Guide to Writing Resumes and Cover Letters



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WHAT IS A RESUME?

A resume is a written document that summarizes your work-related accomplishments and capabilities. It acts as a sales tool and markets you to potential employers. It states what you are seeking, what you can do for the company, your prior positions, and your knowledge, skills, talents, and training. The resume also helps you to get an interview and provides the framework for discussion during the interview.



PARTS OF A RESUME

There are many styles of resumes you can choose from; however, all resumes should include the same basic information.

I. CONTACT INFORMATION

At the very top section of your resume, usually in bold print, provide your name and contact information.

Name: Use your full, formal name or the name by which you prefer to be called. For example:

Lynn Murray

Address: Include your physical residence address. If you use a post office box for mail, include this too.

Telephone Number(s): Include your home telephone number with the area code. You can also include a mobile phone number (refer to it as "mobile" rather than "cell"). Pager numbers are less desirable because you must call back in order to speak to the person who called you. Refrain from using work numbers. This communicates a message that you are using your employer's resources and time to support your own personal job search campaign.

E-mail address: Because e-mail is now the most preferred method of communication in the job search, always include your private e-mail address. However, be sure to check your e-mail at least twice a day, and never use your employer's e-mail address.

Incorrect Email Address Correct Email Address	
sexychocolate@yahoo.com	proast@gmail.com

Avoid personal information such as health, age, sex, social security number and marital status.

II. OBJECTIVE (OPTIONAL)

In one short sentence, state the position for which you are applying. Avoid being too vague (a challenging opportunity with a successful organization offering growth and advancement) or too specific (an entry level administrative assistant position). See sample objectives on page 23.

III. SKILLS

This is where you highlight attributes that may be of value to an employer. List certain skills you think could be transferred to an employer's particular work situation, like computer languages, foreign languages, equipment operated, and other technical skills. For example:

Computer Skills		
Operating Systems:	Windows XP, NT 4.0 Workstation	
Hardware:	Printers, scanners, CD-ROMs, NIC cards	
Software:	Microsoft Office Suite, FileMaker Pro	

Technology Skills Sun	nmary	
Windows XP	FileMaker Pro	Microsoft Office Suite
Printers	CD-ROMs	NT 4.0 Workstation
Scanners	NIC cards	Ethernet 10

IV. EDUCATION, TRAINING AND CERTIFICATIONS

List in reverse chronological order your academic and technical training. Be sure to include only the names of those schools from which you have obtained a certificate, degree, license, or continuing education credits. Also include the year you graduated (if still attending, list your anticipated graduation date), the type of degree or certificate (no abbreviations), your major, minor, specialization or concentration, and your GPA (if it's worth noting). You may also want to include relevant courses that you have taken or coursework that you have completed, but only those that relate to the type of job in which you are seeking. Elementary and High Schools can be omitted once you attend college.

V. EXPERIENCE

Here is where you distinguish yourself from all of the other applicants. This section is the "meat of your resume." It's what gives your resume substance, meaning, and depth. It's also the section that will take the most time to write. Provide a brief, yet informative description of your work experience. Be sure to include the dates of employment, the employer's full name and geographical location, your job title, and your duties. Describe your duties using short phrases that start with strong action verbs (see list of action verbs on p. 22). Experts advise that you refrain from using complete sentences, for the "I" is understood, nor should you use "responsibilities included" as a description. Order phrases in each position by importance to the job desired or career objective so that the most important and relevant skills are read first.

Include all internships, volunteer positions, temporary jobs, cooperatives, student teaching, and military experiences that relate to the position for which you are applying (Enelow and Kursmark, 2003). Duties that are still being performed are to be listed in the present tense. Any experiences that are finished are to be listed in the past tense.

Here are some examples of how you can format your Experience section:

Chronological Format

Briefly emphasizes specific highlights of each position.

Tiny Tots Child Development Center Preschool Teacher	Macon, GA 2003-Present
• Instruct 17 three-and-four-year-old c	hildren in twice-weekly class
• Assisted with school's reaccredidatio	n process
Green Day School	Valley Glen, GA
Preschool Teacher	2000-2003
Transformed classrooms with creative classroom reading	ve decorations that tied in with weekly themes and
• Instituted literature-based, early-child	łhood curriculum
• Supervised two assistant teachers	
Village Day Camp	Valley Glen, GA
Secretary	1997-2000
• Managed billing, registration, studen	t scheduling, and site tours
• Administered employee timesheets,	reporting, and payroll

Functional Format

Emphasizes the functional areas in which you have experience. Target your functional areas to the needs of the employer by using appropriate key words and terminology.

Curriculum /Instruction:

- Supervise instructional planning, goals, and objectives.
- ^D Recruit, interview, hire, and direct work performance of 42-person teaching staff.

Staff Development:

• Orchestrate professional development opportunities for teaching staff across all grade levels.

• Supervise and coordinate work of chairpersons of staff development committees at all 43 schools throughout the Burgundy District.

Outreach and Communications:

^o Write and publish press releases, fliers, and other promotional materials.

 Lead public speaking engagements at area middle schools to raise level of enthusiasm of incoming students.

Career Track Format

Emphasizes fast-track promotion, overall scope of responsibility, and notable achievements.

Ryncon America, Inc.	Dallas, Texas	1998 to Present
Director of Sales	2002-Present	
Sales Manager	2000-2002	
Sales Representative	1998-2000	
-	ough a series of increasingly responsible pe eloped a talented team of sales professiona	

- Built division from \$20 million in annual revenues in 1998 to \$120+ million in 2002
- Achieved #1 market position in North America and maintained positioning for three consecutive years
- Surpassed all profit goals for 5 consecutive years

VI. OPTIONAL CATEGORIES

The main focus of your resume should be your professional /work experience and academic credentials that are directly related to the position for which you are applying. However, you should also include things that will set you apart from other candidates. Following is a list of the other categories you may or may not include in your resume. According to the experts, it's the "extras" that get the interviews.

