## Resume 101



Need help writing a resume? Here are some tips to help you get started.

There is no one strategy to write the perfect resume, but the steps in this document can help you to create a resume that highlights your skills and accomplishments in a clear and concise manner to increase your chances for an interview.

# **Formatting**

- DO NOT use a template! Create your resume using a Word document instead. It is easier to make changes to your resume and you have more control over the margins, font sizes and the overall appearance.
- Be consistent with your margins (1", 0.7" or 0.5" are the best), font sizes (10-12 pt. for body text, 14-16 pt. for headers, 18-24 pt. for your name), and professional fonts (Times New Roman, Arial, Calibri, or Cambria).
- Develop a header with your personal contact information, including a professional email.
- Keep your resume to one page unless the career field indicates otherwise. If you do have a longer resume, make sure you have full pages of content.
- Avoid abbreviations; spell out everything (industry exceptions may apply).
- Do not include personal information such as photos, date of birth, hobbies, ethnicity, and/or religion.

### Customize

- Review the job description and mark the skills you have that you would like to highlight in your resume.
- Start your bullet point with skill verbs used in the job description.
- Organize bullet points within your experience blocks; the most relevant experiences should be first.
- Instead of using generic headers like "Work Experience" create custom, specific headers such as Retail Experience, Childcare Experience, or Leadership and Management Experience based on the job description.

## **Education**

- If you graduated from high school less than one year ago or if your high school education directly pertains to the position you are applying to, then you should add your high school to your resume. Otherwise, do not include high school information.
- Adding previous college experience to your resume is optional. If it is relevant, add it to your resume.
- Education experiences should include the following information: name of the school, location, expected graduation or completion dates, degree, major or concentration, and GPA if it is 3.0 or higher.

# **Experience Sections**

(Work, internships, volunteering, student leadership, and clinical rotations.)

- Include the organization or company name, location (city, state), title, and dates (month and year)
- 2-3 accomplishment bullet points per experience
  - Start with a skill verb + what you did + why you did it (the impact or result)
- Use reverse chronological order (most recent first) for the experiences within each of your custom headers
- Past or present tense? If you are still in the position, write in the present tense. If you no longer hold the
  position, write in the past tense.
- No personal pronouns (I, me, or my) should be in your resume.
- Experiences do not have to be paid to be on your resume. Internships, volunteering, student groups, and athletics are all valid experiences and should have an experience block.
- Use bullet points to list experience and highlight skills concisely.
- Check for grammar and spelling errors.

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## **Additional Sections:**

#### **Advanced Skills**

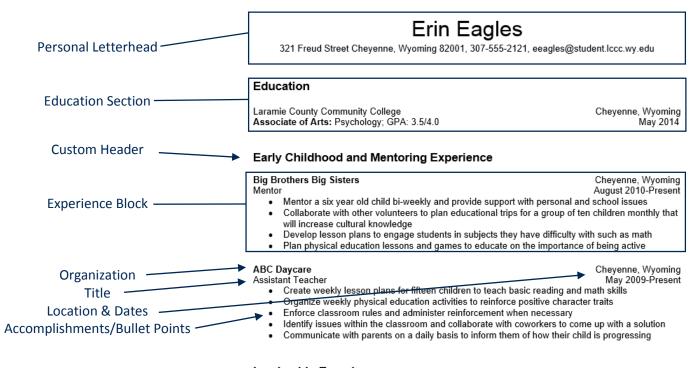
- Certifications and Training
- Language: Literate: Read and write the language; Conversational: Speak the language; Proficient: Read, write and speak the language well; Fluent: Read, write, and speak the language with similar skill to a native speaker
- Lab: include laboratory procedures or techniques you can conduct or equipment you can operate
- Computer: include software, languages, and hardware experiences required for the job, as well as your skill level

#### Coursework

• Include only if it directly relates to the position and is an upper-level class (300 level or higher)

#### **Volunteer and Leadership Experience**

• Use experience blocks for these activities with at least 2-3 bullet points



### Leadership Experience

Laramie County Community College Active Minds President Cheyenne, Wyoming September 2013-Present

- Lead bi-weekly meetings to plan mental health awareness events on campus increasing campus community awareness of mental illness
- · Improve membership attendance by 25% by implementing a social media campaign
- Coordinate and implement bake sale to raise \$500 for the National Suicide Prevention Lifeline

#### Relevant Coursework

Developmental Psychology, Laramie County Community College Student

Cheyenne, Wyoming September-December 2013

- Researched the effect of violent television shows and video games on a child as they develop with a group of three students
- Presented research project to a class of fifty students raising awareness on the developmental effects of violent media

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# **Accomplishment Statements**

Your resume is your personal "marketing tool" which advertises a specific product—you! In designing your resume, use action verbs and statements to show not only what you did, but what you accomplished. Each time you present an accomplishment, you communicate what happened as a result of your skills and strengths.

To help you formulate your accomplishment bullet point statements, below is a formula that you can follow.

## **Bullet Point Formula**

Skill verb + what you did + why you did it (the impact or result) and add number values/frequency when applicable

**Example:** Marketed launch of the new product line using daily social media posts and local radio station press releases, increasing website traffic by 1,000 views in the first week.

### Upgrade #1

Here is a way you can improve your bullet point statements to incorporate not only what you did, but how and the results.

