Boston Globe, April 18, 2025*



## US payroll growth has stalled, with gains in one month wiped out by losses in the next

Monthly change in nonfarm employment (thousands), Jan 2025 - Mar 2026



Source: US Bureau of Labor Statistics

indeed

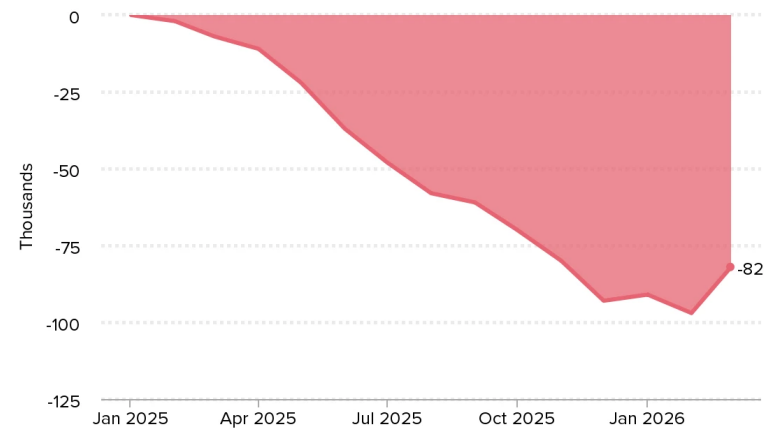
## March jobs report



CWoW-4

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### Cumulative change in manufacturing employment since January 2025



Economic Policy Institute

Source: Bureau of Labor Statistics' (BLS) Current Employment Statistics, Establishment Survey (CES) public data series.

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## Paul Krugman: The employment slowdown: Causes and consequences



# 2026 Tech Layoffs Reach 45,000 in March, More Than 9,200 Due to Ai and Automation

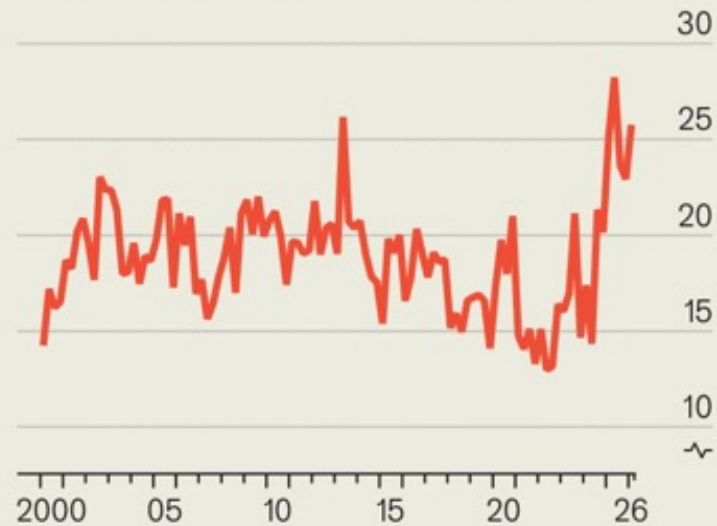
- Meta to cut 8,000 jobs — 10% of workforce — in major bloodbath next month
- Big Tech is still laying people off via mass email
- Bloodbath at Oracle as staff stunned by brutal 6 a.m. layoffs email
- Atlassian CEO: AI doesn't replace people here, but we're firing them anyway
- Canada reports surprise loss of 83,900 jobs in February, unemployment rate rises
- Tailwind CSS Just Fired 75% of Its Team — Here's Why
- Jack Dorsey Is Ready to Explain the Block Layoffs
- Snap is cutting 1,000 jobs, 16% of its workforce



