

Resource

A decorative graphic consisting of several overlapping, three-dimensional teal ribbons or strips that form a horizontal band across the upper portion of the slide, just below the 'Resource' title.

The Ageless CV

Kim Maidment

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Why do we have CVs?

- To enable us to network and market ourselves
- To get an interview
- To help inform the interview and the questions asked

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What should a CV look like?

- Maximum of 2 pages
- Attractive and easy to read
- Not less than pt 11 or 12
- Plenty of 'white space'
- Modern type face e.g not Times New Roman!!
- No errors

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Do we want our CV to sell our age or what we have to offer?

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What can give away our age on our CV?

- Take two minutes to discuss with your neighbour(s)

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What can give away our age on our CV?

- Date of birth
- Titles & dates of education, qualifications, jobs
- Not achievement-focused
- Terminology we use
- Lack of social media
- Written in first person

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What should we include in our CVs?

- Profile
- Achievements
- Recent work history including skills & experience
- Relevant qualifications
- Languages spoken
- Voluntary work undertaken
- Hobbies & interests

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How can Resource help you develop your CV?

- Tools & Techniques for Today's Market Seminar
- Making Your Application Stand Out Seminar
- One to one with your Advisor
- Helping you to find work experience/shadowing/volunteering opportunities

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Questions?

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