Honors and Awards

If you have won honors and awards, that are related to the position for which you are applying, you can either include them in a separate section or integrate them into the Education or Work Experience section. For example:

"Sales Manager of the Year"	Systems, Inc.	2002
"Athlete of the Year"	Granger College	2006

Teaching and Training

When someone hires you (paid or unpaid) to speak to an audience, it communicates a strong message about your skills, qualifications, knowledge, and expertise. If you teach or train at colleges, universities, technical schools or on the job, list those topics that are related to the position for which you are applying. For example:

Second Grade Teacher	Catholic Elementary School	2005-Present	
"Greek Leadership 101"	Douglas College	Spring 2005	

Professional Affiliations

Being a member of an educational, professional, or leadership association communicates a message of professionalism, a desire to stay current with the industry, and a strong professional network. List educational, career related, or leadership associations of which you are a member. If you have held leadership positions within these organizations, be sure to include them. For example:

American Counseling Association	
Professional Member	2000-Present
Membership Committee Chairperson	2004-2008

Community Service

If you are active within your community include these experiences on your resume, particularly if the organization to which you are applying is committed to serving the community. Again, be sure to list leadership positions that you have held. For example:

Palabras to Words	2010	
• Assist members of the Latino community in s	speaking English	

College Involvement & Leadership

Involvement in college activities and organizations is highly viewed by most employers. After all, it is through participation in these types of activities that most students develop leadership skills and other highly marketable traits. While it is great to be involved, remember it is neither necessary nor recommended to join every organization. Instead join a few organizations in which you are most interested. Don't forget to seek out and take advantage of leadership opportunities. For example:

Bowie State Woman Cross Country and Track and Field Team	2010-Present
Member of Bowie State's Student Athletes Advisory Committee	2009-2010

VII. CONSOLIDATING THE OPTIONAL CATEGORIES

Sometimes when you have many optional categories at the end of your resume, each with only a handful of lines, spacing becomes a problem. In this situation, consider consolidating the information. For example:

Professional Profile Affiliations	National Education Association
Public Speaking	Speaker, SGA Leadership Summit, Chicago, 2000 Presenter, CPA Annual Conference, San Diego, 1999
Languages	Fluent in Spanish and German
Technology Qualifications	Microsoft Word, Access, Internet, and E-mail
Honors & Awards	2009 Athlete of the Year

VIII. REFERENCES

Because you can volunteer references during the interview, experts recommend this section be omitted. It is not necessary to say "Available Upon Request" because it only takes up space without contributing anything.

Types of Resumes

I. THE PRINTED RESUME

Known as the "traditional resume," this resume is forwarded by mail or fax in response to an advertisement and taken to interviews. When preparing a printed resume, you want to create a sharp, professional, and visually attractive presentation. This piece of paper conveys the very first impression of you to a potential employer.

II. THE SCANNABLE RESUME

This type of resume is often referred to as the "plain-Jane" resume. All of the things you would normally do to make your printed resume look attractive – bold print, italics, multiple columns, fancy typestyle, and more – are eliminated in a scannable resume. The purpose here, it to create a document that can be easily read and interpreted by scanning technology. For formatting guidelines, please visit: http://www.navigatenow.com/present/scan 1.htm.

III. THE ELECTRONIC RESUME

This resume allows recruiters to consider, store, and access far more resumes than they could if screened by hand. It also allows a single resume to be considered for several job opportunities and to be kept in an

employer's databank for an extended period of time. Finally, electronic resumes are extremely useful for those who use the Functional resume format. This type of resume can take two forms - Email attachments and ASCII text files.

Email Attachments: When including your resume with an email, simply attach the word-processing file of your printed resume. Since most businesses use Microsoft Word, it is the most acceptable format and will present the fewest difficulties when attached. Be sure to name the document appropriately. For example: Jane_Smith_resume doc.

ASCII Text Files: This type is used for several reasons:

To avoid formatting problems, you can paste the text into the body of an email message rather than send an attachment. You can readily copy and paste the text version in an online job application and resume blank forms, with no worries that formatting glitches will cause confusion. The text version is 100% scannable. For formatting guidelines, please visit: http://www.reslady.com/electronic.html.

IV. THE WEB RESUME

This type combines the visually pleasing quality of the printed resume with the technological ease of the electronic resume. You host your Web resume on your own website, with your own URL, to which you refer prospective employers and recruiters. With just one click a viewer can access, download, and print your Web resume and because the Web resume is an efficient and easy-to-manage tool, you can choose to include more information that you would in a printed, scannable, or electronic resume.

For sample web resumes, please visit:

- http://www.dlcreations.com/site%20html/resume.html
- http://www.glnet.tv/source/profile.asp?url=Resume

RESUME STYLES

Resumes come in various styles, so it is imperative that you select the style that best communicates your qualifications to an employer.

The following pages include examples of two resume styles: Chronological and Functional.

Chronological Resume

This resume emphasizes your work experience in a reverse chronological sequence. It is most suitable for those persons whose career direction is clear and their job target matches their work history.

	TROY STUDENT	
25 Bragg Street Hanny, PA 17331	ttt002@gmail.com	717- 444-6555 (cell) 717-555-6667 (home)
EDUCATION: Bowie State University, Bowie, MD Bachelor of Science in Business Administration wi	May, 2009 th a Banking and Finance concent	tration
 RELEVANT COURSEWORK & CLASS PROJ Principles of Accounting I & II Principles of Management Corporate Finance Completed financial analysis of a mock co Completed several business simulations – for materials immediately or on credit, and My group won the distinction for "The Mo 	Business & Economic Statistic Business Law I & II International Economics ompany in my Small Business Fin students made decisions about prid taking out loans	ance course icing, the amount of the product to make, paying
COLLEGIATE ACTIVITIES: Bowie State University Basketball team – 2006, 20 Selected to play in the HBCU's All Star Game - 20 COMPUTER SKILLS: MS Word, MS PowerPoint, MS Excel, Internet and	08 & 2009	
 WORK EXPERIENCE: Pennsylvania Department of Transportation Worked as part of a road maintenance crew Performed traffic control and physical laboration 	W	2007 and 2008
 Delia's Inc. Performed inventory control duties Unloaded trucks on the receiving dock and 		06-2007 and Summer of 2006
VOLUNTEER WORK: South Western York Basketball Clinics South Hanover Basketball Camp South Western Youth Basketball League	Spring 2005, Winter 2004, and March 2002 Winter 2001-2002	l Spring 2002

Billy William Butter 200 Wood Drive | Berlin, MD 21811| butter@gmail.com | (410) 222-9999

Education

Bowie State University Bowie, MD

Bachelor of Science, May 20XX Major: Sports Management GPA 3.6, Dean's List 2009, 2010 & 2011

Professional

Experience_

O'Donnell Sport Rehab & Physical Therapy

Physical Therapy Technician

December '08- August '09 Assisted physical therapy patients with daily exercise programs.