## The new techno-pessimists

2

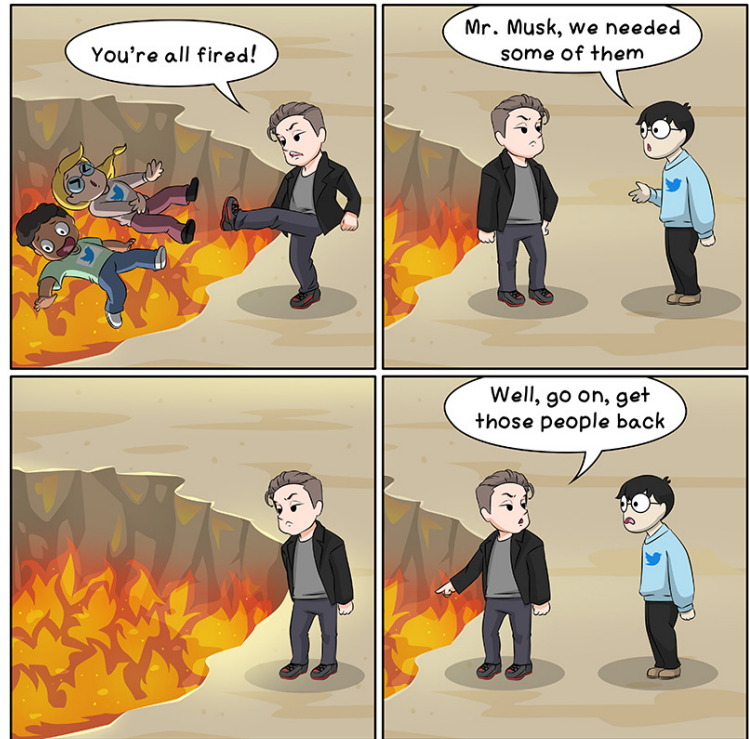
United States, top 10% of earners, subjective probability of job loss in the next five years, %



Source: University of Michigan

The tech jobs bust is real. Don't blame AI (yet)





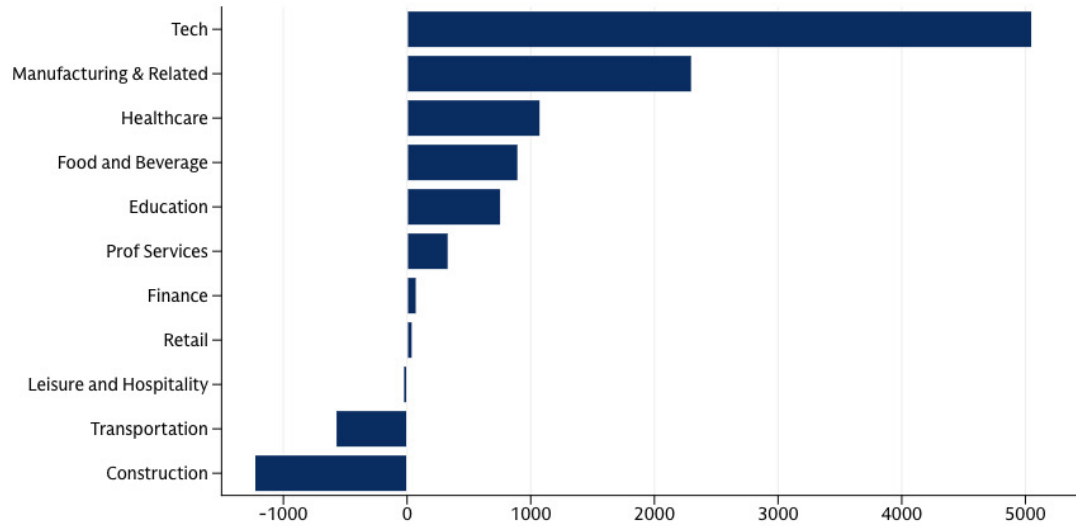
amirlopez.com

# Why Companies Are No Longer Hanging On to Employees



## The technology sector contributed to a rise in layoff notices in October

October Increase in WARN layoff notices by sector, GS Research estimates\*



Source: Goldman Sachs Research

\*Goldman Sachs Research estimates industry breakdowns using a machine learning algorithm that predicts companies' industries based on their name and state.

**Goldman  
Sachs**

AI's impact on the job market is starting to show up in the data



We are sharing some difficult news regarding your position.

After careful consideration of Oracle's current business needs, we have made the decision to eliminate your role as part of a broader organizational change. As a result, today is your last working day.

We are grateful for your dedication, hard work, and the impact you have made during your time with us.

After signing your termination paperwork, you will be eligible to receive a severance package subject to the terms and conditions of the severance plan. You will receive an email from DocuSign to your Oracle email address with details on your severance and termination date.

