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Our Mission:

The mission of the South Plains workforce system is to meet the needs of the region's employers for a highly skilled workforce by educating and preparing workers.

March 2022 Newsletter (1) Lubbock MSA and Regional Unemployment

Upcoming Events

- Virtual Job Fair -
- March 23, 2022 -

Lubbock's MSA unadjusted unemployment rate for January 2022 is 3.7%, an increase of 0.4% from December's adjusted rate of 3.3%. Amarillo and Austin-Round Rock recorded the lowest, not seasonally adjusted, unemployment rate at 3.3%, followed by College Station-Bryan and Lubbock's MSA's at 3.7%, then Abilene at 3.9%.

*Employment estimates released by TWC are produced in cooperation with the U.S. Department of Labor's Bureau of Labor Statistics. All estimates are subject to revision. To access this and more employment data, visit [TexasLMI.com](https://www.texaslmi.com).

The TWC Lubbock MSA and South Plains WDA Economic Profiles provide a breakdown of employment by industry. Click on the images to the right to access the profiles.

(Image located on page 3)

- 9am - 3pm -

Hosted by

- Workforce Solutions -

- South Plains -

- In-Person Job Fair -

- April 13, 2022 -

10am - 2pm

- Lubbock Memorial Civic Center -

- 1501 Mac Davis Lane -

- Virtual Job Fair -


- April 27, 2022 -


- 9am - 3pm -

Hosted by

- Workforce Solutions -

- South Plains -

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CURRENT EMPLOYMENT STATISTICS

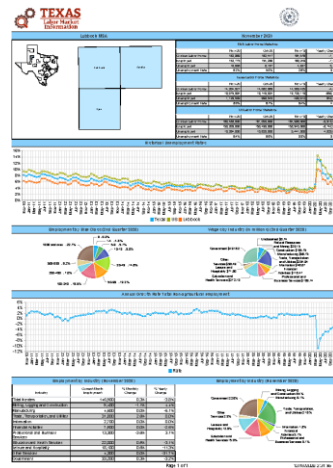
Metro Areas (Seasonally Adjusted)

Metro Areas	Apr 2017	Monthly Change	Annual Change	Annual % Change
Abilene MSA	68,100	100	700	1.0
Amarillo MSA	121,300	-1,100	1,200	1.0
Austin-Round Rock MSA	1,021,900	-400	29,300	3.0
Beaumont-Port Arthur MSA	164,000	900	-800	-0.5
Brownsville-Harlingen MSA	143,000	100	2,700	1.9
College Station-Bryan MSA	115,900	-400	2,500	2.2
Corpus Christi MSA	192,400	-100	1,400	0.7
Dallas-FW-Arlington MSA	3,582,400	-18,000	99,600	2.9
Dallas-Plano-Irving MD	2,555,000	-15,600	76,600	3.1
Fort Worth-Arlington MD	1,027,800	-3,200	22,600	2.2
El Paso MSA	317,000	400	9,200	3.0
Houston MSA	3,044,300	13,700	44,000	1.5
Killeen-Temple MSA	146,600	500	3,600	2.5
Laredo MSA	104,000	100	2,300	2.3
Longview MSA	96,700	300	-600	-0.6
Lubbock MSA	146,300	-1,000	800	0.5
McAllen MSA	256,700	600	4,900	1.9
Midland MSA	87,800	-100	100	0.1
Odessa MSA	69,800	100	-200	-0.3
San Angelo MSA	48,600	400	-500	-1.0
San Antonio MSA	1,035,600	3,800	24,800	2.5
Sherman-Denison MSA	47,000	100	1,000	2.2
Texarkana MSA	60,200	-500	-800	-1.3
Tyler MSA	106,200	400	2,300	2.2
Victoria MSA	42,000	200	-300	-0.7
Waco MSA	120,400	600	2,200	1.9
Wichita Falls MSA	58,000	400	-100	-0.2

- Highlights**
(MSA industry data are not seasonally adjusted)
- Seventeen of 26 areas grew in April for a combined increase of 22,700 jobs. Nineteen areas grew over the year, while seven areas contracted.
 - The Houston-The Woodlands-Sugar Land MSA accounted for more than half of all area employment gains over the month. The MSA increased its annual growth rate to 1.5 percent.
 - The San Angelo MSA grew fastest in percentage terms with a 0.8 percent April expansion. Per not seasonally adjusted industry data, Retail Trade and Other Services each added 200 jobs over the month, while Government was down 200 positions.
 - The Dallas-Plano-Irving MD led in actual and percentage job growth annually. Professional and Business Services led all major industries with 21,000 positions gained, followed by Leisure and Hospitality with 10,900 jobs added.
 - The Beaumont-PA and the Texarkana MSAs lost the most jobs annually. The loss of 2,100 jobs in Retail was primarily responsible for the contraction in the Beaumont-PA MSA, while employment losses in Texarkana were spread across industries.