- Maintained and managed Gym/Exercise area.
- Assisted physical therapist with hold, cold and electrical stimulation set-ups.

Accounts Receivable/Payable

- February '09-August '09 Assisted Accounts Receivable Manager using Electronic Data Interchange to process accounts receivable
- Tracked incoming inventory and assisted trouble-shooting when discrepancies arose by working with insurance companies and selected customers.

You Are College

Assistant Baseball Coach

- Developed and implemented off-season training program for team members.
- Collaborated with supervisors to revamp college's recruiting process.
- Lead coaching/leadership seminars for senior collegiate athletes.
- Managed 50+ student athlete's practice and travel schedules.

Nike Junior Golf Camps, Inc.

Assistant Camp Director

- Assisted supervisors with national marketing strategy to reach attendance goals.
- Supervised a staff of 10-15 counselors through the duration of each camp.
- . Inspected camp facilities to ensure state health and safety requirements were met.
- Provided golf instruction to camp participants.

Ruark Golf Properties

Administrative Assistant

- Assisted the General Manager with the development of the Community-Relations Program.
- Dictated board meetings for the General Managers.
- Designed and executed the Member's Care Community Program.
- Conducted daily accounting requirements.

College Leadership Experience

- Member of National Society of Leadership and Success and Student Athletic Advisory Committee.
- Captain, Men's Golf Division III National Championship Team, 2008

Computer Skills

MS Access, Excel, Word, PowerPoint, Publisher, Outlook, Lotus Notes, QuickBooks, Adobe Photoshop

Baltimore. MD

Westminster, MD

Berlin, MD

Seasonal 2005, 06, 07

West Chester, MD August '08- August '09

Seasonal 2005, 06, 07, 08

Campus: 456 College Hall Normal, IL 67890 111-222-3333 Tracy.Graduate@ilstate.edu **Permanent:** 123 Main Street Anytown, CA 12345 777-888-9999 TracyQ@gmail.com

Objective:

Auditor position in the public accounting field in the Chicago area.

Summary:

• More than two years of progressive accounting and auditing experience.

- Auditor internship with Ernst & Young in New York City.
 - Magna Cum Laude graduate with BBA in Accounting.
 - Proficient with MS Office, Ouicken, Peachtree and the Internet.

Education: Bachelor of Business Administration in Accounting, May 20XX Illinois State University, Normal, Illinois Graduated Magna Cum Laude with a GPA of 3.6 on a 4.0 scale

Corporate Audit
Financial Management
Internal Audit
Managerial Economics

Experience:

Auditor Internship

Ernst & Young, New York, New York

• Participated in the annual audit of Zephyr Megalithic Holdings, including development of the final certification

May 20XX to August 20XX

report.

 Participated in guarterly audit of Alpha Bank Corporation, including identification and correction of over twenty major accounting errors.

• Developed several Excel spreadsheet macros currently in use for reducing entry time and automatically crossreferencing for errors.

• Received Employee of the Month award twice—first intern ever to win the award.

Accounts Pavable/Bookkeeping Clerk May 20XX to Present Anytown Tax and Bookkeeping Service, Anytown, New York

- Assisted (via remote) with payroll, tax, and account processing.
- Developed automated monthly sales tax payment system.
- Implemented Rapid Tax Refund service for individual customers.

Activities:

- Vice President, Student Accountancy Chapter, 20XX-20XX
- Treasurer, Phi Beta Kappa honors society, 20XX-20XX
- Residence Hall Assistant, 20XX-20XX

Beauty A. Ochosinco XXX Taney Drive Taneytown, MD 21787 (410) 777-9311 och@yahoo.com

Objective: Seeking a position in Human Services where I can utilize my sociology and Spanish language skills

Education:

Virginia University, Virginia Beach, VA Bachelors of Art in Spanish and Sociology

Study Abroad Experience:

University of Costa Rica Summer: July - August 2008 Intensive Spanish Course

Experience:

United Hands of Virginia, Virginia Beach, VA Volunteer

January 2009

- Assisted in typing a grant report for a smoking cessation program
- Edited a portion of the above grant report typed by a Spanish speaker

Human Services Program of Polk County, Wyoming, VA Receptionist

November 2004 – July 2005

Graduation: May 2009

- Directed clients to various departments
- Managed the switchboard
- Scheduled appointments between clients and case workers
- Entered data on computer
- Sorted incoming and outgoing mail
- Scheduled patient appointments with Mission of Mercy (a mobile clinic) once a week

Skills:

Computer: Windows 2000, MSWord, MS Excel, MS PowerPoint, Internet, and email *Language:* Spanish

Professional Affiliations:

Alpha Kappa Delta, Sociology Honor Society Phi Gamma Mu, Social Sciences Honor Society

EDUCATION: Cheyney University Bachelor of Arts in Exercise Science & Physica Minors in Biology, Athletic Training & Sports (May 2010 Honors Progra	m, Member
RELAVANT COURSEWORK: •Advanced Athletic Training •Weight Training •Sport Coaching & Management •Child & Adolescent Development	 Nutrition Fundamentals of Exercise & Prevention & Care of Athlet History & Philosophy of Phy 	ic Injuries	 Core Training Sports Behavior Sports
COMPUTER SKILLS: MS Word, MS Excel, MS PowerPoint, Internet,	, Team Manager, and email		
SPORTS/ATHLETIC EXPERIENCE:			
 Cheyney University Swim Lesson Program September 2006 – Present Instruct swim lessons to children rangir Teach basic skills, stroke techniques an 		tor	
 Navy Swimming Camp June 2008 Supervised campers ages 8-18 at the Na swimming skills Served as resident assistant for the over 		e United States Na	aval Academy to improve
 Cheyney University Athletic Training Room September 2006-May 2007 Organized and cleaned equipment and so Delivered water coolers, water bottles, so Assisted trainers in ultrasound, icing, and 	Student Assistant supplies and medical bags to athletic fie	lds and teams	
 Upper Perkiomen YMCA May-July 2006, 2007, 2008 Coached children ages 5-18 and taught Educated athletes on proper techniques including legal starts, turns, and finishe Developed and supervised dry-land com Designed and directed water workouts Prepared meet line-ups and input data in Boyertown YMCA March 2005-August 2006 	and rules of four competitive s s aditioning programs	wimming wimming strokes, ogram	and race elements
 Instructed swim lessons to ages ranging Emphasized basic skills including, subr 	g 7 months- 12 years		breathing, and diving.

