Resume Guide

Lougheed
Center for Applied Learning
EXPLORE EXPERIENCE REFLECT RECOME

The resume is an essential part of the job search process. It is used by employers as a screening tool.





Format

- Customize the resume to the job description
- Name (14-16 font), Text (11-12 font) Consistent use of indentation,
- Underlining, capitalization, italics, dates, locations, and spacing; margins are between .5" and 1" all around 1 page (if relevant
- Information is more than one page, must at least 1/2 of second page.
 Information should be balanced on each page.



- Use same format for reference sheet and cover letter
- If resume goes on second page, list name/contact information in same format as first page



- Optional, relevant for networking or if not applying for a specific job
 State position looking for, the name of the employer, and skills you
- that match what the employer is looking for
- Education
- Highest degree is listed first
- Order: degree, name of college, city, state, and month/year received or anticipated graduation (dates listed on right side of page)

Specify if you are looking for a part-time, full-time, job or internship

 Subcategories if applicable: scholarships, certifications, honors, special training, study abroad



- Include related coursework
- Use coursework that is hands-on and transferable to the job
 Include a bullet for each course indicating the enhanced knowledge, skill, project, presentation, research, case studies, group work, etc.



- May be renamed "Related Experience" with a following section of "Other Experience"
- "Other Experience"

 Order: job title (bold), employer (italics), city, state, and dates worked
- listed on right side of page: month/year month/year (or present)

 Bullets: action statement that reflects the contributions and results



- Use same format as experience
- May have a separate section for "Volunteer" or put them all within leadership.
- Volunteer activities should be listed as name of activity/event, your role, and month/year (dates listed on right side of page)



- Includes technology/software
- Languages if multi-lingual
- Example: Google Docs, Sheets, Teams, Classroom, Forms; Microsoft Word, Excel, PowerPoint; Windows OS, Apple IOS, Social Media Apps



Action Verbs - to start each bullet point

COMMUNICATION

Addressed Advertised Arbitrated Arranged Articulated Authored

Collaborated Communicated Composed Conferred

Consulted Contacted Conveyed Convinced Corresponded Debated Defined

Developed Directed Discussed Drafted Edited Explained Formulated Furnished

Incorporated Influenced Interacted Interpreted Interviewed Involved

Joined Judged Lectured Listened Marketed Mediated

Moderated Negotiated Observed Outlined Participated Persuaded Presented Promoted

Proposed Publicized Reconciled Recruited Referred Reinforced

Reported Outlined Participated Persuaded Presented Promoted Proposed

Publicized Reconciled Recruited Referred Reinforced Reported

Resolved Responded Solicited Specified Spoke Suggested Summarized

Synthesized Translated Wrote

CREATIVE Acted Adapted

Combined Composed Conceptualized Condensed Created

Customized Designed Developed Devised Directed Displayed Entertained Established

Fashioned Formulated Founded Illustrated Initiated Instituted Integrated Introduced

Invented Modeled Modified Originated Performed Photographed Planned

Revised Revitalized Shaped Solved

DATA/FINANCIAL Administered Adjusted

Allocated Analyzed Appraised Assessed **Audited** Balanced Budget Calculated Computed Conserved

Controlled Corrected Decreased Determined Developed Estimated

Forecasted Managed Marketed Measured Netted Planned

Prepared Programmed Projected Qualified Reconciled Reduced Researched

Retrieved HELPING Adapted

Advocated Aided Answered Arranged

Assisted Clarified Coached Collaborated Contributed Cooperated

Assessed

Counseled Demonstrated Diagnosed Educated Encouraged Ensured Expedited Facilitated

Familiarized Furthered Guided Helped Insured Intervened Motivated Prevented Provided

Referred Rehabilitated Represented Resolved Simplified Supported Volunteered

MANAGEMENT Accomplished Administered Advanced Analyzed Appointed Approved

Assigned Attained Authorized Chaired Considered Consolidated Contracted Controlled Converted

Decided Delegated Developed Directed Eliminated Emphasized Enforced Enhanced

Coordinated

Established Executed Generated Handled Headed Hired Hosted

Improved Incorporated Increased Initiated Inspected

Instituted Led Managed Merged Motivated Navigation Organized Originated Oversaw Planned Presided Prioritized Produced Recommended Reorganized Replaced Restored