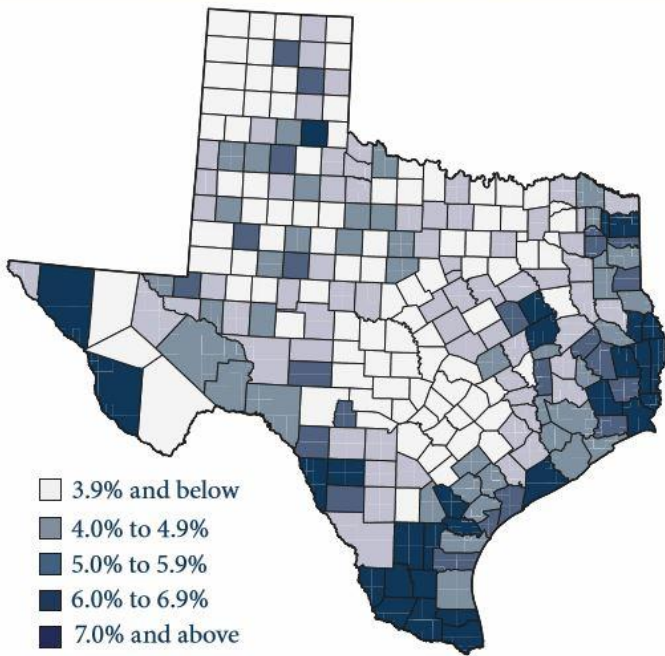
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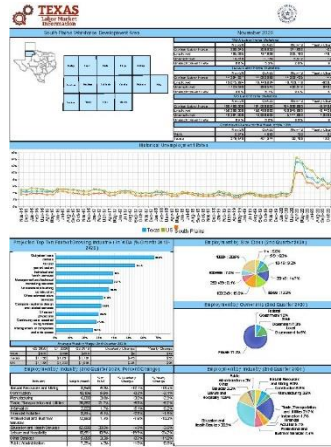


**Click image to
view full report:
Lubbock Metropolitan
Statistical Area (MSA)**

County Unemployment Rates



(Image located on page 6)



[Click image to view full report:](#)
 South Plains Regional Workforce Development Area (WDA)

LAUS											
Year	Sex	Age	Unemployed			Employed			Nonemployed		
			Count	Rate	Rate	Count	Rate	Rate	Count	Rate	Rate
2019	Male	15-24	1,234	15.2%	6,789	12.1%	39,456	11.3%	21,345	10.2%	12,345
2019	Female	15-24	1,123	14.8%	6,543	11.9%	38,765	11.1%	20,987	10.1%	11,876
2019	Male	25-34	987	13.5%	5,678	10.8%	34,567	10.5%	18,765	9.8%	10,987
2019	Female	25-34	876	12.9%	5,432	10.6%	33,456	10.4%	17,654	9.7%	10,876
2019	Male	35-44	765	11.2%	4,567	9.8%	29,876	9.5%	15,432	9.2%	9,876
2019	Female	35-44	654	10.8%	4,321	9.6%	28,765	9.4%	14,321	9.1%	9,765
2019	Male	45-54	543	9.5%	3,456	8.2%	21,345	8.1%	11,234	7.9%	7,654
2019	Female	45-54	432	9.1%	3,210	7.9%	20,234	7.8%	10,123	7.7%	7,543
2019	Male	55-64	321	7.8%	2,345	6.5%	15,432	6.4%	7,654	6.3%	5,432
2019	Female	55-64	210	7.4%	2,109	6.2%	14,321	6.1%	6,543	6.0%	5,321
2019	Male	65-74	109	6.2%	1,098	5.1%	8,765	5.0%	4,321	4.9%	3,210
2019	Female	65-74	98	5.9%	1,098	4.9%	8,765	4.8%	4,321	4.7%	3,210
2019	Male	75+	87	5.6%	1,098	4.7%	8,765	4.6%	4,321	4.5%	3,210
2019	Female	75+	76	5.3%	1,098	4.5%	8,765	4.4%	4,321	4.3%	3,210
2019	Male	Total	5,432	10.1%	45,678	9.2%	345,678	9.1%	187,654	8.9%	123,456
2019	Female	Total	4,321	9.8%	44,567	9.0%	334,567	8.9%	176,543	8.8%	112,345
2019	Male	Total	9,876	9.9%	90,245	9.1%	680,245	9.0%	364,197	8.9%	235,801
2019	Female	Total	8,765	9.7%	89,123	8.9%	675,123	8.8%	352,109	8.7%	225,765
2019	Male	Total	18,641	9.8%	179,368	9.0%	1,355,368	8.9%	716,306	8.8%	461,566
2019	Female	Total	17,546	9.6%	174,245	8.8%	1,340,245	8.7%	678,212	8.6%	441,530
2019	Male	Total	36,187	9.7%	353,613	8.9%	2,695,613	8.8%	1,394,518	8.7%	903,096

