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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.

April 2022 Newsletter Lubbock MSA and Regional Unemployment

Upcoming Events

- Virtual Job Fair -
- April 27, 2022 -
- 9am - 3pm -

Lubbock's MSA unadjusted unemployment rate for March 2022 is 3.0%, down from February's adjusted rate of 3.7%. Amarillo and Austin-Round Rock recorded the lowest, not seasonally adjusted, unemployment rate at 2.7%, followed by College Station-Bryan at 2.9 percent.


*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.


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)

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 - Workforce Solutions -
 - South Plains -
 - Youth Job Fair -
 - McM Elegante -
 - May 19, 2022 -

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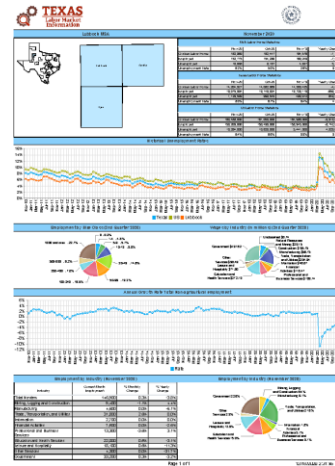
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CURRENT EMPLOYMENT STATISTICS

Metro Areas (Seasonally Adjusted)

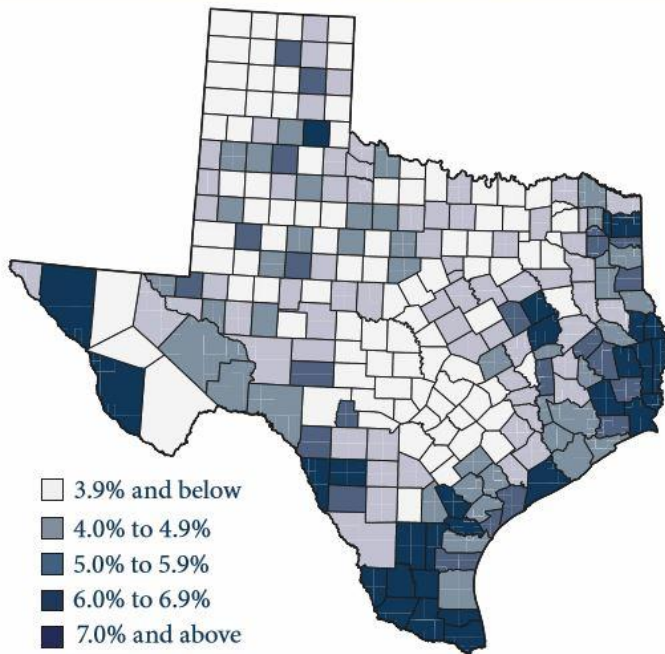
Metro Areas	Apr 2017	Monthly Change	Annual Change	Annual % Change
Abilene MSA	68,100	100	700	1.0
Amarillo MSA	121,300	-1,100	1,200	1.0
Austin-Round Rock MSA	1,021,900	-400	29,300	3.0
Beaumont-Port Arthur MSA	164,000	900	-800	-0.5
Brownsville-Harlingen MSA	143,000	100	2,700	1.9
College Station-Bryan MSA	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.

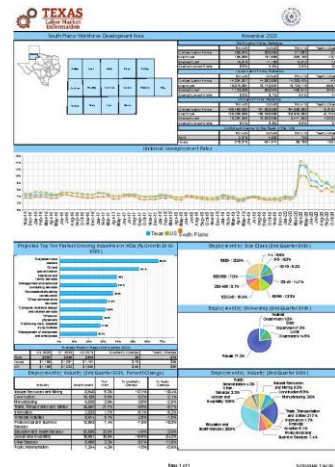


**Click image to
view full report:**
Lubbock Metropolitan
Statistical Area (MSA)

County Unemployment Rates



(Image located on page 6)



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

LUBBOCK													
November 04				October 04				September 04					
Sex	Age	Hispanic or Latino	White	Black or African American	Asian	Native Hawaiian or Other Pacific Islander	Two or more races	Hispanic or Latino	White	Black or African American	Asian	Native Hawaiian or Other Pacific Islander	Two or more races
Male	15-19	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	20-24	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	25-29	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	30-34	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	35-39	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	40-44	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	45-49	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	50-54	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	55-59	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	60-64	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	65-69	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	70-74	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	75-79	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	80-84	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	85-89	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	90-94	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Male	95-99	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	15-19	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	20-24	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	25-29	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	30-34	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	35-39	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	40-44	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	45-49	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	50-54	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	55-59	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	60-64	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	65-69	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	70-74	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	75-79	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	80-84	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	85-89	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	90-94	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Female	95-99	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000
Total	15-19	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000	10,000

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

What I Do When it Feels Like My Work Isn't Good Enough

written by JAMES CLEAR, DECISION MAKING, FOCUS, LIFE LESSONS

In the beginning, it was easy. There was no pressure. There were no outside eyes. There were no expectations.

When I started writing, I wrote in a private document for over a year before I published my

first article on [JamesClear.com](https://www.jamesclear.com). I wrote about what I wanted to write about. I wrote because I wanted to get my thoughts down. I wrote because I felt like I needed to write.

The same philosophy applies in other areas of life. For example, there is no meeting that goes faster than not having a meeting at all.

