Welcome to Career Services at Kirkwood Community College. This Guide is just one of the many services we offer our students, alumni and community members. Let us help you find a major, look for a job or search for a new or different career.

Career Services is located on the first floor of Iowa Hall at the main campus in Cedar Rapids. You can participate in credit classes, workshops and receive individualized assistance during day and evening hours. Our Job Club is a place where job seekers go to share ideas, network with others and view job listings. It is a resource facility providing computer accessibility, telephone service and related workshops. Many participants begin by attending the evening Career Directions Workshop.

We have developed on-line services to supplement our face-to-face offerings. Employers post job openings and students/alumni post resumes on our Jobs Website at www.kirkwood.edu/jobs. We have developed links to other sites to assist in your career search and can refer you to additional career search and job seeking skills websites.

Our goal is to help you be successful. I wish you the best of luck in your career search.

Sincerely,

Bob Burnes
Dean of Students
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Introduction
Campus and Community Resources

Career Services Center
Danielle Ebaugh, Career Services Coordinator 398-5689; Morris Pounds, Counselor 398-5654
115 Iowa Hall; Kirkwood Community College

Services offered through Kirkwood’s Career Center:
Career exploration – choosing a major, researching career
Interest/personality assessments
Help finding jobs and internships
Job Club
Resume/cover letter help
Interviewing skills
Online job board
Career fairs
On campus interviews
Job Seeking Workshops/Credit Class

Iowa Vocational Rehabilitation Services (319) 294-9308 or KCC Voc. Rehab Phone (319) 398-4925
Main Office 4403 1st Ave SE, Cedar Rapids, IA or KCC Campus Iowa Hall 123
The on-campus rehabilitation counselor provides specialized assistance to eligible Iowans with disabilities through the Iowa Division of Vocational Rehabilitation Services (IVRS).

Available assistance and services include:
- Medical and psychological assessment
- Counseling and guidance
- Physical or mental restoration services (therapy, wheelchairs, hearing aids)
- Special adaptive equipment or devices
- Job placement coordinating
- Financial assistance arrangements

Kirkwood Skills-to-Employment/IowaWORKS offers employment and training resources for dislocated Workers and income-eligible adults and youth in Linn, Johnson, Jones, Cedar, Benton, Iowa, and Washington counties. Training sponsorships may be available for those who meet eligibility criteria and demonstrate financial need.

Staff Assisted Core Services
- Career exploration assistance
- Job search and placement assistance, including career counseling
- Workshops and job clubs

If employment leading to self-sufficiency is not achieved through staff-assisted services, then more intensive services can be provided.

Intensive Services
- Comprehensive and specialized assessments of skill levels and service needs, including diagnostic testing and other use of assessment tools, and in-depth interviewing and evaluation to identify employment barriers and intervention measures
- Development of an in-depth interviewing and evaluation to identify employment goals and the steps necessary to achieve employment goals
- Group counseling and career planning
• Skills upgrading
• Service management for participants seeking training services
• Workshops addressing resume writing, interviewing skills and professional etiquette to prepare participants for employment or training
• Training to learn occupational skills
• Entrepreneurial training
• Remedial and Basic Skills academic training

Support Services
Services such as transportation or childcare necessary to enable an individual to participate in Workforce Investment Act intensive services may be provided. The ability to provide support services is based on budget availability and the financial needs of the participant.

To see if you qualify, contact your local WIA consultant today!

Richard Grugin
Kirkwood Community College
1700 South 1st Ave. Suite 22
Iowa City, IA 52240
(319) 365-9474 or 354-2272
richard.grugin@iwd.iowa.gov

Julie Luck
Kirkwood Community College
Iowa WORKS Center
4444 1st Ave NE
Suite 436
Cedar Rapids, IA 52402
(319) 365-9474 ext 31127
julie.luck@iwd.iowa.gov

Tammy Cronin
Kirkwood Community College
Iowa WORKS Center
4444 1st Ave NE
Suite 436
Cedar Rapids, IA 52402
(319) 365-9474 ext 31164
tammy.cronin@iwd.iowa.gov

Or contact: Carla.andorf@iwd.iowa.gov or send inquiry to Skills to Employment, 4444 1st Ave NE, Suite 436, Cedar Rapids, IA 52402. Telephone: (319) 365-9474 ext 31107
Other local resources (off-campus)

**Promise Jobs, (319) 365-9474**
"Promoting Independence and Self Sufficiency through Employment" is Iowa's welfare reform program. PROMISE JOBS is designated to assist Family Investment Program (FIP) recipients to become self-sufficient. Promise Jobs staff persons are located in Cedar Rapids and Iowa City and they provide services to Benton, Cedar, Iowa, Johnson, Jones, Linn and Washington counties.

