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## Resume Tips: How to Combat Ageism

The recession has had no empathy for no one, not even those nearing retirement age. It has forced people in their 50s and 60s to consider working longer, instead of heading for retirement. Today, retirement isn't a luxury that many of us can afford. However, getting employment at an older age can be very difficult. Prejudices do exist in the workforce, making it difficult to get a permanent job as a senior citizen. This may all seem dismal, but there are some things that you can do to improve your resume to combat ageism.

### **Transform into a Younger You**

Sometimes, the way we dress and groom ourselves can make our presentation senior - and not in a good way. Today's job market wants people who are with the times, which means staying fashionable as well. This doesn't mean you have to go and change your wardrobe or steal clothes from your children's closet, but you can try staying in style. You can also try different grooming habits. For instance, some older men may enjoy wearing a beard, but it could actually add more years to your appearance. This is especially so if it is starting to look silvery. If you are starting to go bald, consider shaving your head as well. Women can try cutting their hair or wearing it in a more stylish way. Look at successful women of your age group and try to mimic their pizzazz.

### **Become Tech-Savvy**

If your resume doesn't showcase that you are familiar with computers, the Internet and social media networks, then it could mean further unemployment. Try learning more about Facebook, LinkedIn and other popular sites to see how they work. You can even use them for helping you to find employment. Ask family members and friends to assist you or take classes.

### **Giving Your Resume Botox**

Lastly, you will need to polish your resume, so that it doesn't fall the bottom of the pile due to ageism. Here are a few tips:

- Don't place graduation dates. This isn't necessary and it allows the employer to calculate how old you are.
- Don't place dates for employment history (for same reason as above)
- Use "summary" as your heading, instead of "objective"



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- Don't use out-of-style phrases like "references available upon request"
  - If you need more than one page for your resume, don't shy away from using multiple pages. Just make sure that what you put on there is relevant to the position that you are applying for. Overall, you want to present a full package that shows you have what they're looking for and aren't old and washed up.