**Immediate Action Required**

To receive important follow-up information, including FAQs and separation documents to help you through this transition, you must provide a personal email address.

Please click here to submit a personal email address immediately. If you make a submission error, please re-submit a new form. Please Note: The personal email address will only be used for correspondence regarding separation-related information and severance agreements.

Access to your computer, email, voicemail, and files will be deactivated soon, and you will be unable to log into your computer. As a reminder, you are prohibited from downloading, copying or retaining (including emailing yourself) any Oracle confidential information.

Thank you for your contributions to our organization. If you have additional questions, please reach out to the HR team via the Ask HR page or at (888) 404-2494.

Oracle Leadership

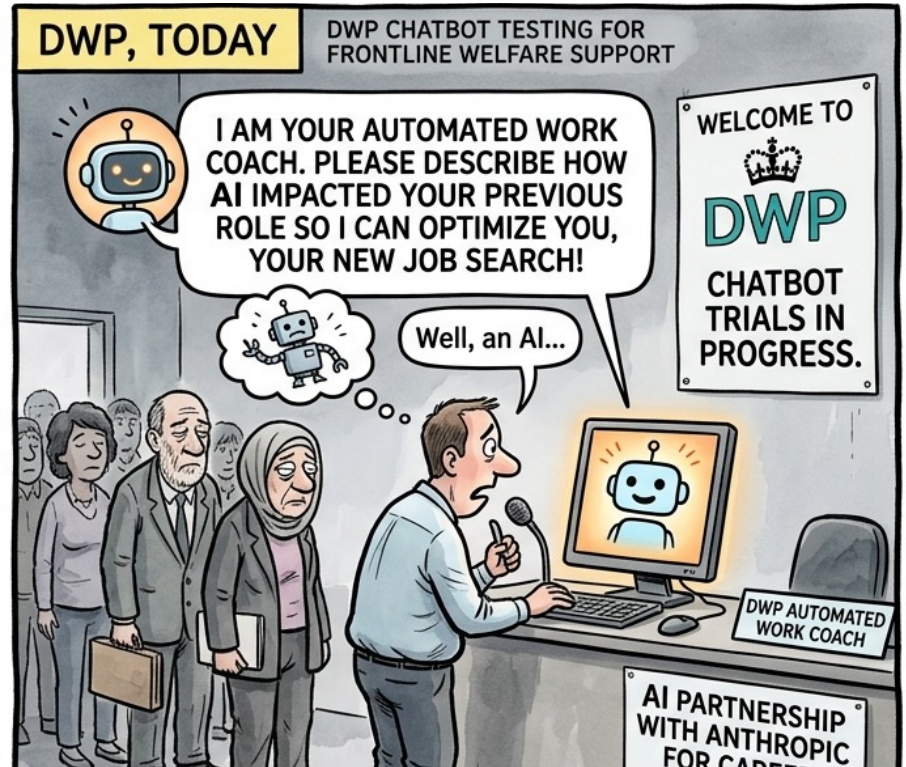
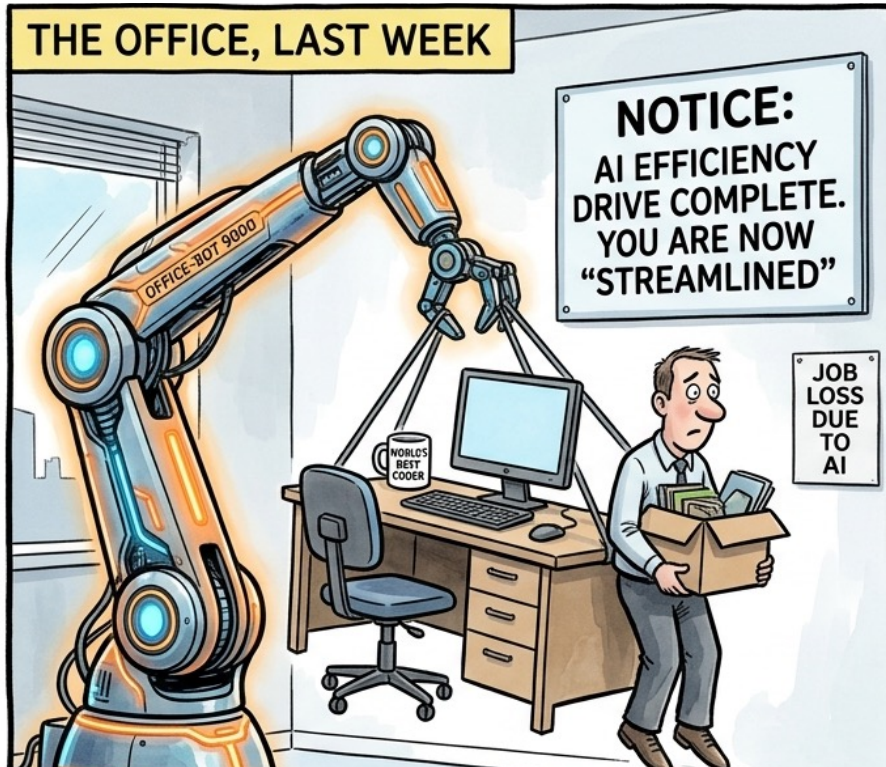
31-Mar-2026 6 AM Email “Today is your last working day”





