

New Jobs, Older Workers

by Christopher Jones

(NAPSA)—A tough job market can be especially tough for older job seekers. A recent HotJobs.com poll found that 87 percent of respondents thought an interviewer had held their age against them during a job interview. While age discrimination is illegal, it is often subtle and difficult to prove. Use these tips to protect yourself.



Older workers should stress that they are “fully qualified” rather than “overqualified” in job interviews.

- Be familiar with the Age Discrimination in Employment Act (ADEA), which generally prohibits work-related age discrimination for those 40 and older.

- Keep skills current. The American Association of Retired Persons (AARP) suggests updating skills every five years.

- Remember: Age can be the qualification that sets you apart. There are jobs for which experience and age count, especially in the professional sector.

- Consider this advice from the AARP: “Stress that you are fully qualified as opposed to overqualified in job interviews.”

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