A number of activities are available to PROMISE JOBS participants including:

- Family Investment Agreement
- Life Skills/Assessment
- Job Club
- Basic Education
- Post-Secondary Classroom Training
- Parenting Skills
- Family Development Services
- Family Planning Services
- Monitored Employment

**Benton County**

Kirkwood Center
111 West 3rd St.
Vinton, IA 52349
319-472-2318 (Thursdays)

**OR**

319-365-9474, ext. 31168 in Cedar Rapids

**Cedar County**

Kirkwood Center
401 West 9th St
Tipton, IA 52772
319-365-9474 (Fridays)

**Iowa County**

Kirkwood Center
200 West St.
Williamsburg, IA 52361
319-330-0199

**Johnson County**

Eastdale Plaza
1700 1st Avenue, Suite 22
Iowa City, IA 52240
319-354-2272
Fax: 319-354-0670
Jones County
Jones Regional Education Center
220 Welter Dr.
Monticello, IA  52310
319-365-9474

Linn County
Iowa Works
4444 1st Ave NE
Suite 436
Cedar Rapids, IA 52402
(319) 365-9474

Washington County
Kirkwood Center
111 Westview
Washington, IA 52353
319-330-0199

IowaWORKS  http://www.iowaworkforce.org
Iowa WORKS has many offices that can help you with job searching, unemployment claims, skills
development, support and testing services, job searching and placement, workshops and basic skills training.

Locations:
Cedar Rapids
4444 1st Ave NE
Suite 436
319-365-9474

Iowa City
1700 S. 1st Ave - Suite 11B
319-351-1035

Washington
1201 Industrial Park Dr
319-653-4787

Experience Works, Inc.
Experience Works is a national, nonprofit, community-based organization whose mission is to put the
experience of older individuals to work. Originally named Green Thumb, and chartered in 1965 as a small,
rural demonstration program, Experience Works has grown to be the nation’s leading provider of training,
employment, and community service for low-income older people.

Our Vision of Experience Works:

To be the Recognized National Leader in Senior Workforce Solutions and a Major Contributor within the
Broader Population.
We will do this by:

- Providing older individuals and others with skills and opportunities to enhance their employability, performance, and life satisfaction;
- Providing employers with skilled, reliable, and experienced employees to maximize their competitiveness in a changing business environment;
- Meeting community needs through the involvement of our employees and program participants;
- Increasing awareness of older worker issues and building support for policies that are responsive to the needs of a rapidly aging workforce; and
- Cultivating a company culture built on professionalism, courtesy, and high performance, and that values continuous learning, innovation, and improvement.

Location: 4444 1st Ave NE, Suite 436, Cedar Rapids, IA 52402 Phone (319) 365-9474
Career “To Do List”

Prepare for life after graduation NOW!
These are some suggested guidelines for staying on track with your career goals.

First Year To-Do List:

- Visit the Career Services Center and learn about the different services available to you
- Take an assessment and/or meet with a counselor to clarify career goals
- Research careers that interest you and decide on a college major
- Visit with your academic advisor to map out coursework for your career plan
- Participate in volunteer activities and/or student organizations to learn useful skills
- Create a resume
- Consider working part-time or interning in a job related to your major during the Summer or during the school year
- Attend Kirkwood’s JOBS 411 event
- Attend a career fair to visit with potential employers
- Register on Kirkwood’s Job Website at www.kirkwood.edu/jobs
- Conduct an Informational Interview (See Page 13)

Second Year To-Do List:

- Attend a career fair to visit with potential employers
- Develop a plan to move toward your career goals
- Conduct an Informational Interview (See Page 13)
- Research companies/organizations if you will enter the job market upon your Kirkwood graduation
- Narrow down the specifics you are looking for in a job
- Polish your resume
- Learn how to write cover letters
- Practice your interviewing skills
- Attend Kirkwood’s JOBS 411 event
- Visit the Career Services Center for assistance with any of the above
Find Direction for your Career Path
Career Exploration Assessments

Need help deciding on a major or career? Taking a career assessment may help.

Myers-Briggs Type Indicator
This tool measures your personality style, including what energizes you, your attention to detail, your risk-taking comfort level, and how you make decisions. The assessment will help you gain a better understanding of your personality, and help you identify career fields that may be a good “fit” for you. This assessment is offered in a workshop format only. (See below for workshop dates)

I Have A Plan Iowa
This assessment measures your interests in different career-related subjects. To receive the greatest benefit from this assessment, attend a workshop where you can take the assessment and learn how to apply the results. (See below for workshop dates).

For Career Exploration Workshop dates/times: Stop by 115 Iowa Hall or visit our website for dates and times of workshops. Go to: www.kirkwood.edu/careerservices, and click on Career Workshops.

