

## RESUME WRITING- Tip Sheet

- Resume Writing Tips
- Resume Formats & Application Methods
- Types of Resumes
- Typical Resume Sections
- Writing a Career Objective, Headline or Professional Summary
- Internet Resources
- Action Verbs for Resume Development
- Resume Checklist

## RESUME WRITING TIPS

The resume is often the first impression an employer receives about you as a candidate and serves as your marketing tool. You are encouraged to carefully write resumes that clearly and concisely describe pertinent information about skills, experiences and career goals. This process may include creating a few versions of your resume that are tailored to a specific career area, position, type of employer or application method. Since a resume is made up of sections that help employers learn about the candidate, be aware that some sections are essential, while others are considered optional. Even though you can obtain ideas from many people and many samples, you must decide what best communicates your most important qualifications to an employer. Getting feedback from your success coach, faculty and professionals in your field prior to the job search is highly recommended.

### Content:

- Keep it to one page in length if you can, unless you are applying for a government job or preparing an ATS-friendly resume; advanced degree students and candidates who have worked for several years may require more than one page. Include items that are most relevant to and supportive of your career goal and the job description.
- Your resume should be neat, well organized and error free. The format of your resume may vary, depending upon its purpose. When in doubt, an ATS-friendly resume is recommended. (Tips and guidelines are included on page 3 of this tip sheet.)
- Order sections so that the most relevant items appear first. Order elements within each section in reverse chronological order.
- Include your email address and phone number. Be sure your email address conveys a professional image of yourself and your voicemail message is short and professional. You may also include your website address if showing sample work, but be certain all aspects of your website are suitable for viewing by an employer. In addition, if you have a well-developed LinkedIn profile, include your customized LinkedIn URL. See your success coach for advice on how to customize.
- Determine whether to include your full address, city, state and zip code only, or omit this information altogether. Advice on this subject varies. Seek advice from your success coach.
- Consider including a headline, professional summary or career objective after your contact information.
- A resume need not contain your entire work history or all job responsibilities. Include main responsibilities, transferable skills (related to the job you are seeking) and accomplishments/results. If applicable, use keywords from the job description/qualifications section.
- Use action verbs and highlight achievements, quantifying results when possible.
- Avoid abbreviating names of organizations, titles and descriptors.

## RESUME FORMATS & APPLICATION METHODS

You will likely need to have several versions of your resume, depending on its purpose and how it is sent when applying for a position.

### USE OF PAPER RESUMES:

**This format would be used for the following purposes:**

- Mailing your resume to an organization: a cover letter should also be sent when mailing a resume.
- Going on an interview: several copies should be taken because you may meet with more than one person.
- Attending job fairs and networking events: multiple copies of the resume should be taken because you will meet with many employers/networking contacts.

**Format:**

- Be sure it is easy to read, with clean, simple lines, and reasonable use of white space on the page.
- Use standard 8 1/2 x 11, light-colored (white, ivory, light gray), 24 or 28-pound bond paper.
- Print only on one side of paper if a two-page resume. If more than one page, do not staple your resume; make sure your name and page number are at the top of the second page.
- Use a font size that is readable, 10 point minimum to 12 point font. Use 11 point minimum for ATS-friendly resumes. Your name and headings can be slightly larger.
- Use formatting, such as boldface, underline, and italics, sparingly. Do not use two formats in one phrase.

### SENDING RESUMES ELECTRONICALLY:

Most employers now request that resumes be sent initially via the internet. They may request your resume in an email, as an attachment, or as a posting on a website. This task is seemingly quick and easy, but you must consider some formatting techniques to avoid common mistakes.

- Choose a basic resume format and font style.
- Always follow formatting and file type (.doc, PDF) guidelines recommended by the employer. If a preference isn't stated, try to find out. Some recruiters may prefer a resume in the body of an email message instead of sent as an attachment. If you are unable to determine their preference, consider sending the resume as an email attachment.
- Include a cover letter with the resume, unless the employer specifies otherwise.
- When emailing the resume, use a specific subject line that will identify the position for which you are applying, for example: Subject Line: Amy Smith Resume for Programmer Analyst 2. Follow any instructions provided in the job posting regarding additional information to include in the subject line.

