

A Note from Tom Silver

When the economy becomes as turbulent as it is now, many people hunker down, try to concentrate on their work and hope the storm passes quickly. However, tech professionals are managing their anxieties by staying active and refocusing their priorities.

When we asked Dice users what they're doing to manage the stress of tough times, nearly half said they're spending more hours on family and leisure pursuits. A quarter – 26 percent – are either running, walking or riding. Twenty one percent are taking more time with friends, families or on hobbies. In fact, survey respondents said they meditate, bicycle, build model cars and lift weights. Respondents still feel the need to stay plugged in, as only 7 percent are turning off their Blackberrys, and only 6 percent see vacation or personal time as the path to relief. Another 24 percent said they're doing all of these things.

Of course, some thrive on stress – the sense that, in IT, anything can go wrong at any moment. Sixteen percent of our respondents fit into this category. In the data center, these are the people ready to jump up when the power fails. As network admins, they keep an eye on the backhoe across the street lest it cut their building's incoming lines. Nearly 5,300 of the candidates listing their resumes on Dice say they're used to working in "fast-paced" environments. They fill a wide range of jobs, from technology manager to data analyst and system engineer.

People have an image of IT folks as almost withdrawn, focused solely on the coding, computers and systems that are their responsibility. This survey, however, tells us tech experts are engaged: serious about their work, but committed to taking care of themselves physically as well as emotionally. As for those who love the pressures of the job, well, apparently stress can be its own reward.

Enjoy this month's issue of The Dice Report.

Tom Silver
Senior Vice President, Chief Marketing Officer

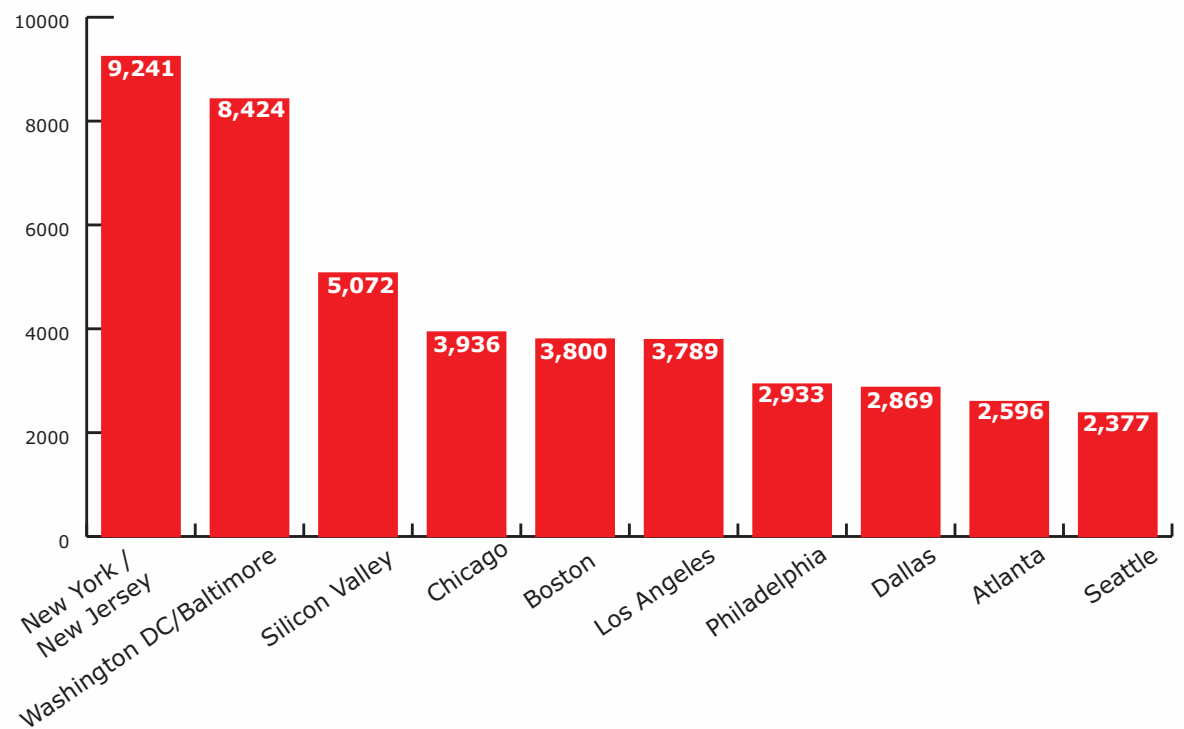
Dice by the Numbers

As of October 1, 2008*

Available Tech Jobs: 84,549
Full-time Positions: 59,952
Contract Positions: 33,549
Part-time Positions: 1,654

Top Tech Metro Areas

Based on number of jobs posted by zip code on Dice as of October 1, 2008*



Top Tech Skills

Based on number of jobs posted by tech skill on Dice as of October 1, 2008*

Operating Systems

1. Windows – 15,566
2. Unix – 12,501

Databases

1. Oracle – 17,988
2. SQL – 13,301

Programming Languages

1. C, C++, C# – 16,281
2. J2EE/Java – 15,948

Dice.com Tech Topic Poll

What are you doing personally to manage stress in tough times?

- 26%** More miles: running, walking and/or riding
- 21%** More time: friends, family and/or hobbies
- 7%** Less berry: Blackberry off/Tivo on
- 6%** Less hours: vacation/personal time taken
- 24%** All of the above, life is short
- 16%** None of the above, I thrive on stress

Dice can provide specific and targeted data, including geographic information, at your request. For past issues of The Dice Report, visit Marketplace Trends at <http://about.dice.com>.

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* A single job posting may reflect more than one skill, location or type of position; therefore, total figures for these attributes may be greater than total jobs posted.