Other Free Online Assessments are also offered through websites that are not affiliated with Kirkwood. For a listing of these sites, visit http://www.careerinfonet.org. Then go to Career Tools > Career Resource Library > Career Assessment > Free Online Assessments and Tests.
Career Research

Once you’ve started to gain a more thorough understanding of yourself (your strengths, personality, interests, abilities, and values) your next step is to find a career that fits you. This will take some time but there are many resources available to help you.

Ways to research careers

- **Online** – The internet is a great starting place for researching a wide range of career fields (See below for recommended web sites)
- **Internships** – Short term professional work experiences (i.e. internships) are a great way to “try on” a career field. (See pages 14)
- **Job shadowing** – Sometimes professionals will let you follow them around for a day or two. This can give you a taste of what the job environment is like.
- **Related experiences** – Your part time job, volunteer work, or involvement in organizations may also help you better understand certain career fields.
- **Informational interviewing** – One way of researching careers is to interview people who are in the career field you are interested in. (See page 13)

Career Research Websites

- **The Occupational Outlook Handbook** has an online catalogue of information on hundreds of careers. Includes information on the training and education needed, earnings, expected job prospects, what workers do on the job, and working conditions. [http://www.stats.bls.gov/oco](http://www.stats.bls.gov/oco)
- **O*NET** is an online database of career information. With O*Net, you can select skills you have, and search for a career to match your skills. You can also search by keyword. [http://online.onetcenter.org](http://online.onetcenter.org)
- **Salary.com** has information about salaries, including low, median, and high range salaries. [www.salary.com](http://www.salary.com)
- **Get That Gig** provides profiles of people working in a wide range of career fields. [http://www.getthatgig.com/](http://www.getthatgig.com/)
- **America's Career InfoNet** has information about particular occupations (training, outlook, earnings); particular geographic areas, trends, and resources. [http://www.acinet.org](http://www.acinet.org)
- **Click on My Career** is a Cedar Rapids/Iowa City website with information about careers generally available locally. Includes real profiles and job descriptions of professionals in the area. [http://www.clickonmycareer.com](http://www.clickonmycareer.com)
- **Career Voyages** is a user friendly website. You can research careers and get helpful tips on where to begin planning your career, including searching for college programs and financing your college expenses. [http://www.careervoyages.gov](http://www.careervoyages.gov)
- **What can I do with a major in ____________?** Find out what you can do with a specific major [http://career.utk.edu/students/majors.asp](http://career.utk.edu/students/majors.asp)
Informational Interviewing

Informational Interviewing is a great way to learn about a career field that interests you. You can gain a lot of insight and also develop valuable contacts that may help you in the future. Here’s what you do:

1. **Find someone** who does something that sounds interesting to you. You can use the yellow pages, internet search engines, company websites, friends, and professional organizations to identify possible contacts. Your counselor or career services coordinator can help you brainstorm. *TIP: Professionals from smaller, lesser-known organizations generally receive fewer requests for information and may be more willing to help.*

2. **Contact the person** you’d like to interview. Let them know that you are a Kirkwood student researching careers. Ask if they would be willing to help you out by letting you interview them about their career path. Let them know it will take 20-30 minutes. *NOTE: Make sure it only takes 20-30 minutes.*

3. **Prepare a list of questions**, guided by what you would like to learn from the interview (see sample list below).

4. **Dress appropriately and arrive 10-15 minutes early.** Bring a copy of your resume in case it is requested. Remember that your purpose is gathering information, not searching for a job.

5. **Keep a record** of the information you gained from the experience. Reflect upon what you learned. Does it still seem like something you’d enjoy? Also, keep a record of the contact information for each person you interview because you may need it in the future.

6. **Send a Thank You note!** The person you interviewed is probably a very busy person and generously gave you one-half hour of time, free of charge. Show your appreciation with a short thank you note.

Sample Questions for an Informational Interview

1. Could you describe the career path you took to arrive in your current position?
2. What is a typical day like for you? A typical week?
3. What are your main responsibilities? How much time do you devote to each activity?
4. What are some typical high pressure situations you deal with?
5. What are the most rewarding aspects of your job?
6. What are the most challenging aspects of your job?
7. What would you most like to change about your position?
8. How has this career field changed in the last several years?
9. What changes do you foresee in the next few years?
10. What character qualities/skills are important to have to be successful in this field?
11. How can I obtain these skills/qualities?
12. What educational experiences would be helpful to one hoping to enter this field?
13. What educational experiences did you find helpful in preparing for this job?
14. What are some common entry-level positions in this field?
15. How much travel or relocation is required?
16. Are you happy with your salary?
17. How difficult would it be for you to change to a similar job in another industry or setting?
18. What are your future career goals? Are these common goals for your field?
19. What are the actual hours you put in during a given week?
20. Would you be willing to look at my resume/portfolio and give me some tips or advice on how to improve it?
21. Would you recommend anyone else in this field for me to talk to?
Internships

Why Do Them and How to Look for a Good One

An internship is a temporary job doing professional work in a field that interests you.