#### ➤ Resume Sent as an Attachment:

- Create your resume using a common word processing program, preferably Microsoft Word. (Be aware that the employer may not have the most recent version of the software and would, therefore, be unable to open a document saved to a recently updated version.) You may want to save your resume as a PDF file to ensure its readability and formatting remain intact. Also, a PDF format rather than a Word document is easier to read on a smartphone, which many employers use to view resumes. However, if the employer uses an applicant tracking system (ATS), a Word document may be preferred. Follow instructions if provided on the employer's website.
- Don't give your document a generic name such as "myresume.doc." Make sure the recruiter will associate the file with you: for example, "AmySmithResume.doc."
- Before sending to the employer, send an identical email to a friend to make sure it will open correctly on a different computer.

## ➤ **Applicant Tracking Systems (ATS):**

Many employers today use an applicant tracking system (ATS). This type of system has two purposes: to manage high volumes of applications for positions and to screen out candidates who lack the required skills for the job. It also allows them to select candidates in compliance with the law and to maintain applications in a database for government review purposes.

However, with this system, if the jobseeker's resume is not formatted to match the ATS system, the resume can easily be overlooked for consideration for an interview. While ATS programs are constantly evolving, following are some important tips for developing an ATS-compliant resume as adapted (with permission) from the online article 'Preparing Job-Seeker Resumes for Applicant Tracking Systems: Checklist and Critical Do's and Don'ts' by Dr. Randall S. Hansen.

### **Checklist for ATS resumes:**

My job-search resume:

- Is saved in an approved format for the system the organization is using- resume is typically saved as a Word document. (PDF formats may not be ATS-friendly). Read the requirements the organization provides and, if possible, research the ATS they use to determine this information. Taleo, Bullhorn and Greenhouse are some examples of applicant tracking systems widely used.
- Does not use fancy templates, borders or shading.
- Is in a single column format (no tables, multiple columns or text boxes).
- Uses simply formatted text of a reasonable size (11-point size or above is recommended).
- Includes standard sans serif fonts. Arial is the most readable by most systems.
- Does not contain complex formatting. For example, don't use extra spaces between letters. Do put spaces before and after backslashes as well as hyphens, and dashes used as separators. For example: "either / or" and "May 2021 – August 2021."
- Does not include any special characters or accented words: for example, use "and" instead of "&."
- Includes a few, clearly defined sections: Summary, Work Experience and Education.
- Does not contain images or graphics — or, if they do appear, they do not affect the single-column formatting. (Be aware, however, including any graphics may be enough to stop your resume from being read by the ATS.)
- Does not include any information in the headers or footers (if saved in Microsoft Word format).
- Has been thoroughly edited and spellchecked and contains no errors. (The ATS will not recognize misspelled words.)
- Contains proper capitalization and punctuation. Both of these can affect how information is parsed and assigned within the ATS database.
- Uses the full, spelled-out version of a term in addition to abbreviations and acronyms: for example, Certified Public Accountant (CPA).
- Incorporates relevant, targeted keywords and phrases for the specific position being sought. (Have you included specifics- i.e., "Photoshop" instead of "image-editing software" which is more general?)
- Has been customized for the position being sought. Use terminology posted in the job description or qualifications, if applicable. Also, match singular or plural use of keywords used in the job description.

### **Critical Do's and Don'ts Related to Applicant Tracking Systems:**

- Don't list your credentials (MBA, CPA, etc.) next to your name. Include that information on a separate line, writing out the words, following by the abbreviation in parentheses.
- When applying for a specific position, do use that job title on the resume.
- When listing dates for employment or education, do list dates to the right of the information.
- Do consider including section headers in ALL CAPS to make it easy for the applicant tracking system to categorize the information.