## Tech Layoffs in 2026 (so far)



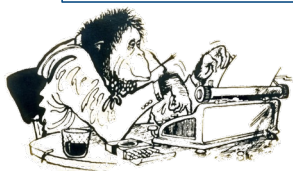


UK Dept. of Work and Pensions considers chatbot work coaches as AI-fueled job losses loom



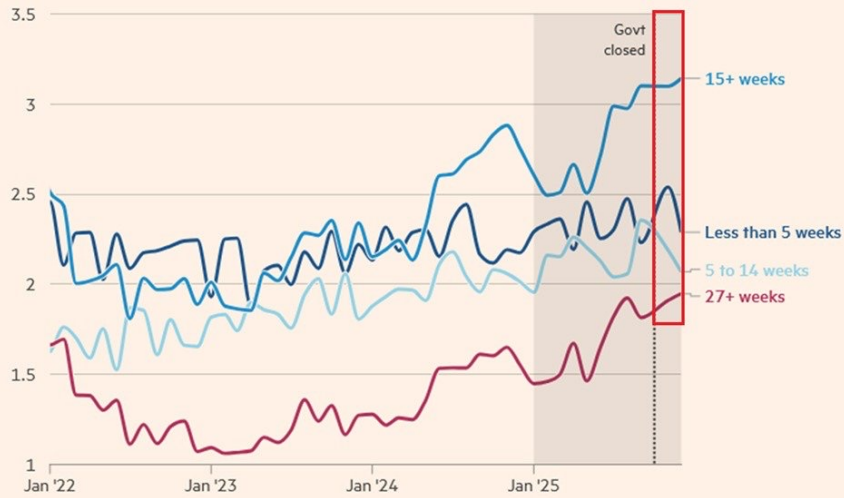


CEO of America's largest public hospital system says he's ready to replace radiologists with AI



## Long term unemployment is rising in the US

Monthly total of unemployed people (mn) by duration of unemployment



Source: US Bureau of Labor Statistics • \*No data available for October 2025, when the US government was shut down  
FT graphic: Eva Xiao

