

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 visiting the [my career](#) platform or emailing the [careers team](#).

Useful links

[Target Jobs](#) hosts a legal guide on discrimination in the recruitment process and includes a section focused on age and discrimination.

[graduatejobs.com](#) includes an article providing job hunting advice for mature students

[The Open University](#) site offers advice for mature graduates and gives ten top tips for mature job applicants. It also features a video highlighting what employers have to say about age.

You can also watch a You Tube video on [Job Search Advice for Mature Workers](#) from Indeed

Information on the law as it relates to employment and age can be found on:

- The CIPD ([Chartered Institute of Personnel & Development](#)) website provides information on age and employment.
- ACAS ([Advisory, Conciliation and Arbitration Service](#)) produces a guide on age discrimination.
- The [gov.uk website](#) provides guidance on the Equality Act 2010.
- Age UK provides information on your [rights at work](#).
- The [Centre for Ageing Better](#) hosts a list of “age friendly employers”.