April Roma

Seeking an internship in sports medicine, athletic training, coaching, and/or fitness instruction.

3356 Oak Street 777-306-8888

OBJECTIVE:

Beeville, PA 19525 ar09@yahoo.com

Upper May-J

- - •

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 - •

Boyert

March

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- June 2 •
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Cheyn

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- •

OTHER EXPERIENCE:

Cheyney University Admissions Office September 2007-May2008

Student Office Assistant Filed various documents, organized applicant submissions, prepared mass mailings, & made campus deliveries

Chevney, PA

The Perkiomen SchoolPennsburg, PAMay-August 2006, 2007, 2008Administrative Assistant• Conducted tours of the school and performed general clerical duties

VOLUNTEER EXPERIENCE:

Servant Trip with the Southeastern Pennsylvania SynodChicago, ILJuly 2005I spent ten days in Chicago volunteering at a food depository, cat shelter, local parks and a battered women's shelter

PROFESSIONAL MEMBERSHIPS:

American College of Sports Medicine, Student Alliance Member

ACTIVITIES & AWARDS:

Cheyney University Varsity Swimming Team

- Captain 2008-2009
- 2008 MVP Award
- 2008 Swimmer of the Year, Women's Team
- 2007 Rookie of the Year Award
- 2008 All-Centennial Conference Winter Sportsmanship Team

Cheyney University Honor and Conduct Board, Member Cheyney University Student Athlete Advisory Committee, Member Gamma Sigma Sigma Service Sorority, Zeta Sigma Chapter, Vice President 2008 Alpha Lambda Delta National Honor Society for First Year Students

Functional Resume

This resume stresses skills, experience and accomplishments rather than the job held. It calls immediate attention to relevant skills and shifts the focus away from aspects of a person's background that would hinder him/her from getting past the initial screening. It is most suitable for entry-level job-seekers, job seekers who have a lot of experience in the same field, job seekers with varied work histories, and job seekers who have gaps in their employment.

Broadie M. Remy			
3921 Belfast Road Glyndon, MD 21071			410.999.2222 remy@hotmail.com
 Proficient in MS Word, th Avid reader of Supreme C Knowledge of legal vocal Familiar with governmen 			
Education: Bachelor of Arts in Political Scien York College		y 2007 rk, PA	
Honors & Collegiate Activities: Dean's List – Fall 2004 Editorial Writer for York College		Alpha Delta Pre-Law Fraternity ryland Student Legislature (Mock	General Assembly)
 Professional Skills: Legal Read, reviewed and filed petitions and motions Attended civil court proceedings Search files to obtain documents in preparation for court Administrative Answered phones and corresponded with clients and constituents 			
 Copied and filed documents, delivered mail, typed reports and wrote letters Greet customers and secure building at night <i>Legislative</i> Conducted research on environmental and legal issues Attended committee hearings on insurance related matters Participated in door-to-door canvassing and posting lawn signs Distributed campaign literature in congressional district 			
 Participated in local rallies and county fairs to promote candidate <i>Finance / Sales</i> Built a client list to solicit products to Worked in teams to secure niche market and attended sales strategy meetings Conducted research on market factors and estate building 			
Work History: Greetings & Readings Capital Financial Partners Congressional Campaigns Vector Marketing Delegate A. Wade Kach	Hunt Valley, MD Hunt Valley, MD Baltimore County, MD Towson, MD Annapolis, MD	Insurance ProducerCVolunteerAugust 20Sales RepresentativeS	Iay 2008 – Present October 2007 – March 2008 04 – September 2006 ummer 2005 005 Legislative Session

D. A. Applebaum

3222 Lane • Unit E • Miami, FL 33133 215.000.1212 • aaa@gmail.com

OBJECTIVE

To obtain employment in a Washington DC based organization that is seeking a dependable associate to improve quality of life for America's children and families

EDUCATION

Columbia University School of Social Work, New York, NY Masters of Science in Social Work, June 2002 Advanced Standing Student Concentration: Policy Practice GPA: 3.57

Western Maryland College, Westminster, MD Bachelor of Arts in Social Work, May 2001 Minor: Sociology, Concentration: Criminal Justice

PROFESSIONAL SKILLS

Project Management:

- Established and lead nine statewide coalitions to increase SCHIP enrollment
- Created and implemented a healthy lifestyles initiative for afterschool programs
- Monitored violence prevention programming in high-crime neighborhoods
- Lead Older Youth Advisory Board in the development of a new payment structure
- Managed an online resource community serving all PSS funded programs
- Established and managed program budgets

Community Development:

- Organized community partners, state agencies and businesses to reduce the number of uninsured children in the state of Florida
- Developed and maintained cooperative relationships with Philadelphia community organizations, city agencies and child welfare advocates to improve out of school time
- Evaluated, reviewed and supported twenty four year-round youth development programs
- Member of the Pennsylvania Statewide Afterschool Youth Development Network
- Provided schools, communities of faith and nonprofits with computers and training
- Managed online resource community serving Philadelphia's afterschool community

Training and Technical Assistance:

- Provided technical assistance to nine statewide coalitions through strategic planning, goal development, coalition and team building
- Trained communities on Florida Kid Care utilization and outreach
- Organized and provided youth development trainings at local and regional youth development conferences
- Provided technical assistance to twenty-four youth development programs through fiscal or program operations and recommended policy changes
- Trained as a MadDog Athletic certified spin instructor

Administration and Research

- Supervised social work students
- Managed forty AmeriCorps/ UPenn students in Bridging the Digital Divide
- Experience in grant and proposal researching and writing
- Evaluated programmatic progress and reported findings to funders including state and city agencies
- · Lead in the creation of a Development Department in a large New York City nonprofit
- Researched Best Practices in youth development to implement throughout afterschool programs

Applebaum Page 2

Case Management

- Provided crisis intervention for individuals, couples and families stranded in Philadelphia
- Linked Katrina evacuees with supports throughout the country
- Provided intensive case management to formally homeless dual diagnosis individuals and families
- Conducted psycho-social assessments
- Placed homeless individuals and families in shelters, transitional housing and residential programs
- · Presented homeless adults and children with an opportunity to reunite with family