Reviewed Scheduled Secured Selected Streamlined Strengthened Supervised Terminated ORGANIZATIONAL Approved

Arranged Catalogued Categorized Charted Classified Coded Collected Complied

Corrected Corresponded Distributed Executed Filed Generated

Incorporated Inspected Logged Maintained Monitored Obtained Operated Ordered

Organized Prepared Processed Provided Purchased Recorded Registered Reserved

Responded Reviewed Routed Scheduled Screened Submitted Supplied

Standardized Systematized Úpdated Validated Verified RESEARCH

Analyzed Clarified Collected Compared Conducted

Critiqued Detected Determined Diagnosed Evaluated Examined

Experimented Explored

Extracted Formulated Gathered Identified Inspected Interpreted Interviewed Invented

Investigated Located Measured Organized Researched Reviewed Searched Solved Summarized Surveyed TEACHING

Adapted Advised Clarified Coached Communicated Conducted Coordinated Critiqued Developed Enabled Encouraged

Evaluated Explained Facilitated Focused Guided Individualized Informed Instilled Instructed Motivated Persuaded

Simulated Taught Tested Trained Tutored TECHNICAL Adapted Applied Assembled Built

Calculated Conserved Constructed Converted Debugged Designed Developed Engineered Fabricated Installed Maintained

Operated Overhauled Printed Programmed Rectified Regulated Remodeled Repaired Replaced

Restored Solved Specialized Studied

Street Address City, State Zip

555-555-555 email@email.com

PROFESSIONAL/OBJECTIVE STATEMENT

To obtain an entry-level position as a [specific job title] that will allow me to utilize the skills gained at [name of college or university] and build a long-term career in [specific profession].

EDUCATION

Bachelor of Arts/Science

Expected Month Year

State University of New York at Potsdam, Potsdam, NY

Major: [enter major] Minor: [enter minor] Major GPA [enter gpa] /4.0

Study Abroad

[enter name of program/country] [enter semester]

Awards and Achievements

Graduated Magna Cum Laude Dean's list five semesters National Honor Society President's Award for outstanding client service Phi Beta Kappa Alumni Association Science Scholarship

RELEVANT COURSEWORK

[enter relevant course name]

- Administered research, gathered data, and analyzed findings to complete a research paper
- Collaborated with group on semester long project; planned and presented presentation on findings
- Facilitated group activity and reflection on topic with the goal of enhancing classroom learning

EXPERIENCE

Job Title | Name of Employer | City, State

Month Year - Month Year

- Assisted with administrative tasks and earned increased responsibilities for strong work ethic
- Managed time effectively to balance 10-15 hours per week while in college and maintained a 3.7 GPA Event Organizer | enter name of organization | City, State

Month Year - Month Year

- Organized fundraising marathon with 300 participants to include planning, marketing, registration, and day of event logistics
- Raised \$30,000 over 3 years gaining a 5% increase in proceeds annually

LEADERSHIP

President | enter name of club | City, State

Year - Year

- Facilitated weekly meetings with over 60 club members to raise awareness of club and plan events
- Acted as voting member of Student Government; collaborating with over 100 fellow senators making decisions related to student clubs and campus policies
- Liaison for organization among university leadership; advocating for organization campus-wide

Member | enter name of club | City, State

Year - Year

Attended weekly meetings, served on committees, and actively participated in programming and raising awareness on campus

SKILLS

Language - Proficient in [enter foreign language]

Technological Skills - List any technology skills you have that meet the needs of the job you are applying for.

Bullet Point Activity

paragraph form or in a list.



EXPLORE EXPERIENCE REFLECT BECOME

Bullets points are essential to a resume. It allows the reader to build a visual picture on your skills, talents, and

strengths you would bring to their team.

Start by brainstorming your job functions, tasks, and responsibilities. Visualize yourself on the job. Write in

		mula below to create a bullet you can do for the prosective	
			. —
SITUATION	TASK	ACTION	RESULT
Situation: What initially ha	ppened? Action Verb		
Task: What task or goal di	d you set out to accomp	lish? What Who When	How Often How Many
Action: What did you do to	o achieve the task? How	/ What Software Equipn	nent Techniques Skills
Result: What happened as	the result of your action	n? Examples Details Ben	efits Outcome
Put it all together			
_			
•			