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Young professionals should think twice before taking career advice from their BFF. In a recent survey from staffing firm [Accountemps](#), two-thirds (66 percent) of workers said they've received bad career advice, and friends (35 percent) were the most likely to give them a bum steer. Other common purveyors of questionable career guidance

included parents (14 percent), followed by siblings or other family members (10

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- “Stick it out as long as possible, even if you hate it.” – Parent
- “Don’t practice for the interview.” – Parent
- “Don’t be friends with coworkers.” – Parent
- “Apply absentmindedly without doing research.” – Career counselor
- “Take credit for others’ work so you can get ahead.” – Mentor
- “Stay in a role rather than grow within the company.” – Boss
- “Respond with the first thing that pops into your head during an interview.” – Sibling or other family member

*Some responses were edited for clarity.

Workers who had received bad career advice were asked, “**Who provided it to you?**”

Their responses:

Friend	35%
Parent	14%
Sibling or other family member	10%
Educator (professor/teacher)	9%
Career counselor	9%
Mentor	9%
Colleague/coworker	5%
Manager/supervisor	4%
Spouse	1%

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may steer you in the wrong direction.

Steinitz added, "Cast a wide net when reaching out to those in your network, and ask specific questions pertaining to each person's experience. Weigh all the pros and cons in any situation and make the decision based on what is best for your career and your personal priorities."

To counteract the bad advice noted by the survey respondents, Accountemps offers five time-tested career tips:

1. **Plan ahead.** Research the company and tailor your resume before applying for a job, practice responses to tough interview questions, and arrive early for the interview or your first day.
2. **Be honest and act with a clear conscience.** Never bend the truth in your application materials. If your fib is uncovered, it could do long-term damage to your reputation. And always act with integrity. If something feels questionable, it's probably a bad idea.
3. **Prepare for salary negotiations.** Money can be a sensitive subject. Look to resources such as [Robert Half's Salary Guides](#) and government and industry reports to research compensation trends for your area.
4. **Consider a change.** Feeling unhappy in your current role? Compile a list of what's stopping you from being satisfied. If you find you are no longer in love with your position, it may be time to [launch a job search](#).
5. **Challenge yourself.** No matter what stage of your career you are at, [set professional goals](#) and re-evaluate them when necessary. If you're comfortable in your position, take on stretch assignments to expand your skills and expertise.

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