[Click image to view full report:](#)
 Lubbock LAUS County-by-County Unemployment Rates

What I Do When I Feel Like Giving Up

written by [JAMES CLEAR](#), [GRIT LIFE](#)

[LESSONS](#) [MOTIVATION](#) [WILLPOWER](#)

I am struggling today. If you've ever struggled to be consistent with something you care about, maybe my struggle will resonate with you too.

It has been 939 days since November 12, 2012. That's the date when I first published an article on JamesClear.com and it's almost 2 years and 7 months ago. During these 939 mostly glorious, sometimes frustrating days, I have written a new post every Monday and Thursday. Week after week. Month after month. Year after year.

Today, I Feel Like Giving Up

But today? Well, today I am struggling. Today, I don't feel like writing. Today, I don't feel like sticking to the routine. Today, I don't feel like I have any great ideas and I don't feel like I have enough time to make the good ideas great. Today, I feel like giving up.

Research from the University of Pennsylvania has shown that grit is the characteristic linked most closely to success. I could use some grit today.

Here's what I try to remind myself of when I feel like giving up...

Your Mind is a Suggestion Engine

Consider every thought you have as a suggestion, not an order. Right now, my mind is suggesting that I feel tired. It is suggesting that I give up. It is suggesting that I take an easier path.

If I pause for a moment, however, I can discover new

suggestions. My mind is also suggesting that I will feel very good about accomplishing this work once it is done. It is suggesting that I will respect the identity I am building when I stick to the schedule. It is suggesting that I have the ability to finish this task, even when I don't feel like it.

Remember, none of these suggestions are orders. They are merely options. I have the power to choose which option I follow.¹

Discomfort Is Temporary

Relative to the time in your normal day or week, nearly any habit you perform is over quickly. Your workout will be finished in an hour or two. Your report will be typed to completion by tomorrow morning. This article will be finished in just a moment.

Life is easier now than it has ever been. 300 years ago, if you didn't kill your own food and build your own house, you would die. Today, we whine about forgetting our iPhone charger.

Maintain perspective. Your life is good and your discomfort is temporary. Step into this moment of discomfort and let it strengthen you.

You Will Never Regret Good Work Once It is Done

Theodore Roosevelt famously said, "Far and away the best prize that life has to offer is the chance to work hard at work worth doing." So often it seems that we want to work easily at work worth doing. We want our work to be helpful and respected, but we do not want to struggle through our work. We want our stomachs to be flat and our arms to be strong, but we do not want to grind through another workout. We want the final result, but not the failed attempts that precede it. We want the gold, but not the grind.

Anyone can want a gold medal. Few people want to train like an Olympian.

And yet, despite our resistance to it, I have never found myself feeling worse after the hard work was done. There have been days when it was damn hard to start, but it was always worth finishing. Sometimes, the simple act of showing up and having the courage to do the work, even in an average manner, is a victory worth celebrating.

This Is Life

Life is a constant balance between giving into the ease of distraction or overcoming the pain of discipline. It is not an exaggeration to say that our lives and our identities are defined in this delicate balance. What is life, if not the sum of a hundred thousand daily battles and tiny decisions to either gut it out or give it up?

This moment when you don't feel like doing the work? This is not a moment to be thrown away. This is not a dress rehearsal. This moment is your life as much as any other moment. Spend it in a way that will make you proud.

Let the World Decide

So, what do I do when I feel like giving up? I show up.

Do I show up at my best? I doubt it. But my job isn't to judge how good or how bad I am.

My job is to do the work and let the world decide.

FOOTNOTES

1. Since my brain is currently mush, I can't remember where I originally heard the mind-as-suggestion-engine idea, but I

can assure you it was someone smarter than I who came up with this idea.

Texas Economy added 29,000 non-farm jobs over the Month.

State unemployment rate is 4.8 percent for January

AUSTIN – In January 2022, Texas' unemployment rate was 4.8%, unchanged from a revised rate of 4.8 percent from December 2021.

Read the full [press release](#).

Sources:

Texas Labor Market Review

<https://texaslmi.com/api/GetHomeLinks/TLMR>

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