Computer skills

- Proficient in Microsoft Office Suite
 - Ability to track and present data on Excel and Access
 - Utilized Publisher and PowerPoint for statewide training and marketing
 - Familiar with SPSS, GIS and fundraising software
- Experience researching through health data bases such as Pub Med
- Strong internet researcher

EMPLOYMENT The Lawton and Rhea Chiles Center, USF College of Public Health

The Lawton and Rhea Chiles Center, USF College of Public Health	Tampa, FL
Florida Covering Kids and Families Community Coordination Manager	10/2007 - 8/2008
	, ,
Philadelphia Safe and Sound	Philadelphia, PA
Project Manager	12/2006 - 9/2007
Program Analyst	1/2006 - 12/2006
Travelers Aid Philadelphia	Philadelphia, PA
Emergency Services Social Worker	11/2003 - 12/2005
Center for Community Partnerships at University of Pennsylvania	Philadelphia, PA
Coordinator, AmeriCorps Program to Bridge the Digital Divide	9/2002 - 12/2003
FIELD EXPERIENCE	
Center for Urban Community Services	New York, NY
Development Associate	9/2001 - 6/2002
Prologue Inc.	Baltimore, MD
Case Manager	9/2000 - 5/2001

Kate Scruggs 12 E Street Dallas, Texas 23333 999-000-7777 kate_scruggs@oop.com

Professional Goal:

To obtain a management position in the clerical field.

Education:

Oswego Community College, Oswego, NY Certificate in Business Office Management June 2000

Computer Skills:

Microsoft Office Suite, Lotus 1-2-3, Internet, Email, Typing speed of 75wpm

Professional Skills:

Management

Develop, coordinate and provide training for new students and staff Analyzed and evaluated organizational budgets Plan personnel activity policies Administer various budget tracking and compliance programs

Administration

Handled all correspondence and inquires Coordinate office services including budget preparation and control Issued and interpreted operating policies

Training

Developed and conducted training programs for organization employees Formulated teaching strategies and prepared training aids

Employment History:

1996 – Present	Ecco Staffing Services, Kansas City, MO	Office Assistant
1995-1996	Douglas Corporation, Eden Prairie, MN	Booking Clerk
1992-1995	Metropolitan Police District, Washington, DC	HR Generalist

Macy Parade

P.O. Box 555, 589 Oak Street New Windsor, Maryland 21776 (000) 315-3333 mpara@live.com

Education:

Salisbury University

May 2008

Bachelor of Arts in History and Art History Business Capstone Project on Corporate Finance and Financial Management Art History Honors Society

Computer Skills:

MS Word, MS PowerPoint, MS Excel, QuickBooks, Internet, Email, and Agent Office

Professional Skills:

Administration/ Customer Service

Correspond with mortgage company representatives and act as liaison between agents and clients Create and complete contracts between the buyer, seller and rental clients Maintain accurate and up to date records and database of clients Handle all phone inquiries and explain services to customers who place calls to the office Create and implement office related organizational systems Expedite product arrival due dates to meet customer order shipping deadlines Processed transactions such as address changes

Management

Manage Coffee Franchise/Kiosk (e.g. deliveries, open/closing duties, bank deposits) Train 12 new employees and created staff work schedules Supervised 100 residents in apartment style housing Acted as First Responder for campus incidents by coordinating efforts with campus safety officers

Sales/ Finance

Made sales calls to international pool buyers Made bank deposits, closed and balanced register tills Handled customer financial records

Event Planning/ Marketing

Designed promotional materials (e.g. coupons, mailers, fliers, brochures, postcards) Organized and assisted with community activities and promotional spots for the radio Design advertisements and research the most cost effective methods of advertising (magazines, internet) Organized Habitat for Humanity volunteer work trips

Work History:		
Re/Max Advantage	Realtor, Office Manager and Personal Assistant	2008-Present
British Metrics	Sales Person	2006-2008
McDaniel College	Resident Assistant	2004-2008
DRD Pools	Manager and Operator	2007-2008
Maui Wowi	Franchise Manager	2004-2006
Baugher's Farm Market	Cashier	2001-2008
Buffalo Wild Wings	Server	2007-2008
Davidson Tree Farm	Sales Person	2001-2008

Resume Tips and Techniques

Although there are no rules to the game of resume writing, there are certain expectations and a few standards to live by.

CONTENT

Always write in the first person, dropping the word "I" from the front of each sentence. This assumes ownership and gives your resume a more assertive and professional tone.

Try not to use phrases such as "responsible for" or "duties included." These words create a passive tone and style. Instead, use action verbs to describe what you did. For a list of action verbs, please see p. 22.

Don't use acronyms—they'll just confuse some people. Instead, spell out all titles, organizations, etc. first and then use acronyms in proceeding occurrences.

FORMATS

Most often, resumes are written in a bulleted format, a paragraph format, or a combination of both. Following is a list of the advantages and disadvantages of each format. (Enelow and Kursmark, 2003).

Paragraph

Advantages: Requires the least amount of space on the page because they are brief, succinct, and to the point. *Disadvantages:* Achievements get lost in the text. They are not visually distinctive, nor do they stand alone to draw attention to them. Employers have to search through lines and lines of text to determine your qualifications.

Bulleted

Advantages: Quick and easy to peruse. Employers can scan through the bullets easily. Allows you to rank your achievements and qualifications in the order of importance as it relates to the job you are seeking. *Disadvantages:* Uses more space on the page. Achievements are lumped together with responsibilities.

Combination

Advantages: Clearly presents overall responsibilities in the introductory paragraph and then accentuates each achievement as a separate bullet.

Disadvantages: If you don't have clearly identifiable accomplishments, this format in not effective. It may also draw attention to the positions where your accomplishments were less notable.

PRESENTATION

Presentation refers to the way your resume looks. That is the fonts you use, the paper you print it on, any graphics you might include, and how many pages your resume is. Make sure you use a high quality printer. Keep your margins even, your format consistent, your headings similar and your sentences short. List your info in reverse chronological order from most recent to least recent.

Typestyle: Use a font that is clean, conservative, and easy to read. Refrain from anything that is too fancy, glitzy, curly, and the like. Here are a few recommendations:

Times New Roman	Tahoma	Arial	Book Antiqua
Bookman	Century Schoolbook		Century Gothic
Garamond	Gill Sans	Lucida Sans	Verdana

Your choice of typestyle should be determined by the content, format, and length of your resume. Some fonts look better than others at smaller or larger sizes and some require more white space to make them readable. After you write your resume, experiment with a few different fonts to see which one best enhances your document (Enelow and Kursmark, 2003).