FINANCIAL TIMES

Growing number of Americans facing prospect of long-term unemployment



## Reasons for Working Part-Time

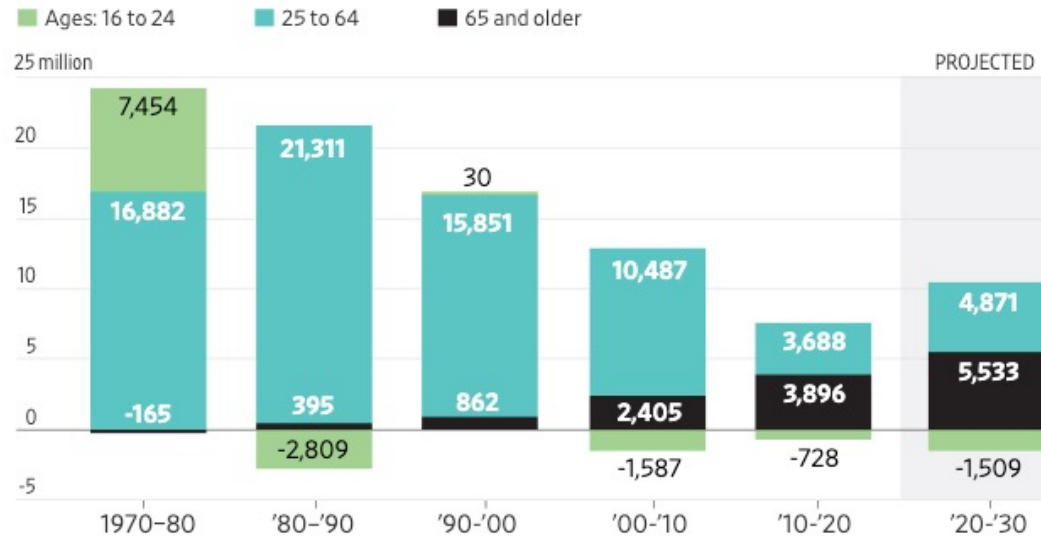
Year	Involuntary	Voluntary
2022	11.5%	88.5%
2023	11.7%	88.3%
2024	12.3%	87.7%
2025	13.2%	86.8%

Working part-time, but not by choice



### A Growing Cadre of 65+ Workers

Workers 65 and over will account for more than 60% of projected labor-force growth from 2020-30. Before 2010, almost all labor-force growth was driven by ages 25-64. Below, labor-force growth by age group over time:



Source: U.S. Bureau of Labor Statistics.

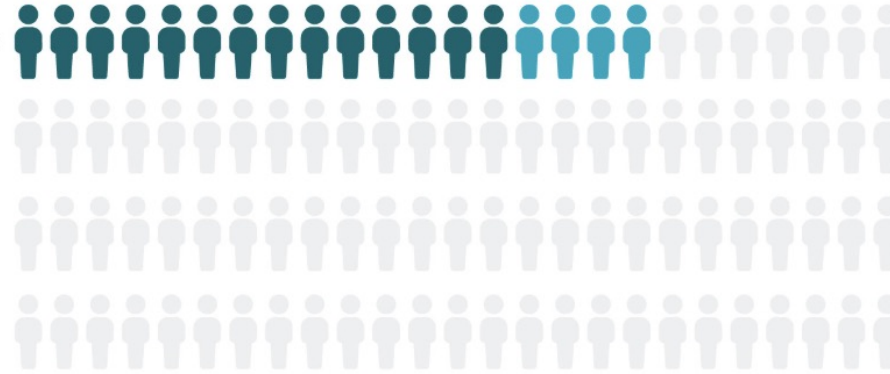
## Why Turning 60 is a Good Time to Start a New Career



Among people ages 50 to 65...

14% were laid off once...

...4% were laid off more than once



Among those laid off at least once between the ages of 50 and 65...

24% did not find a new job



Note: Data is for ages 60 to 65 in 2022, who experienced a layoff in the prior 10 years.  
Source: Center for Retirement Research at Boston College calculations using the Health and Retirement Study (2012-22)