- If you are working toward a degree or certification that is a requirement for the position, do include it on the resume- but make sure you indicate “Expected graduation date” followed by the month and year. Note that Spring, Fall and Summer are not months. Be specific.
- Do check your email after applying for a position online. Some applicant tracking systems acknowledge submissions, but these automated responses may be diverted to your spam folder.
- Do be mindful of special characters and accents you use on your resume. Some words and phrases can be misinterpreted by an applicant tracking system- for example, accented words. The word “résumé” itself is not ATS-friendly. The ATS does not recognize the accented letters. Instead, it reads it as “r?sum?.”
- Don’t include keywords for skills you do not have on the resume as an attempt to “trick” the applicant tracking system into selecting you. (Remember, the resume will eventually be reviewed by a person.)
- Don’t mix different fonts and sizes in your resume.
- Don’t submit multiple resumes to the same company. Applicant tracking systems have a memory- all those previous submissions remain in the system. You can apply to multiple, related positions, but make sure the resume information is consistent and accurate, because the hiring manager will have access to the other versions, too.

Please keep in mind that the suggestions given are guidelines only. The type of system and software versions may impact the preparation of your resume. When the type of ATS system being used is mentioned, you may want to research the technology to specify appropriate guidelines.

## TYPES OF RESUMES

As mentioned previously, it is important to tailor your resume to the specific job posting and application method. Resume content and formatting may also vary based on the field and type of employer/industry. Networking with professionals in your field will help you to understand how specific expectations may vary from one employer/field to another. This tip sheet focuses on content and examples for traditional and ATS-friendly resumes. However, other types of resumes/documents may be appropriate, depending on the situation.

### **Creative Resume**

This style of resume may focus more on font selection and layout and may include graphics, images, logos, icons and/or colors. These elements demonstrate the applicant’s design skills/creativity and may therefore be appropriate if applying to a creative position/industry. When designing a creative resume, it is important to remember that content and readability are still most important. Job seekers who determine a creative resume is appropriate for their field/goals should also have an ATS-friendly resume available to use when applying online through an applicant tracking system.

### **Government Resume**

If applying for a government position, please be aware that federal resumes are very different than traditional resumes. A federal resume requires additional information as well as greater detail regarding skills, previous experience and accomplishments. This style of resume is typically two to five pages in length. For more information, refer to the “Government Resumes” section of “Internet Resources” in this tip sheet.

### **Curriculum Vitae (CV)**

Although some use “resume” and “CV” interchangeably, they are different. While a resume is tailored to a specific job posting/field and updated often, a CV provides a comprehensive, in-depth view of a person’s professional background. In addition to including sections on education, work experience, projects, honors and professional organizations, a CV is more detailed than a resume and often contains sections for teaching positions, publications, awards, research, presentations and grants. CVs are longer than resumes and typically used for positions in academia and for clinical medical professions.

## TYPICAL RESUME SECTIONS

### Contact Information

Resumes traditionally include your name, address (home and campus/local if applicable), telephone number (including area code) and email address. However, for privacy purposes, full addresses may not be warranted on your resume. Consult your success coach to discuss what option may be best for you. In addition, you may want to include your website address (if applicable) and your customized LinkedIn URL.

### Objective, Headline and/or Professional Summary

Describe briefly and clearly the type of work you are seeking and the skills you are offering.

### Education

- Name and location of institution (include city and state)
- Month and year of graduation or expected graduation
- Degree awarded or to be awarded (written out, with the abbreviation in parentheses)
- Field of study (include major, concentration, minor, etc.)
- Relevant courses (can also be listed as a separate section)
- Any special training in addition to formal education
- Thesis topic and description, if applicable

### Work Experience

Name and describe paid employment, internships, summer jobs, field study and/or project work.

(Projects can also be listed under "Education" or under a separate section such as, "Academic Experience" or "Project Work.")

Traditional resume formats begin with the most recent position and proceed in reverse chronological order. However, your most important and relevant experiences should ideally appear first. If you have had non-relevant work experience after a more relevant experience, try creating more specific categories such as "Relevant Experience, Writing Experience, Technical Experience, Additional Work Experience" and list experiences accordingly. Usually, listing experiences in these types of categories will naturally result in a reverse chronological order within each category. Include the following:

- Employer Name, City, State/Location
- Job Title/Position, Dates (months and years)
- Responsibilities, Accomplishments and Recognitions

### Skills

Focus on distinct skills specific to your field. Include computer skills and language proficiencies. Omit soft skills such as hard-working, determined, etc. (Incorporate soft skills into descriptions for work experiences and projects.)

