

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.

The Diversity Group

<http://www.diversitygroup.co.uk/>

The Diversity Group was set up with the aim of eliminating barriers within employment, education and training for diverse groups throughout the UK.

The Advice and Support section includes links and information on legislation and within this there is a section on Age Advice and Support including careers advice.

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)

http://www.acas.org.uk/media/pdf/2/5/Age_the_workplace.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