## The Bruising Reality of Searching for a Job at 65

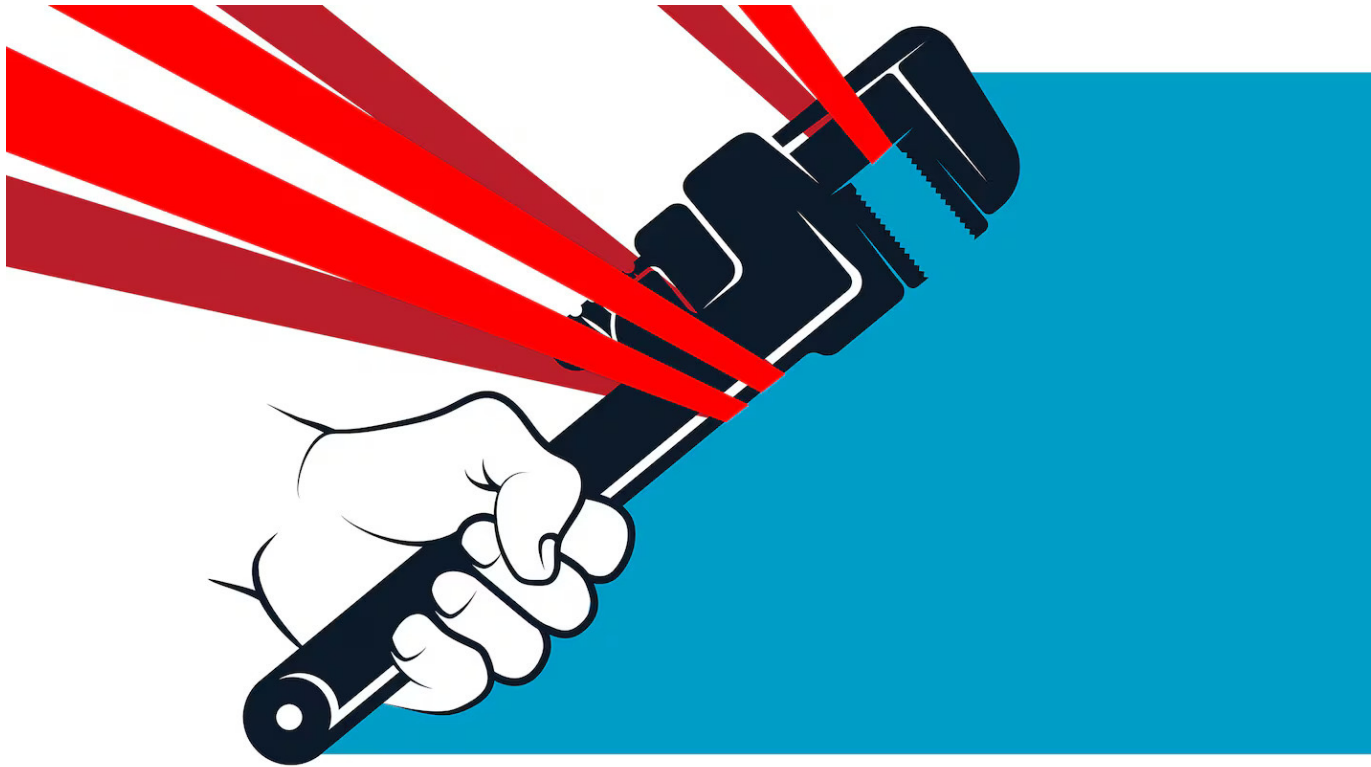




## News from the “Happiest Country on Earth”

Unemployed urged to travel up to 1.5 hours for work





He can build aircraft engines. Massachusetts won't let him install a toilet.

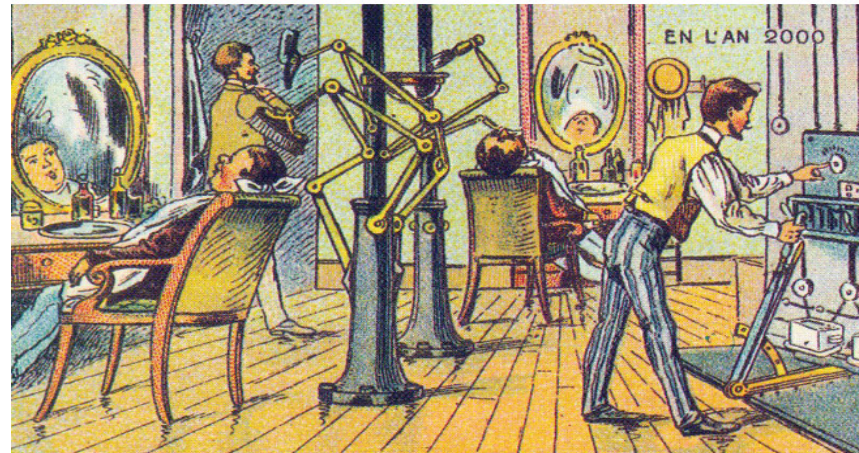


The bot wrote. “Based on your situation, skills and urgent need for income, tree work sales is almost certainly your fastest path to real money.”

## When A.I. Took My Job, I Bought a Chain Saw



Barber



## What the past thought of the future: Barbers in the Year 2000





Next week: Futures