### Honors

Include special awards, Dean's List and scholarships.

### Achievements

List and describe any significant and relevant achievements such as shows, exhibits and publications. (Publications can also be listed in a separate section.)

### Activities

Include campus/community activities, leadership and volunteer positions. Only include activities in which you have been an active, contributing member.

### References

It is optional to indicate that references are available upon request. If relevant, also mention that items such as a portfolio or writing samples will also be furnished upon request.

## WRITING A CAREER OBJECTIVE, HEADLINE OR PROFESSIONAL SUMMARY

Traditionally, an objective was written following the contact information on a resume. Today, some employers do not recommend or look at the objective. A growing trend is to use a headline and/or professional summary. Following are some things to consider when deciding what to do.

### Considerations Regarding Career Objectives

- Consider an objective if you are seeking a part-time job or an internship. When applying for an internship, include the type of internship you are currently seeking and for which semester(s). Be specific.
- Focus on what you can offer to the employer, not on what you want to gain out of the position. Avoid phrases like "an opportunity to develop my skills..." or "to gain experience in the field of..."
- Leave out clichés such as "challenging work," "position of responsibility" and "opportunity to grow."

### Sample Objectives

The following are sample objectives you can use as guidelines in preparing your unique statement:

- A part-time position as an assistant in product marketing, development or general research.
- Seeking a front-desk internship in the hotel industry for Summer 2023.

### Headlines and Professional Summaries

Experienced candidates may opt for a headline or professional summary in lieu of an objective.

A headline is a brief phrase, after the contact information, that highlights the expertise or value you have to offer an employer related to the job you are seeking. A professional summary is a brief list or a few phrases that highlights your qualifications for a specific job. It is positioned above work experience and showcases your most important credentials, experience and/or accomplishments related to the position.

## INTERNET RESOURCES

### Resume Writing Tips

27 Proofreading Tips that Will Improve Your Resume (Indeed)

<https://www.indeed.com/career-advice/resumes-cover-letters/proofreading-tips-that-will-improve-your-resume>

How to Write a Resume (Monster.com)

<https://www.monster.com/career-advice/article/how-to-write-a-resume>

How to Write a Resume: A Step-by-Step Guide (Jobscan)

<https://www.jobscan.co/resume-writing-guide>

How to Write a Resume Headline that Stands Out (Jobscan)

<https://www.jobscan.co/blog/resume-headline>

How to Write an Effective Resume Summary (40+ Examples - Indeed)

<https://www.indeed.com/career-advice/resumes-cover-letters/writing-a-resume-summary-with-examples>

Resume Summary Statement Examples and Writing Tips (The Balance Careers)

<https://www.thebalancecareers.com/how-to-write-a-resume-summary-statement-2061034>

Firsthand Resume Articles & Videos

[www.rmu.edu/css](http://www.rmu.edu/css)

Resume Curriculum (8 video lessons) - Big Interview

[www.rmu.edu/css](http://www.rmu.edu/css)

## Government Resumes

How to Build a Resume (USAJOBS)

<https://www.usajobs.gov/Help/how-to/account/documents/resume/build/>

What Should I Include in My Federal Resume? (USAJOBS)

<https://www.usajobs.gov/Help/faq/application/documents/resume/what-to-include/>

Writing a Federal Resume (Partnership for Public Service- Go Government)