Internships are required for some Kirkwood programs. Check with your academic department for more information.

An internship can help you:
- Apply what you are learning in class to real world situations
- “Try on” a career to see if it’s a good fit
- Work alongside professionals in a career that interests you
- Develop valuable career contacts
- Build your resume
- Learn useful skills
- Gain confidence in your abilities
- Obtain a full-time position
- Gain the experience you need to obtain a full-time job

How to find an Internship
- The Career Center (115 Iowa Hall) does not set up internships; however, we can assist you in the Job Seeking Skills process in locating internships.
- Attend a career fair at Kirkwood. Call 398-5689 or stop by 115 Iowa Hall for dates.
- Check Kirkwood’s online job board (www.kirkwood.edu/jobs). Many “part-time” or “summer” jobs could actually be considered internships. (See page 89)
- Research organizations you’d like to intern with and send each of them a specific letter of inquiry (see pages 75 and 76). Follow up a week later with a phone call, to see if they are open to the idea of having you as an intern.
- Ask your professors, friends, family, and advisor for internship ideas and/or leads.

Nationwide Internship Listings Online
- Internship Programs.com: http://internships.wetfeet.com
- Rising Star Internships: http://www.rsinternships.com

Internship Tips
- Make sure you will be doing a significant amount of professional work, and not just fetching coffee.
- Some internships are paid, some are unpaid. When selecting an internship, consider not only the amount you’ll be paid, but more importantly the quality of experience you will gain.

Other ways to get experience
- Part-Time Jobs – Some part-time jobs involve duties related to your professional field. Even if your part-time job does not qualify as an internship, you may still be able to learn new skills and meet professionals in your field.
- Volunteer – Are there any organizations that could use your skills? Many organizations need people to plan events, organize activities, raise funds, create marketing campaigns, analyze budgets, etc. If you volunteer your services you will be able to gain practical experience and add to your skill set. (Of course, you’ll also be contributing to the well-being of your community!)
• **Get involved with a campus organization** - Develop your leadership, communication, and organizational skills by getting involved in one of Kirkwood’s student organizations. Manage a budget, make posters, lead meetings, plan events, sell things, recruit new members, organize fund-raisers, or be an activist. You will gain valuable skills through any of these activities. Check with Student Life on second floor of Iowa Hall for more information.

• **Make up your own projects** - If you can’t find anyone that needs what you have to offer, make something up! Write reports, create artwork, make up a business plan and marketing strategy, or build / fix something. You can talk about these projects during an interview, or you can compile your projects into a portfolio displaying your work and proving your skill level. (Some majors lend themselves to this more easily than others.)
Career Related Writing
Overview of Different Types of Career-Related Writing

Resume: A concise summary of your most relevant educational, work, and volunteer experiences.

*Types of Resumes:*
- **Chronological** – Organized in reverse chronological order (with most recent jobs first). This is the most widely accepted format. (See pages 20 & 26 - 41)
- **Functional** – Organized by skill, often used to draw attention away from a large gap in employment history. (See pages 21 & 42 - 44)
- **Computer Scanned** - A resume specially formatted to be pasted into online application forms. (See pages 21 & 45)
- **Federal** – A resume written to apply for a job with the federal government. (See pages 21 & 46 - 52)
- **Military** – Military members need to prepare federal resumes to look and speak the same language as those of their civilian counterparts. (See pages 22 & 53-59)

*Cover Letter:* Accompanies your resume, specific to each job you apply for, makes the connection between the job description and your resume

*Types of Cover Letters:*
- **Letter of Inquiry/Fishing** – sent when there is no advertised position opening. (See pages 75 & 76)
- **Letter of Application** – sent along with resume to apply for a specific advertised position. (See pages 70 & 72-74)

*Reference page:* Often employers will request your references be sent along with your resume. Your reference page should have the same header as your resume and contain contact information of 3-6 professional references. Make sure you have the same information for each reference. Always bring a reference page to your interview in case one is requested. (Example page 77)

*Letter of Acceptance:* Send as a formal acceptance of a job offer, when requested. (Example page 78)

*Letter of Decline:* Send when you’d like to decline a job offer. (Example page 79)

*Resignation Letter:* Send when you are planning to resign your present position. (Example page 80)

*Thank You letter:* Send to an employer to express appreciation for an interview or other meeting. You may also hand-write a thank you card. (Examples pages 81 - 83)

*Networking Letters:* You may use these as a way of meeting new people within your field. (Example page 95)

*Application:* When applying for jobs, you may be asked to fill out a job application. (Example pages 110 - 116)
Resumes

Parts of a Resume

Header: The first line of information in your header should include your name, address, e-mail, phone numbers in 14-16 pt font. If your contact information changes during semester breaks, include both a “permanent” and “current” address, so employers can contact you during semester breaks.