Type Size: Readability is everything! If the type size is too small, your resume will be difficult to read and difficult for employers to skim for essential information. Too large font size can give a negative impression by conveying a juvenile or unprofessional image. As a general rule, select type from 10-12 points in size.

Type Enhancements: Bold, *italics*, <u>underlining</u>, and CAPITALIZATION are ideal for highlighting certain words, phrases, achievements, projects, numbers, and other information you want to draw special attention to. However, do not overuse these enhancements, for if your resume becomes too cluttered, nothing will stand out (Enelow and Kursmark, 2003).

NOTE: Electronic and scannable resumes have specific restrictions on typestyle, size and enhancements.

Page Length: Experts advise that you keep your resume to one or two pages. This same rule applies to managers and executives. However, sometimes it can be difficult to include all relevant information in just two pages. In situations like this, let the amount of quality information you have to share be the determining factor in the length of your resume. If you create a resume that is longer than two pages, make it more reader-friendly by carefully segmenting the information into separate sections. Place running headers on each page indicating your name and page number. This helps recruiters keep all of your pages together and separate from other applicants (Enelow and Kursmark, 2003).

NOTE: A resume is a snapshot of your skills and experience. It does not have to list everything you've ever done. What it should do is entice the reader's interest and attract prospective employers. It's in the interview where you get the chance to further elaborate and explain your skills to an employer.

Paper Color: Be conservative. White, ivory, and light gray are acceptable. Other flashier colors and/or scented papers are inappropriate.

White Space: Again, readability is everything! If employers struggle to read your resume, they simply won't make the effort. Therefore, be sure to leave plenty of white space (Enelow and Kursmark, 2003).

Accuracy and Perfection: One of the most critical steps in resume writing is the proof-reading stage. It is essential that your resume be well written, visually pleasing, and free of any errors, typographical mistakes, misspellings, and the like. Proofread your resume a minimum of three times, and then have two or three other people also proofread it. Your resume is an example of the quality of work you will produce on a company's behalf. If your resume has errors and inconsistencies, it communicates to a prospective employer that you are careless (Enelow and Kursmark, 2003). Keep it simple, be honest and don't forget to edit!

List of Action Verbs

Use action verbs to highlight skills the employer needs.

Advised	Expanded	Ordered
Analyzed	Founded	Planned
Administered	Formulated	Persuaded
Arranged	Filed	Purchased
Audited	Financed	Presented
Assessed	Gathered	Promoted
Built	Guided	Printed
Budgeted	Headed	Programmed
Coordinated	Improved	Publicized
Computed	Informed	Researched
Copied	Inspected	Reviewed
Communicated	Interpreted	Recommended
Calculated	Interviewed	Reported
Constructed	Implemented	Sold
Classified	Investigated	Solved
Designed	Instructed	Scheduled
Developed	Initiated	Summarized
Diagnosed	Increased	Supervised
Directed	Lectured	Supplied
Displayed	Maintained	Targeted
Discovered	Managed	Trained
Edited	Mediated	Translated
Established	Monitored	Typed
Evaluated	Negotiated	Updated
Examined	Operated	Upgrade

Sample Career Objectives

Your career objective sets the theme for your resume. The following career objectives are listed to serve as a guide. Preparing a career objective is a very personal process. Many interviewers will ask you to clarify or elaborate about your statement, so it's to your benefit to feel comfortable with the phrasing and meaning of your career objective.

Accountant

Accounting position in budgeting or cost auditing with a growing corporation utilizing experience in computerized accounting systems.

An entry level position in the field of accounting leading to managerial responsibilities.

Advertising

A position in media using analytical skills to determine and plan effective media buying.

Arts Administration

Position with community-based arts organization involving public relations, marketing, and promoting performances and exhibits.

Banking

Management trainee position involving exposure to comprehensive bank functions and operations using analytical and organizational skills.

Broadcasting

Broadcasting position using experience in copy editing and writing news releases.

Chemical Engineering

Technical position in plastics or specialty chemicals also offering customer relations and troubleshooting duties.

Computer Programming

Programmer or systems analyst position using quantitative and mathematical training, with special interest in marketing and financial applications.

To use computer science training in software development for designing and implementing operating systems.

Communications

Trainee position in public relations department involving copy editing, proofreading, and publication coordination.

To utilize my health policy and media background as a public relations specialist.

Consumer Products Sales

Sales representative with a consumer products organization. Eventual goal is marketing management with involvement in training, advertising, and market research applications.

Seeking employment as a customer services specialist in the health insurance industry.

Criminal Justice

Position in corrections management involving experience with juvenile protection and judicial systems, including court liaison activities.

Electrical Engineering

Initial placement in electronic design involved with research development, testing, and evaluation.

Finance

Position in finance utilizing analytical and communication skills.

Foreign Language

Position in Multinational Corporation involving sophisticated written and oral bilingual skills in Japanese and Korean. Specific interest in translation of computer programs and manuals.

Graphic Design

Position in art department with specific interest in technical illustration for industrial clients.

Health Care System

Mid-level position in privately owed health care service involving cost accounting, insurance programs, and computerized record keeping.

History

Position with historical conservation department of a municipal or county agency using knowledge of federal regulations and historical research techniques.

Human Resources

To obtain a human resources position this will lead to opportunities in benefits administration.

Marketing

Entry-level position in direct mail or point-of-purchase marketing, leading to a supervisory position.

Mechanical Engineering

Technical assignment in vibrations study and stress analysis, eventually becoming a project manager.

Newspaper Reporting

A reporting position with a daily or weekly newspaper involving spot news, investigative reporting, and feature writing.

Operations Management

Entry position in industrial products offering experience in sales, procurement, and physical distribution.

Personnel

Personnel assistant in health care facility requiring knowledge of labor relations, benefit programs, and wage administration.

Public Relations

Entry-level position on public relations staff utilizing interests in photography, copywriting, and preparing press releases.

Retail Management

Merchandise management position leading to a senior buying position.

Sales Representative

Representative for an insurance company using communication, organization, and marketing skills.

