

## **Careers information resources for mature students**

Job hunting can be challenging for all students but mature students in particular may feel they are at a disadvantage when it comes to presenting themselves to employers. In fact they may have some advantages over younger students. They may for example have more work experience or experience of juggling several tasks at a time, such as working or studying whilst looking after a family.

Below are some links to resources which may help you with your career planning and job hunting as a mature student.

In addition you can book an appointment to see one of our Careers Consultants. Support is available for your job search, job applications/CVs and interview preparation, or if you just want to talk about your career options. This service is available for up to three years after graduation.

Book by calling us on 020 7320 2380 or go online to <https://mycareer.londonmet.ac.uk/home.html>

### **Useful links**

#### **Target Jobs**

<https://targetjobs.co.uk/careers-advice/equality-and-diversity/320133-age-diversity-matters>

Information on age diversity.

#### **graduatejobs.com**

[https://www.graduate-jobs.com/blog/post/591/How to job hunt as a mature graduate](https://www.graduate-jobs.com/blog/post/591/How_to_job_hunt_as_a_mature_graduate)

Job hunting advice for mature students

#### **The Open University**

<https://help.open.ac.uk/advice-for-mature-graduates>

This site has advice for mature graduates. It features a video highlighting what employers have to say about age and what they are looking for. They also give ten top tips for mature students.

## **Job vacancy sites**

### **Monster**

<https://www.monster.co.uk/career-advice/article/what-do-i-need-to-know-as-a-mature-worker>

Jobsite with information for older workers.

### **Forty plus**

<http://fortypluspeople.com/>

Specialist recruitment agency for over 40s.

## **Information on the law as it relates to employment and age can be found on the links below:**

### **CIPD (Chartered Institute of Personnel & Development)**

<https://www.cipd.co.uk/knowledge/fundamentals/emp-law/age-discrimination/factsheet>

This site has information on age and employment.

### **ACAS (Advisory, Conciliation and Arbitration Service)**

<https://archive.acas.org.uk/media/588/Age-and-the-workplace-a-guide-for-employers-and-employees/pdf/Age-and-the-workplace-guide.pdf>

This site has information on age and the workplace.

### **www.gov.uk**

<https://www.gov.uk/guidance/equality-act-2010-guidance>

Information on the Equality Act 2010.

### **Age UK**

<https://www.ageuk.org.uk/information-advice/work-learning/discrimination-rights/work-rights/>

Information on employment rights