Education: If you are a recent graduate, you’ll probably list your education near the top of your resume. Include the name of your institution, the degree(s) earned, minors or areas of concentration, and anticipated or actual graduation date. If your GPA is over 3.0, include your GPA. You don’t need to list the years of attendance, you only need the date you completed your degree. You do not need to include high school information, unless you are a recent high school graduate. Generally, recent graduates will put the education section near the top of the resume. As you gain more significant work experiences, consider moving the education section below your experience section.

Experience: Include information about your experiences – both volunteer and paid. List your experiences in reverse chronological order (beginning with your current job, and ending with your least recent job.) Use 3-5 bullet points for each job to clearly describe what you did; focusing on duties/skills that may transfer to the job you are applying for.

-OR-

“Related Experience” and “Work Experience”: Usually you can put all your experiences under one category titled “EXPERIENCE”. If you have several work experiences not related to your field, you may want to separate your experience category into “RELATED EXPERIENCE” and “WORK EXPERIENCE”. “RELATED EXPERIENCE” would go near the top of the resume and include all your past experiences closely related to the type of work you are seeking. “WORK EXPERIENCE” would go below related experience and would include jobs that are not related to your field.

Computer Skills: If you have knowledge of certain computer systems or software that will help you better perform the job you’re applying for, list them here. List the latest additions you know. (Example: Experience in Adobe Photoshop 9.0, Microsoft Word 2007, Windows 2007. Knowledgeable in PowerPoint 2007 and Excel 2007.) Make sure identify your level of ability in using computers. Either you are Experience or Knowledgeable in using computers and programs. We highly recommend you list your computer skills on your resume!

Optional Sections:

- Objective: If you are applying for a specific job within a company, mention that job title in your objective, at the top of your resume. If you are applying for an internship, make a note of when you’d like to do the internship (summer, spring semester, etc.). General objectives are okay, but not necessary. If you do include a general objective, make sure you emphasize what you can offer the employer rather than what you hope to gain. An objective would go directly below your contact info at the top of the page. (Example: To obtain an Marketing Internship during the Summer of 2010.)

- Course Highlights: If you are looking for an internship, you may want to include a section for course highlights, so you can let the employer know you’ve taken specific classes and have knowledge that would make you a useful intern. List the classes most directly related to the type of work you will be doing at the internship. If you are looking for a full-time job in a field that is not directly related to your major, include courses you have taken related to the type of job you seek.
• **Certifications or Technical Skills:** If you have certifications or technical skills you can use on the job you’re applying for, list them here.

• **International Experience:** Use this heading if you have studied abroad or spent significant amount of time overseas.

• **Languages:** If you are fluent in more than one language, you may want to list your proficiencies in this section.

• **Activities:** If you have been involved in activities related to your field or demonstrate your skills, you can include them on your resume.

• **Leadership:** If you have been in charge of any volunteer projects, or attended leadership conferences, you can include them in this section.

### Resume Format

• Make sure all information is clearly organized, so the employer can understand everything very quickly. The average resume is glanced at for only 20 seconds!

• Arrange your sections in order of importance (i.e. if computer skills are very important in your field, list those near the top of your resume)

• Put whatever you want to draw attention to in **bold** print. Most people bold their college major and job titles.

• Keep your format consistent. (For example, if you abbreviate some of your months, abbreviate all of your months.)

• Margins can be ½ - 1¼ inches wide

• Use 11-12 pt. font.

• Try to limit your resume to one page if possible; two pages are okay if you have several years of related experience. Exceptions to the rule of one page are IT and Federal positions which may require up to 3 to 4 pages.

• Use bullets instead of paragraph form.

### Other Resume Tips

• You don’t need your whole life story, if you’ve had several unrelated jobs, only list your most relevant work experiences.

• Give your resume to a few other people to proofread for errors.

• If your resume is more than one page, be sure to place your name at the top left of second page and P.2 at the top right.

• Print your resume on a high quality laser printer if you can. If you use an inkjet printer, make sure your ink dries completely, without smearing.

• Print only on white or off-white paper in case copies are made of your resume.

• Use Times New Roman font.

• You don’t need to include your personal interests unless they relate to the job.