Social Service Agency

Client-service position involving communication skills and knowledge of federal and state assistance programs as well as private providers. Specific experience and interest in geriatric and adolescent services.

Volunteer Work

A volunteer services position with an emphasis on community mental health.

The Three Rs

The three R's of resume writing are Research, Research, and Research. You must know what the prospective company does, what the position involves, and whether you will be a fit, before submitting your resume. And that means doing research – about the company, about the position, and about the type of employee the company typically hires.

Research the company. Read whatever literature the company has placed in the career library, on the Internet, or even more directly, call the company. Ask for the literature it may have, find out how the company is structured, and ask what qualities the company generally looks for in its employees. Ask if there are openings in your area, and find out the name of the department head and give him or her a call. Explain that you are trying to decide whether to apply to their company, and ask for their recommendation for next steps. Thank that person for the information, and ask to whom your resume should be directed.

Research the position. The more you know about the position, the better able you will be to sell yourself and to target the resume to that position. If possible, interview someone who does the same job. In addition to finding out the duties, ask if there is on-the-job training, whether they value education over experience (or vice versa), and what kind of turnover the department experiences. Ask what they like about the position and about the company; more important, ask what they don't like.

Research yourself. Your goal is not just to get a job. Your goal is to get a job that you will enjoy. After you find out all you can about the company and the position, ask yourself honestly whether this is what you really want to do and where you really want to be. You probably will hold this position for no more than two or three years, so it's not a lifetime commitment; however, this first job will be the base of your lifetime career. You must start successfully so that future recommendations will always be positive. Furthermore, three years is a long time to spend doing something you don't like, working in a position that isn't challenging, or living somewhere you don't want to live.

Once you have done this research, you will sell yourself more effectively. Most employers devote an average of 15 to 30 seconds reading a resume, so it is your responsibility to make it attractive, readable and informational. Remember, the resume can only get you the interview; the interview gets you the job.

COVER LETTERS

WHAT ARE THEY?

A form of written communication that accompanies the resume.

WHAT FUNCTIONS DO COVER LETTERS SERVE?

- Provide your full name, address, and telephone number so the employer can reach you;
- Tell the employer how you heard about the job;
- Tell why you are interested in the job;
- Call attention to your resume (but does not repeat what is in it);
- Express an eagerness to interview; and
- Thank employers for their consideration of your application

WHAT ARE THE BASIC PARTS TO A COVER LETTER?

- Your address
- Today's date
- Name and address of the person/organization you are contacting
- Salutation
- Paragraph # 1 Explains why you are writing
- Paragraph # 2 and 3 Explains how your skills relate to the job you are applying for
- Paragraph #4 Requests a reply or interview
- Complimentary closing
- Your signature
- Your typed name
- The word "Enclosure"

HOW IS THE COVER LETTER STRUCTURED?

Your street address City, Sate, Zip Code Phone number		
Today's Date		
Employer's name and title Employer's street address	_	ssible, use the oyer's name
City, State, Zip code Dear Employer's name:		

Paragraph 1: State the specific position or type of work for which you are applying and mention how you heard of the opening. When you don't know if the company has vacancies, use this paragraph to inquire about possible employment opportunities.

Paragraph 2 -3: Explain how your skills relate to the job for which you are applying. If you have had relevant work experience or related education, be sure to point it out but do not reiterate your entire resume. Do this in a confident manner and remember that the reader will view your cover letter as an example of your writing skills.

Paragraph 4: Let the reader know when you would be available for an interview. In closing, thank the reader for reading your letter and taking the time to consider your application.

Sincerely,

Your Handwritten Signature

Your typed name Enclosure

This lets the reader know that a resume is attached

TYPES OF COVER LETTERS

I. COLD COVER LETTERS

A letter written to an organization inquiring whether they have vacancies in your career field.

II. TARGETED COVER LETTERS

A letter written to an organization that details the exact position you are seeking. Usually it is a response to an advertisement.

III. FOLLOW UP COVER LETTERS / THANK YOU LETTERS

A letter written to the employer who conducted your interview. This letter reminds the interviewer why you are the best choice for the job. It repeats what they told you concerning when you would be hearing from them. And, it thanks them for their time.

Follow-up letters are also used after you talk with or meet with someone who has provided you with a job lead.

Once you have landed a job, a follow-up letter shares the good news with the people who have helped you. It tells them the name of the company you work for and thanks them for their help.

IV. REFERRAL COVER LETTERS

Suppose you are talking to a friend of a friend and they suggest you call someone else they know that could use a person with your skills. That is called a referral. The friend is sending you, or referring you to someone else.

V. NETWORKING COVER LETTERS

Written to generate Informational Interviews, which allow you to obtain job search advice in a specific career area.

VI. ACCEPTANCE COVER LETTERS

This is written to officially accept a job offer, confirm the terms of employment, and reinforce the employer's decision to hire you.

VII. WITHDRAWAL COVER LETTERS

This is written to inform an employer that you have accepted another offer or that you will not be accepting their offer and that you withdraw your application from further consideration.

QUICK REMINDERS

WHEN YOU SIT DOWN TO WRITE A COVER LETTER, YOUR JOB IS TO GET THE EMPLOYER'S ATTENTION. YOU CAN GUIDE THE EMPLOYER BY USING PHRASES SUCH AS:

- According to my resume, I have experience in...
- My background shows that I am highly skilled and trained in...
- While at Bill's Auto Shop, I was promoted twice, named Employee of the month, etc.]
- Through my work experience I have acquired the following skills...
- I am enthusiastic, motivated, and have a strong drive for success.
- My communication skills, both orally and written are...

OTHER REMINDERS:

- Never address a letter "To Whom it May Concern."
- Do not say "Mr. Wright referred me to you" unless it is true and unless Mr. Wright has given you permission to use his name.
- Keep copies of all the letters that you send out.
- Customize each cover letter, making it fit the company.
- Make sure the letter is typo-free, that all spelling is correct, and that it is on the same quality paper as your resume.
- Type your cover letter in the same font as your resume, making sure it is properly aligned from top to bottom and left to right.
- Keep your sentences short and straight to the point.
- Write as if you are actually talking to the reader.

Sample Cold Cover Letter

345 Flower Street Millsville, Alabama 78967 999-666-7777

October 1, 20XX

Mr. David King, Vice President Best Hotels 4515 Sand Street Scottsdale, Alabama 78965

Dear Mr. King:

I am writing to inquire about possible job opportunities within your company.

