

Tips For Moms Going Back To The Workforce

(NAPSA)—Many Americans who have been out of the workforce for several years are looking for ways to head back to work to supplement the family income.

That's a key finding of a recent Bellevue University study. Another finding is that in many cases, women are leading this charge—one in 10 women report returning to the workforce to help make ends meet. These findings are in line with data from the U.S. Census Bureau that shows the number of stay-at-home mothers fell from 5.3 million to 5 million.

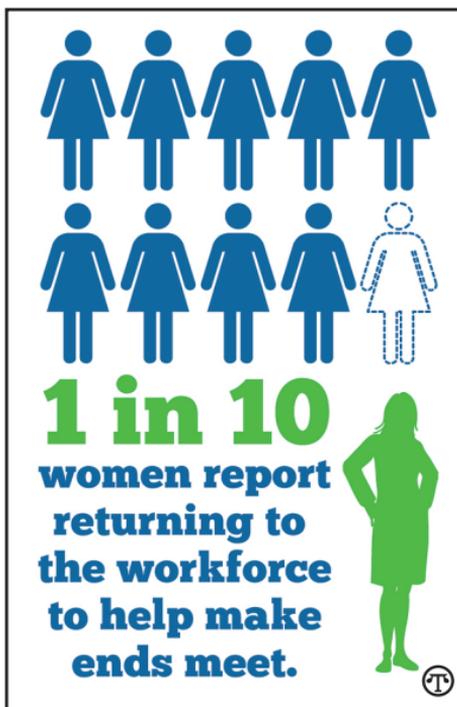
If you are considering returning to the workplace, after two years away or 10, here are some tips to help you keep up with some of the changes that may have taken place in your absence:

- **Make sure your skills and education are up to par.** “Positions that may have not previously required a degree may now require more education. If you already possess the required education, you may want to talk to others in your field to find out what skills you may need to enhance,” said Dr. Mary Hawkins, president, Bellevue University.

For example, if you work with technology, you may need to learn new programs or software. Financial and human resources professionals may need to catch up on changes in federal regulations. It's crucial to stay up to date on the changes in your field.

- **Do your research.** To make it easier on yourself, do your research on what kinds of positions you would qualify for and what kind of salary you might expect.

Visit sites like glassdoor.com and salary.com to determine what kind of pay you should receive for your level of expertise and experi-



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ence. You can also visit ebri.org to determine what kind of benefits you should expect to be offered.

- **Prepare yourself.** Research possible interview questions. Many sites offer mock interview questions to help you practice.

It can also be helpful to visit advice sites, such as makeithappennow.org, that are designed to bring you up to speed on the types of skills employers seek in today's market.

If you are a stay-at-home mom who will be returning to the workforce, be sure you are prepared. In a tough economy, it's best to do everything possible to stand out from the crowd.

Learn more at www.makeithappennow.org.