• Don’t use a template. If you do, it’s likely your resume will look *exactly* like several other resumes in the pile. If the employer does not have the same template as you do, then they will not be able to view your resume. Also, templates make it difficult to edit and rearrange your resume, which you will need to do often.
• Look at sample resumes in your specific career field. Do an online search or ask your teachers for places to find resume samples within your career field.
• If position held was part-time, then add (PT) in parenthesis behind the job title.

Transferable Skills

When writing your resume, think in terms of transferable skills. A transferable skill is any skill you learned through past experience and you could use in a future job. Communication, customer service, managerial, and organizational skills are all transferable skills employers want.

Even if your past jobs included waiting tables, mowing lawns, and working as a clerk, you probably developed some transferable skills. Communication, organization, and leadership skills can be learned in a variety of jobs. Use the list of verbs on pages 23 - 25 to brainstorm skills you may have learned at your past jobs.

Tailor your resume to the job you are applying for, and focus on the skills that seem most relevant to the position you want. Try to pull out the job duties and skills you learned that are similar to the type of work you want to do. By doing this, you will be able to make connections between your experience and the job you want (even though they may seem unrelated). Look for clues about what the employer is looking for in the job description.

• For example, let’s say your last work experience was a part-time job at the Dairy Barn. Unless you are applying for a job flipping burgers at the Whippy Dip, you’ll need to write about something other than how well you can flip burgers and make a soft serve cone. If you are applying for a position in sales, focus your bullet points on the duties relating to customers, selling, and persuading. If you are applying for an accounting position, talk about how you counted the cash register, how much money you handled, and how you helped take inventory. If applying for a position in management, talk about how you trained new employees and came up with ideas to help the Whippy Dip run more efficiently.

Tips for Writing Bullet Points

• Start with an action verb (See pages 23 - 25)
• Make sure to be detailed with your bullet points. For example: Hired and trained over 100 employees in the past four years.
• Identify who you were helping (clients, customers, coworkers, management)
• Describe your job duties, focusing on the duties that display your transferable skills (see above).
• Talk about how your efforts helped your organization
• Add numbers to show how productive you were (i.e. number of times you did something, number of customers you helped, amount of cash you handled, how much of something you accomplished, etc.)

Resume Styles

There are 5 Resume Format Styles

1. Chronological
   The Chronological Resume Style is the most common type used today. This type presents your information in a timeline approach. You list the most recent work or education experience first, followed by the next most recent. (See pages 26 – 41)
The main reasons for using the Chronological Style:
  o It is the style best suited for entry-level job-seekers or those who have stayed in the same field.
  o Many employers and recruiters expect and prefer this style.
  o This style provides a straightforward history of your work experiences and education.
  o Employers can more easily scan Chronological resumes than any other style.

Cautions:
  o This style will show any gaps in employment history.
  o Can demonstrate a lack of work experience.
  o Employers and recruiters can guess your age if you include older work experiences.

2. Functional/Skill
Functional resumes highlight your related skills rather than your chronological work history. You still need to summarize your work history near the bottom of the resume. (See pages 42 - 44)

You may want to consider using a Functional Resume if:
  o You have a gap(s) in your work history. (Example: you took a few years off to raise children or pursue other interests)
  o You have changed jobs frequently
  o You are looking to transition into a new career (i.e. your past job title and experiences are not similar to the job for which you are applying).
  o Functional Resumes may be effective in these situations, because they draw attention to the transferable skills you have, rather than your exact job titles and experiences.
  o If you are an older worker seeking to deemphasize a lengthy job history.

3. Computer Scanned
A Computer Scanned Resume is basically a print resume the employer turns into an electronic resume by using Optical Character Recognition (OCR) software and then placing it into a keyword-searchable database. (See page 45)

Preparing an internet-ready resume:
  o Often large companies will require you to apply online and paste your resume into an online form.

If you do this, follow these guidelines:
  o Keep it as simple as possible, remove lines and complicated formatting.
  o Use one universal font for the whole document (Times New Roman)
  o The most common font size recommended is 12 pt.
  o Avoid any kinds of graphics or shading.
  o Do not use Italics
  o Do not use Bold (unless you know for sure that the scanning system accepts bold type).
  o Do not use Bullet points.

4. Federal
A “federal” resume is a resume written to apply for a job with the federal government. The federal resume is usually three to five pages in length, which is longer than a typical business resume. The reason for the additional length is that federal human resources specialists require that you prove in writing the skills that you have. Each generalized and specialized skill that you have developed in your career has to be written into the documentation. (See pages 46-52).
5. **Military**

Military members need to prepare federal resumes to look and speak the same language as those of their civilian counterparts. However, after being in the military for many years, they often speak “military,” using plenty of military acronyms and jargon that needs to be translated to meet corporate or civil-sector requirements.

