Should we frequently change our jobs? This has been intensely discussed for years. The following

are the supporters’ and opponents’ opinions.

No

A frequent job-hopper gives others the impression of lacking loyalty. Some of them just haven’t found the right company, but others have trouble in sticking to any job, whereas a lifelong employee is loyal to his or her company. The constant job-hopping interrupts the normal life. Changing

jobs means hunting for new jobs, rewriting the resume and preparing for the interview. How annoying it is! Moreover, the new job means that you must restart again. You need to adjust yourself.

Frequent job hoppers might have a wide variety of

experiences and different knowledge about many industries, but they often lack the in-depth knowledge and experience compared with those who work in the same industry or

company. It’s the same case for the lifelong employees.

Yes

With rapid changes of technology and globalization, adaptability plays an important role in career success. Those who frequently switch companies or industries know how to adapt to new situations, and they may even thrive on frequent changes and get a better position with high salary. One advantage job-hoppers have is that they may have a good knowledge of the recent job market. However, workers staying at the same position for many years always get behind on the latest hiring trends. Besides, those people changing jobs frequently have their resume keeping up to date and know how to behave in an interview.

With their experiences of finding jobs, they’ll have certain knowledge of a variety of different industries. They’ll know how to get qualifications for a better job.