

PART 1 warm-up

Answer the questions. If you want, you can make a recording.

- 1) When did you start the job you are doing now? Do you see any minuses in your job?
- 2) In your opinion, how often do people need to change jobs? Why?
- 3) Is it ever too late to change your job? Why?
- 4) What do you think the phrase "40 is the new 30" means?



PART 2 vocabulary

2.1 Adjectives and nouns from the article

Match the words to their definitions



nagging	a situation in which someone has to leave their job, because they are no longer needed
an understatement	willing to work very hard at something
redundancy	a person who is being promoted really fast
(to be) fixated on	making you worry or feel pain slightly all the time
committed to	someone who is likely to do a particular thing or achieve a particular position
a good bet	a sentence that is not strong enough to express how good, bad, impressive etc. something really is
a fast-tracker	always thinking or talking about one particular thing
prospective	an action or situation that is likely to be successful or does not involve much risk

2.2 Put some words from the previous task into the word forks:

to be fixated on prospective nagging committed redundancy a good bet
an understatement

to face _____ losing weight
a _____ notice _____ the idea that...
to take _____ her

_____ feeling
_____ doubt
_____ suspicion be a massive
_____ be a bit of _____
_____ be something of _____

remain _____ to _____ Does that sound like _____ ?
fully _____ to _____ to seem _____
a _____ supporter This candidate is _____

a _____ student
a _____ customer
a _____ employee

2.3 Write 3 questions to other students. Use the phrases from the task 2.2

1 _____

2 _____

3 _____



3.1 Verbs and other words/ phrases from the article

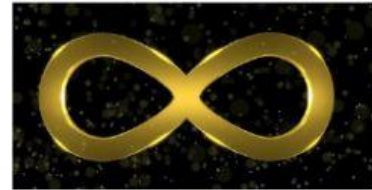
to chase	to think that something is true, although you do not have definite proof
it is worth Ving	to take control of something
either	if a fact, event etc _____s something, it shows that it is likely to be true
to assume	to think or talk for too long about something, especially something unpleasant
to dwell on	to quickly follow someone or something in order to catch them
to take up (+activity/Ving)	one or the other of two things or people
to stand out	used to say that something is interesting, useful, or helpful
to imply	to keep something or continue to have something
to retain	to delay doing something or to arrange to do something at a later time or date
to take over	to become interested in a new activity and to spend time doing it
to put something ↔ off	to be very easy to see or notice



3.2 Try to guess what words from task 3.1 are shown in the following pictures:

chase it is worth Ving either to assume to dwell on to stand out

to take up (+activity/Ving) to retain to take over to put something ↔ off



PART 3 Reading

You are going to read a magazine article about the possibility of a career change. Five paragraphs have been removed from the article. Choose from the paragraphs A–F the one which fits each gap (1–5).

There is one extra paragraph which you do not need to use.

The old cliché “40 is the new 30” isn’t just something your no-longer-young friends say to make themselves feel better - it may be literally true.

As Professor Warren Sanderson and Sergei Scherbov point out in their work for the [Population Reference Bureau](#), compared to previous generations, in terms of health, life stages, and the number of years you have left on earth, this “pop culture phrase” is actually pretty accurate. In fact, it could be an understatement - 50 may be the new 30.

However, there’s still one arena where the cult of youth retains a surprisingly firm hold – the workplace. Even though we’re now expected to work into our late sixties and beyond, employers remain fixated on fresh-faced graduates and youthful fast-trackers.

In your early thirties, you are still considered full of potential and recruitable, but by your early forties, not so much.

1)

Perhaps you’ve realized that this is the last chance you have to chase your dream.

Or perhaps you have a family and your job has taken over your life. So, how hard is it to make a big career switch once you’re over 40?

The bad news is that it is more difficult. “Most well-funded redundancy programs are for the over forties, which implies that these people do need help,” says John Lees, a careers coach and author of *How to Get a Job You’ll Love*.

2)

The trouble, however, is that most people take the obvious approach which is to randomly apply for jobs. They get rejected and so get frustrated and assume they are too old, no longer useful and stuck. This is not the case, but a more strategic approach is called for.

Start by thinking about the position you’re in. “Ask yourself what your skills and experience are,” suggests Jane Clarke of business psychologists Nicholson McBride, “then think about how you might reapply them in a different way.”

Think too about what makes you stand out. “To get potential employers or clients interested in you, you need a unique selling point or a specialist area of expertise. Find a differentiator.”

Be clear too about what it is you want to move away from. "Many people think they hate their jobs, but the problem is actually the organization," says Clarke. "If they were to take a similar job in a different organization, that might be all the change they need."

As well as knowing where you're coming from, you also need to know where you're going. Do your homework and really look at the industry you're interested in. Get out, meet people, network and read up.

3)

This last point is an interesting one. If you do want to move into a completely different area, you may discover that the gap is too big to cross in one step.

However, finding a job that's halfway will mean that your past experience is relevant and it will better prepare you for your future role.

The middle step doesn't even need to be another job. You might go back to university or retrain. Doing either of these will show prospective employers that you're serious and will help with your personal story.

A guy without any relevant experience who is applying for a job in nutrition looks like a dilettante whereas "the banker who went back to university to do a degree in nutrition" looks committed and is also memorable and a bit intriguing. The kind of guy you'd interview.

You also need to be positive. When you apply for jobs or go to an interview, focus on what you can offer the company and what makes you a good bet.

4)

Finally, it is worth asking yourself a second time round how serious you are. Many people experience the first twinges of mid-life crisis in their early forties.

If all you really have are nagging feelings of dissatisfaction with your life, then it's a lot easier (and probably cheaper) to buy a silly sports car or take up mountaineering than it is to attempt a big mid-life career change.

5)

John Lees says that, if you keep putting it off, the stakes will quickly become much higher: "If you're looking to change careers in your early fifties, you'll be wanting a job that's going to see you through to retirement. You can't risk messing it up and being back on the market again a couple of years later."

Paragraphs:

To move the paragraph, left click it and scroll up to the necessary gap. Put the paragraph into the gap.

- A) However, the good news is that it's much easier at 40 than it is at 50, or later: "Over fifties tend to go and explore portfolio careers and consultancy, whereas those in their forties can usually move to other permanent jobs."
- B) Do not dwell on age or talk about it being a young person's market – doing so is essentially giving the company a list of reasons not to employ you.
- C) Unfortunately, this is exactly the point at which many people pause to think about their careers. Perhaps you're concerned you're transitioning from a wannabe to a nevergonnabe.
- D) Think about what you really want. I take clients back to childhood, to think about the highlights, the things which really made them happy. With everything you notice – what was important about it? Intuitively we know what we love, it's only when we're older we start analyzing it too much.
- E) However, if you do decide you're really going to do it, you need to move quickly. Your early to mid-forties are likely to be the last chance you have to make a relatively easy and fairly low-risk career transition.
- F) "I had one client who moved from IT to a senior role in health," says Lees. "He did lots of face-to-face meetings and really researched the sector. He even worked in an interim role."