Service members have the added challenge of looking for civilian keywords that help their resumes qualify in the federal system, but they also need to spend extra time learning what their military terms, acronyms, and jargon translates to in the corporate world. Service members should translate military rank, career history, job titles, military occupational specialties and career fields, and training courses; and use their award, training, and performance rating justifications to glean accomplishments.

The following are a few sample translations for rank, responsibilities, and acronyms. Federal resumes need to have all acronyms spelled out at least once in the first reference (see pages 53-59). Each branch of service has its own set of acronyms for individual systems. Some acronyms might be the same, but the meaning is very different.

<table>
<thead>
<tr>
<th>Military Speak</th>
<th>Civilian Speak</th>
</tr>
</thead>
<tbody>
<tr>
<td>-Senior Officer (Naval Commander, Army, Air Force Major)</td>
<td>-Chief Executive, Administrator, Chief of Staff, Senior Executive/Vice President, Chief Administrator, CEO, COO, CFO</td>
</tr>
<tr>
<td>-Senior Enlisted (E-7 to E-9) or Junior Officer</td>
<td>-Program/Project/Plant Director, or Coordinator</td>
</tr>
<tr>
<td>-Enlisted (E-5 to E-6)</td>
<td>-Team Leader, Training Manager, Instructor</td>
</tr>
<tr>
<td><strong>Rank</strong></td>
<td><strong>Responsibilities</strong></td>
</tr>
<tr>
<td>-Commanded</td>
<td>-Directed, Supervised, or guided</td>
</tr>
<tr>
<td>-Provisioning Chief</td>
<td>-Logistics management</td>
</tr>
<tr>
<td>-Briefings</td>
<td>-Presentations, seminars, or public speaking (communications)</td>
</tr>
<tr>
<td><strong>Acronyms and Terms</strong></td>
<td></td>
</tr>
<tr>
<td>-Battalion</td>
<td>-250 personnel</td>
</tr>
<tr>
<td>-ANOC</td>
<td>-Advanced Noncommissioned Officers Course (Leadership and Administration Course)</td>
</tr>
<tr>
<td>-COMSEC</td>
<td>-Communications Security</td>
</tr>
<tr>
<td>-ACOFS</td>
<td>-Assistant Chief of Staff</td>
</tr>
<tr>
<td>-OCONUS</td>
<td>-Outside continental United States</td>
</tr>
<tr>
<td>-PAC</td>
<td>-Personnel Actions Center</td>
</tr>
<tr>
<td>-AORS</td>
<td>-Areas of Responsibility</td>
</tr>
<tr>
<td>-ATRRS</td>
<td>-Army Training Requirements &amp; Resources System</td>
</tr>
<tr>
<td>-SGT</td>
<td>-Sergeant</td>
</tr>
<tr>
<td>-CPT</td>
<td>-Captain (Very Senior Officer in the Navy; Junior Officer in the Army)</td>
</tr>
</tbody>
</table>

Additional classifications of Military Occupational titles can be found on [http://online.onetcenter.org](http://online.onetcenter.org)
It’s best to start most of your bullet points with a powerful action verb. Here is a list of powerful verbs describing skills employers seek. You can also use this list to help you come up with ideas for skills you may want to include on your resume. Which of these verbs describe what you did at your previous jobs? Most of these skills can transfer to the job you want. NOTE: if there are verbs included in the job description for a specific job you are applying for, be sure to use those in your resume as well.

<table>
<thead>
<tr>
<th>Management Skills</th>
<th>Clerical/Organizational Skills</th>
<th>Creative Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accelerated</td>
<td>Coordinated</td>
<td>Acted</td>
</tr>
<tr>
<td>Administered</td>
<td>Delegated</td>
<td>Brainstormed</td>
</tr>
<tr>
<td>Anticipated</td>
<td>Designated</td>
<td>Conceptualized</td>
</tr>
<tr>
<td>Appointed</td>
<td>Determined</td>
<td>Conceived</td>
</tr>
<tr>
<td>Approved</td>
<td>Developed</td>
<td>Created</td>
</tr>
<tr>
<td>Assigned</td>
<td>Directed</td>
<td>Customized</td>
</tr>
<tr>
<td>Assumed</td>
<td>Elected</td>
<td>Developed</td>
</tr>
<tr>
<td>Attained</td>
<td>Evaluated</td>
<td>Directed</td>
</tr>
<tr>
<td>Authorized</td>
<td>Employed</td>
<td>Drafted</td>
</tr>
<tr>
<td>Caused</td>
<td>Enlisted</td>
<td>Dramatized</td>
</tr>
<tr>
<td>Chaired</td>
<td>Envisioned</td>
<td>Established</td>
</tr>
<tr>
<td>Changed</td>
<td>Established</td>
<td>Expanded</td>
</tr>
<tr>
<td>Conducted</td>
<td>Executed</td>
<td>Fashioned</td>
</tr>
<tr>
<td>Contracted</td>
<td>Exercised</td>
<td>Founded</td>
</tr>
<tr>
<td>Commissioned</td>
<td>Finalized</td>
<td>Formulated</td>
</tr>
<tr>
<td>Consolidated</td>
<td>Forecasted</td>
<td>Generated</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Instituted</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Instituted</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Integrated</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Introduced</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Invented</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Improvised</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Launched</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Originated</td>
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<tr>
<td></td>
<td></td>
<td>Performed</td>
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<tr>
<td></td>
<td></td>
<td>Pioneered</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Planned</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Polished</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Renovated</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Revitalized</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shaped</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sketched</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Uncovered</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stimulated</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Visualized</td>
</tr>
</tbody>
</table>
### Problem Solving Skills

