

Tips and Resources for Changing Jobs after Cancer Treatment

What You Should Know and Say

<http://change.monster.com/articles/changejob/>

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Did you know each year the rate of cancer survivors increases? There are an estimated 8 million plus in America today! Once considered a death sentence, the [National Cancer Institute](#) reported that 80 percent of people with cancer return to work after diagnosis. Further, in the NCI publication *Facing Forward*, the author notes: "Cancer survivors are as productive on the job as other workers and they aren't absent any more often." If you're completing your treatment and looking for a new job, here are tips and resources to help you reach your goal:

- **Practice and prepare for interviews.**

Prepare for your interview just as any candidate would prepare. Research the company, know the job requirements and be prepared with questions to ask, not just answer. By doing your homework you'll demonstrate confidence and avoid sounding defensive. Visit Monster's [interviewing](#) and [networking](#) resources.

- **Ask your doctor for a letter.**

Make sure your doctor writes a letter on hospital or office stationery verifying your good health and ability to do the job you are seeking. He or she might add statements about the documented work ability of cancer survivors nationwide.

- **Tell the truth.**

If asked about cancer, you needn't respond nor volunteer information. Asking about cancer in an interview is like asking any other illegal question, such as age, religion, marital status, sexual orientation, etc. If pushed, don't lie. Qualify your response with positive statements about your current health or refer to your doctor's letter. If you have any doubts or need help answering questions specific to your situation, contact the [Job Accommodation Network](#) at (800) 526-7234.

- **Consider working with a career counselor.**

You may want to make an appointment with a qualified career counselor who will help you prepare and will coach you through the process. This can be particularly helpful if you decide you want to change careers but are unsure about what would be best. A qualified counselor will administer vocational assessments and help you plan strategies to reach your goals. To locate a counselor in your area, contact the [National Board for Certified Counselors](#).

- **Know your rights.**

Knowing your rights can help you feel more confident. Federal, state and local agencies ([US Department of Labor](#), state affirmative action offices and the local American Cancer Society) are available to help you identify whom to contact for your particular situation.

For additional resources contact:

- [The National Coalition for Cancer Survivorship](#), a network promoting national awareness of issues affecting cancer survivors. NCCS serves as a clearinghouse for information. Call (301) 650-8868.
- [National Rehabilitation Information Center](#) (NARIC) provides information regarding job rehabilitation. Contact NARIC at (800) 34-NARIC (Voice/TDD).
- The [Cancer Information Service](#) answers in English or Spanish at (800) 4-CANCER.