Searching and finding their first job is a stepping stone in every graduating student’s professional career. The purpose of this study was to better understand whether and how job seekers evaluate their progress, experience changes in their emotions, and adjust their intensity during their search for employment. Results from this study showed that perceptions of their progress were positively related to their experience of positive emotions and to the intensity of their job search, and negatively to their experience of negative emotions. Findings also showed that activated emotions, such as excitement and anxiety, were positively related to the intensity they exert looking for a job. In contrast, deactivated emotions, such as contentment and sadness, were negatively related to the intensity of their search. Finally, job seeker’s individual differences in approach and avoidance motivation moderated the relationships between perceived progress and both activated positive emotions and deactivated negative emotions.