After a few months of sharing my work publicly, things began to change.

As I developed an audience, I noticed that I began judging my work. In the beginning, I was just happy to get my ideas down on paper, but now I felt like they had to be “good” ideas. I began comparing new articles to my most popular ones. I was constantly measuring everything I wrote against my internal standard of good and bad—even though I didn't know exactly what that meant.

Thankfully, I didn't let my self-doubt stop me from writing. I figured this was part of

the creative process for anyone who created things consistently. I told myself that judgment and self-doubt was just a toll that I had to pay to continue the journey and create better work.

In a way, this is true. Everyone deals with self-doubt—artists, creators, entrepreneurs, athletes, parents. But in a way, I was wrong. Self-doubt is not a cost you have to pay to become better. Let's talk about why.

The Inner Game of Tennis

I just finished reading a book that has been on my reading list for quite some time, The Inner Game of Tennis (audiobook) by Timothy Gallwey. It is a book about life, not just tennis.

In particular, there was one quote from Gallwey that made me pause and rethink my early months of writing and self-doubt.

“When we plant a rose seed in the earth, we notice that it is small, but we do not criticize it as “rootless and stemless.” We treat it as a seed, giving it the water and nourishment required of a seed. When it first shoots up

out of the earth, we don't condemn it as immature and underdeveloped; nor do we criticize the buds for not being open when they appear. We stand in wonder at the process taking place and give the plant the care it needs at each stage of its development. The rose is a rose from the time it is a seed to the time it dies. Within it, at all times, it contains its whole potential. It seems to be constantly in the process of change; yet at each state, at each moment, it is perfectly all right as it is.”

—Timothy Gallwey¹

Ambition and contentment are not opposites, but we often make the mistake of thinking that they are incompatible. On the one hand, experts tell us that we should be mindful, focused on the present, and content with our lives regardless of the results. On the other hand, coaches and champions tell us that successful people outwork everyone else, that we must never be satisfied, and that complacency is undesirable.

The rose seed, however, is both content and ambitious.

As Gallwey says, at no point are we dissatisfied with the current state of the rose

seed. It is perfectly all right at each moment. Yet, it is also incredibly ambitious. The rose seed never stops growing. It is constantly seeking to get to the next level. Every day it is moving forward, and yet, every day it is just as it should be.

Is Self-Doubt Required for Success?

Are self-doubt and judgment required for success? Do you have to be unhappy with your work to discover the drive to become better? Does judging ourselves make us any better?

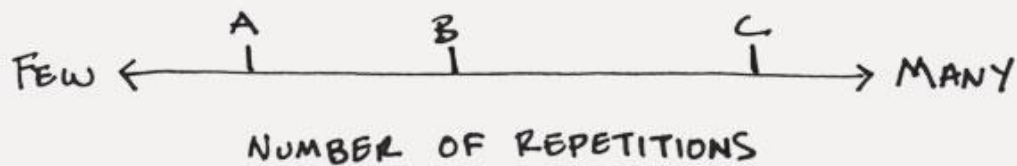
I don't think it does.

- Deliberate practice is what makes you better.
- Putting in your reps is what makes you better.
- Falling in love with boredom is what makes you better.

Those tasks are easier said than done, of course. When I find myself falling into the trap of judging my work, here's a strategy I use to pull myself back on track: I try to

remember that each outcome is simply a point along the spectrum of repetitions.

GOALS vs. REPETITIONS



A = EASY GOAL
B = MODERATE GOAL
C = DIFFICULT GOAL

JamesClear.com

Here are a few examples...

Writing: In this case, repetitions might be “number of articles published”

- Point A is getting your first 1,000 readers.

- Point B is landing a book deal.
- Point C is speaking internationally about your work.

Entrepreneurship: In this case, repetitions might be “years in business” or “number of sales calls”

- Point A is making \$10,000.
- Point B is making \$100,000.
- Point C is making \$1,000,000.

Weightlifting: In this case, repetitions might literally be “squat repetitions” or “number of sprints”

- Point A is squatting 100 pounds.
- Point B is squatting 300 pounds.
- Point C is squatting 500 pounds.

Photography: In this case, repetitions might be “number of photos taken” or “number of galleries called”

- Point A is selling your first print.

- Point B is making a full-time living from your work.
- Point C is showing your work in your first gallery.

Every outcome you can achieve is simply a point along the spectrum of repetitions and time. The number of repetitions you need to put in for a particular goal is dependent on your circumstances, your experiences, your training, and many other factors. Everyone's spectrum of repetitions is unique: your spectrum is different than mine.

Release the desire to define yourself as good or bad. Release the attachment to any individual outcome. If you haven't reached a particular point yet, there is no need to judge yourself because of it. You can't make time go faster and you can't change the number of repetitions you have put in before today. The only thing you can control is the next repetition.

FOOTNOTES

1. [The Inner Game of Tennis](#) by Timothy Gallwey

Texas Economy added 30,100 non-farm jobs over the Month.

State unemployment rate is 4.4 percent for March

AUSTIN – In March 2022, Texas' unemployment rate was 4.4%, a decrease of 0.3% from February's rate of 4.7 percent.

Read the full [press release](#).

Sources:

Texas Labor Market Review

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

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