As my resume indicates, I have worked as a HR Generalist at Motels In-The-Sand for two years. My duties included resolving complex personnel problems, developing an annual budget and keeping accurate records of all contracts, purchase orders and budgetary expenses.

My master's degree in marketing atop a bachelor's in business management, plus my three years in customer service at the Holiday Inn have provided me with the necessary skills and knowledge required for the field of business.

I welcome the opportunity to meet with you to discuss how my qualifications could benefit your company.

Sincerely,

Patrick Paul

Patrick Paul Enclosure

Sample Targeted Cover Letter

780 Beacon Road Walden, Nevada 45678 777-888-4343

January 25, 20XX

Mary Silver, Director of Human Resources Wainwright Finance 430 Airmont Avenue Airport, Nevada 45688

Dear Ms. Silver:

I'm interested in the Customer Service Representative position advertised in the January $22^{\rm nd}$ Walden Times.

My past employment as a counter clerk and salesperson helped me develop a very successful manner of dealing courteously with the public. Even under stressful or busy circumstances, I have the ability to remain polite and unruffled, and still get the job done.

Qualities I will bring to Wainwright Finance include:

- Quick learner
- Pleasant voice and phone manner
- Work well independently and as a team player

I am available for an interview at your convenience and would appreciate the opportunity to further discuss this position with you. Thank you for considering me for this position and I hope to hear from you soon.

Sincerely,

Toni Parker

Toni Parker Enclosure

Sample Thank You Cover Letter after the Interview

1234 Flower Parkway Baltimore, Maryland 21255 410-222-1922

April 7, 20XX

Ms. Marlo James, Director Falcon Crest Publishing 12 East Madison Street Baltimore, Maryland 21345

Dear Ms. James:

I want to thank you very much for interviewing me yesterday for the Associate Engineer position. I enjoyed meeting you and learning more about your research and design work.

My enthusiasm for the position and my interest in working for AES were strengthened as a result of the interview. I think my education and internship experiences fit nicely with the job requirements, and I'm sure that I could make a significant contribution to your organization over time.

I am excited about the possibility of becoming a member of your team. You provide the kind of opportunity I seek. Please feel free to call me at 410-222-1922 if I can provide you with any additional information. I look forward to hearing from you.

Again, thank you for the interview and your consideration.

Sincerely,

John Parks

John Parks

Sample Follow-Up Letter After the Job Lead

25 Flood Street Walden, Illinois 60778 782-777-0000

March 2, 2007

James Bonnomi 59 Quincy Avenue Parkville, Illinois 60771

Dear Mr. Bonnomi:

Thank you for your time yesterday when we spoke about your experience in customer service. You were very patient in helping me understand all the kinds of jobs that I might be qualified to fill.

Thank you so much for the ideas about contacting companies like LaSalle Investments, and for Mrs. Leona Brady's name. When I contact her, I will use your name, as you have so kindly permitted me to do.

When I do get a job, I will be sure to let you know.

Sincerely,

James Johnson

James Johnson

Sample Referral Cover Letter

67 Oak Street Washington, DC 20007 202-555-9999

October 17, 20XX

Dr. Hillary Jones Department of History American University 452 College Street Washington, DC 20009

Dear Dr. Jones:

Dr. Anthony Black, History Professor at the University of Florida, suggested that I contact you regarding possible faculty positions in your department.

My background includes a Bachelor's in Education, Master's in Teacher Leadership and Development and a Ph.D. in History. I have taught History at both the high school and college levels for well over 15 years. I was founder of the Coalition for Students interested in History and have conducted several pilot studies.

I have enclosed a copy of my curriculum vitae along with a list of my published studies and articles. I look forward to meeting with you and thank you for your consideration.

Sincerely,

Dr. K.athy Myers

Dr. Kathy Myers Enclosure

Sample Networking Cover Letter

112 Walker Avenue New York, New York 11111 555-555-5555

June 21, 20XX

Ms. B. Friendly Associate Media Planner What-U-Want Company 001 Park Avenue New York, New York 11115

Dear Ms. Friendly:

I was delighted to find your name in the Anne Arundel Community College Alumni Career Network listing as I am seeking a chance to speak with an experienced professional regarding career opportunities in advertising and public relations. I completed an internship with a local advertising company, last summer, and gained an overall understanding of the business. However, I would like to learn more about the national and international advertising market place and would appreciate hearing your perspective.

I would greatly value the possibility of talking with you about your work and your point of view on effective job search strategies for entry-level positions in the advertising field. I will call you next week to see if we might be able to arrange a convenient time to talk. In the meantime, feel free to contact me at 555-555-5555. Thank you for your time and consideration.

Sincerely,

Jennifer Tolds

Jennifer Colds

Sample Acceptance Cover Letter

41 Pine Drive Fair Haven, New Jersey 07171 777-999-0000

May 15, 20XX

Mr. B. Flat General Manager WZXY Radio Super Station 1 Media Tower Fairfax, Virginia 01255

Dear Mr. Flat:

It is with great pleasure that I accept the position of Production Assistant that we discussed on May 13th. I am confident that I will make a valuable contribution to the production team at WZXY and I am grateful for this exciting opportunity to join the staff of The Super Station.

Per our conversation, I will report to Ms. Binley in the Human Resources office on Monday, June 3rd. I plan on arriving in Virginia next week to begin apartment hunting. As you recommended, I will contact Mr. Rayburn to seek his advice on temporary housing options.

Thank you for your assistance during the interview process. I am very excited about my new responsibilities at WZXY and look forward to joining your staff.

Sincerely,

Melissa Miller

Melissa Miller

Sample Withdrawal Cover Letter

31 Spruce Place Pine Needle, Michigan 33333 777-000-8888

June 10, 20XX

Ms. Gayle Storm Customer Relations Manager ABC Financial 420 Port Street Baltimore, Maryland 24444

Dear Ms. Storm:

I am writing to inform you that I wish to withdraw my name from the applicant pool for the Client Services position as I have accepted another job offer. My decision was difficult, as the Client Services position with your firm seemed challenging to me.

I very much appreciate your full consideration of my application and the time you took explaining the position to me on my interview day. I was impressed with your company's mission statement and corporate culture. Best wishes to you as you continue the hiring process. Thank you, again, for your consideration.

Sincerely,

Thris Black

Chris Black

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