Basic	Better	Best	
Duties included working with	Created and implemented	Created and implemented personal fire safety	
small children	fire safety program for small	program for small children ages 6-10, resulting in	
	children	statewide recognition by Parent Teacher Association	
Duties include answering	Managed front desk	Managed front desk operations by greeting	
phones and reception	operations	customers and answering phones to ensure a	
		welcoming and efficient environment	
Responsible for organizing	Coordinated and oversaw	Coordinated and oversaw monthly office in-service,	
office training	monthly office in-service	increasing opportunities for cross-training between	
		three departments.	
Duties included cleaning the	Inspected cleanliness of	Inspected cleanliness of restaurant throughout a busy	
restaurant and bussing tables	restaurant throughout a busy	eight-hour shift using a procedural checklist; was	
	eight-hour shift	awarded employee of the year due to initiative and	
		dedication	

#### **Upgrade #2**

Begin with a basic statement of what you did and add specifics as you think about how you did it and the result.

- 1. Facilitated a meeting
- 2. Facilitated a student government meeting
- 3. Facilitated weekly student government committee meetings
- 4. Facilitated weekly student government committee meetings for a group of 15, resulting in an approved proposal for recycle bins throughout campus in an effort to decrease the campus environmental footprint

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Communicati							
Addressed	Wrote	Directed	Specified	Promoted	Listened	Formulated	Defined
Consulted	Advertised	Observed	Influenced	Translated	Proposed	Marketed	Furnished
Elicited	Contacted	Arbitrated	Referred	Negotiated	Suggested	Publicized	Mediated
Involved	Encouraged	Conveyed	Arranged	Spoke	Reinforced	Summarized	Reconciled
Planned	Developed	Collaborated	Convinced	Articulated	Joined	Interacted	Synthesized
Represented	Presented	Judged	Explained	Corresponded	Authored	Enlisted	Disseminate
Communicated	Solicited	Presided	Lectured	Expressed	Debated	Clarified	Composed
Creative Skills	S						
Condensed	Planned	Proposed	Founded	Combined	Structured	Revitalized	Improvised
Designed	Acted	Established	Launched	Directed	Created	Updated	Originated
Forecasted	Adapted	Visualized	Publicized	Illustrated	Composed	Photographed	Fashioned
Introduced	Developed	Drew	Instituted	Modeled	Displayed	Improved	Customized
Presented	Formulated	Authored	Integrated	Published	Imagined	Conceived	Initiated
Performed	Invented	Devised	Solved	Piloted	Modified	Entertained	Enhanced
Data Collectio	on/Finance Skill	ls					
Added	Audited	Developed	Verified	Researched	Cashed	Forecasted	Planned
Balanced	Counted	Marketed	Administered	Assessed	Documented	Analyzed	Tabulated
Determined	Invested	Reduced	Calculated	Corrected	Netted	Allocated	Appraised
Managed	Accounted	Formulated	Divided	Figured	Retrieved	Compounded	Conserved
Reconciled	Budgeted	Projected	Measured	Adjusted	Qualified	Estimated	Prepared
Research Skil	-	Trojected	Wicasarca	Aujusteu	Qualifica	Estimated	Перагси
Analyzed	Compared	Assessed	Determined	Evaluated	Experimented	Formulated	Located
Clarified	Compiled	Critiqued	Diagnosed	Defined	Explored	Gathered	Investigated
Collected	Conducted	Detected	Drafted	Examined	Extracted	Inspected	Measured
		Detected	Dianted	LXammeu	LXII acteu	mspected	ivieasureu
	ntoring Skills		Davidanad	A -1 t1	Francis	C. :1- 1	location at a d
Approved	Conducted	Incorporated	Developed	Adapted	Evaluated	Guided	Instructed
Advised	Coordinated	Communicated	Empowered	Edited	Explained	Individualized	Motivated
Clarified	Counseled	Reserved	Facilitated	Enabled	Focused	Informed	Persuaded
Coached	Tutored	Critiqued	Trained	Encouraged	Taught	Instilled	Tested
Problem Solv	-						
Adapted	Recommended	Anticipated	Completed	Diagnosed	Mapped	Executed	Planned
Reconciled	Adjusted	Applied	Converted	Discovered	Eliminated	Expanded	Prepared
Maintained	Analyzed	Changed	Determined	Doubled	Examined	Identified	
<u> Fechnical Skil</u>	ls						
Reorganized	Built	Utilized	Calculated	Converted	Engineered	Printed	Repaired
Resolved	Tested	Inspected	Coded	Debugged	Fortified	Standardized	Replaced
Reviewed	Simplified	Installed	Computed	Designed	Inspected	Programmed	Restored
Selected	Solved	Studied	Conserved	Determined	Installed	Rectified	
Set up	Tested	Assembled	Constructed	Developed	Operated	Regulated	
Jpgraded	Verified	Specialized	Solved	Drafted	Overhauled	Remodeled	
Leadership Sk	cills	·					
Administered	Replaced	Handled	Eliminated	Selected	Chaired	Trained	Produced
Assigned	Restored	Motivated	Contracted	Oversaw	Enforced	Initiated	Consolidated
Coordinated	Analyzed	Recruited	Organized	Streamlined	Improved	Established	Evaluated
Decided	Delegated	Approved	Secured	Led	Coached	Increased	Prioritized
ounded	Governed	Directed	Formed	Authorized	Enhanced	Presided	Controlled
		Headed	Attained				Expedited
Generated	Merged			Encouraged	Incorporated	Supervised	Converted
Managed	Reviewed	Navigated	Emphasized	Implemented	Planned	Instituted	
nspected	Appointed	Scheduled	Hosted	Overhauled	Strengthened	Recommended	Executed
Maximized	Developed	Assigned	Originated	Staffed	Considered	Reorganized	Hired
<u>Organization</u>							
Catalogued	Coded	Corrected	Generated	Maintained	Organized	Purchased	Reviewed
Categorized	Collected	Corresponded	Inspected	Monitored	Prepared	Recorded	Routed
	Carranthaul	Distributed	Loggod	Obtained	Processed	Registered	Scheduled
Charted Classified	Compiled	Distributed	Logged	Obtained	Provided	Registered	Jenedalea