<https://gogovernment.org/application-process/writing-a-federal-resume/>

## ACTION VERBS FOR RESUME DEVELOPMENT

Accelerated	Edited	Intensified	Prompted
Accompanied	Eliminated	Interpreted	Proposed
Achieved	Enacted	Invented	Proved
Acquired	Encouraged	Justified	Provided
Administered	Engineered	Keyed	Recommended
Affected	Enhanced	Launched	Reconciled
Analyzed	Established	Led	Reduced
Arranged	Evaluated	Located	Regulated
Aspired	Exceeded	Maintained	Reinforced
Assembled	Executed	Managed	Reorganized
Assisted	Exhibited	Manufactured	Researched
Budgeted	Expanded	Marketed	Revamped
Built	Expedited	Mastered	Reviewed
Clarified	Experienced	Mediated	Revised
Commanded	Facilitated	Monitored	Scheduled
Completed	Finalized	Motivated	Secured
Composed	Financed	Negotiated	Served
Conceived	Formalized	Nominated	Serviced
Conducted	Formed	Normalized	Simplified
Constructed	Formulated	Obtained	Solved
Controlled	Founded	Officiated	Sparked
Converted	Generated	Operated	Stimulated
Cooperated	Governed	Ordered	Streamlined
Coordinated	Handled	Organized	Structured
Created	Headed	Oriented	Succeeded
Decided	Helped	Participated	Supervised
Delegated	Hired	Perfected	Supported
Demonstrated	Implemented	Performed	Taught
Designed	Improved	Piloted	Trained
Detailed	Increased	Pinpointed	Transferred
Determined	Influenced	Pioneered	Transformed
Developed	Initiated	Placed	Troubleshoot
Devised	Inspired	Planned	Unified
Directed	Installed	Prepared	Used
Discovered	Instituted	Presided	Utilized
Displayed	Instructed	Procured	Verified
Doubled	Insured	Produced	Won
Earned	Integrated	Promoted	Wrote

# RESUME CHECKLIST

## Contact Information

- Did I include my name, address, phone number and professional-sounding email address? (For privacy purposes, you may consider excluding your address or only list city, state and zip code.)
- Did I consider if my resume will likely be filtered by an applicant tracking system? If so, did I follow appropriate guidelines?

## Objective, Headline and/or Professional Summary

- Do I need an objective, headline and/or professional summary for this specific purpose? If so, is it well written?
- Does it focus on what I am offering the employer, rather than what I hope to gain?

## Education

- Did I list the official/proper name of my degree, major and/or concentration?
- Did I list Robert Morris University (not college) and include the campus address, “Moon Township, PA?”
- Did I list the month and year I earned my degree or expect to earn it?
- Did I list my GPA if 3.0 or higher? Did I calculate my GPA in major and list it if appropriate?

## Experience

- For each job listed, did I include the organization’s name, city and state, my job title and the dates of employment, including month and year (example: May 2022 – August 2022 or May 2022 – Present)?
- Did I keep dates to the right side of the job title, putting more emphasis on job title or employer (focusing more on what I did rather than how long)?
- Did I list relevant duties and accomplishments, quantifying them when possible? Did I include terminology and keywords relevant to the qualifications and responsibilities of the job I am seeking?
- Did I start each phrase with an action verb?
- Did I use the appropriate verb tenses (present for current jobs, past for all others)?

## Project Experience

- Did I include any significant and relevant course projects?
- Did I include the course name, date range, and descriptions of my role/accomplishments (written as the job descriptions are, starting each phrase with an action verb)?

## Skills

- Did I include relevant skills (computer, design, languages, etc.)? Did I include my level of proficiency in these areas, if appropriate?
- Did I list specific skills rather than general statements/claims?  
“Excellent communication skills” (general) vs. “Completed a four-course Communication Skills Program focused on writing, public speaking, cultural communication, business communication, and group work” (specific);  
“Programming” (general) vs. “C++, Java, COBOL” (specific).

## Activities

- Did I include any campus or community activities that demonstrate time management, volunteerism, leadership and communication skills?
- Space permitting, did I provide details about my role in activities related to the position being sought?

## Appearance/Format

- Did I list the most important and relevant information first?
- Did I use good quality paper in a light color (white, ivory, etc.) for hard copy/print version?
- Did I use an appropriate font and size: 10-12 point (for ATS, 11-12 point)?
- If two pages, did I list my name and “page two” on the top of the second page of a printed resume?
- Did I spell-check my resume and have at least three people proofread it to make sure there are no spelling or grammatical errors?
- Was I consistent with punctuation and the format in which I wrote dates (spelled out months, abbreviated, used numerals)?
- Did I use a consistent format for my resume throughout the entire document?
- Did I list my jobs, projects and activities within a consistent format?
- Did I use consistent spacing?

## Saving and Sending the Resume

- Did I save my resume with a professional error-free name? “JosephSmithResume” vs. “JoeysResume”