| Alleviated | Formulated | Revitalized | Solved |
| Debugged   | Judged     | Revamped    |        |
| Engineered | Remedied   | Revived     |        |
| Evaluated  | Repaired   | Satisfied   |        |

### Analytical / Research Skills

| Analyzed    | Critiqued  | Inspected  | Studied |
| Assessed    | Deciphered | Interpreted| Summarized|
| Classified  | Detected   | Interviewed| Surveyed  |
| Collected   | Diagnosed  | Investigated| Synthesized|
| Conducted   | Evaluated  | Measured   | Systematized|
| Completed   | Examined   | Monitored  | Theorized |
| Compared    | Extracted  | Recognized | Transformed|
| Controlled  | Explored   | Refined    |         |
| Corrected   | Identified | Reviewed   |         |
| Correlated  | Indexed    | Researched |         |

### Technical Skills

| Assembled | Installed | Mapped out | Stocked |
| Built     | Inspected | Operated   | Licensed|
| Constructed| Labored   | Overhauled | Programmed|
| Designed  | Logged    | Performed  | Remodeled|
| Engineered| Merchantised| Processed  | Repaired |
| Edited    | Maintained | Proofed    | Solved |
| Fabricated| Indexed   | Shipped    | Taught  |

### Financial / Quantitative Skills

| Accounted for | Computed | Grossed | Raised |
| Administered  | Consolidated | Increased | Reconciled |
| Apportioned   | Conserved | Input | Recorded |
| Appraised     | Converted | Inventoried | Reduced |
| Approximated  | Counted | Managed | Summarized |
| Audited       | Dispensed | Marketed | Tabulated |
| Allocated     | Dispensed | Maximzed | Targeted |
| Balanced      | Earned | Minimized | Totaled |
| Boosted       | Enumerated | Multiplied | Tracked |
| Budgeted      | Estimated | Planned | Transacted |
| Calculated    | Figured | Profited | Sold |
| Certified Checked | Financed | Projected |        |
| Compiled      | Forecasted | Purchased |        |
| Compounded    | Grew | Quantified |        |
### Communication Skills

<table>
<thead>
<tr>
<th>Addressed</th>
<th>Deliberated</th>
<th>Moderated</th>
<th>Recruited</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adapted</td>
<td>Developed</td>
<td>Motivated</td>
<td>Related</td>
</tr>
<tr>
<td>Arbitrated</td>
<td>Directed</td>
<td>Negotiated</td>
<td>Reported</td>
</tr>
<tr>
<td>Arranged</td>
<td>Drafted</td>
<td>Officiated</td>
<td>Represented</td>
</tr>
<tr>
<td>Authored</td>
<td>Edited</td>
<td>Perceived</td>
<td>Solicited</td>
</tr>
<tr>
<td>Briefed</td>
<td>Elicited</td>
<td>Persuaded</td>
<td>Suggested</td>
</tr>
<tr>
<td>Clarified</td>
<td>Enlisted</td>
<td>Presented</td>
<td>Summarized</td>
</tr>
<tr>
<td>Collaborated</td>
<td>Formulated</td>
<td>Promoted</td>
<td>Surveyed</td>
</tr>
<tr>
<td>Communicated</td>
<td>Greeted</td>
<td>Publicized</td>
<td>Translated</td>
</tr>
<tr>
<td>Consented</td>
<td>Influenced</td>
<td>Reconciled</td>
<td>Welcomed</td>
</tr>
<tr>
<td>Cooperated</td>
<td>Interpreted</td>
<td>Recruited</td>
<td>Wrote</td>
</tr>
<tr>
<td>Corresponded</td>
<td>Interviewed</td>
<td>Referred</td>
<td></td>
</tr>
<tr>
<td>Critiqued</td>
<td>Mediated</td>
<td>Spoke</td>
<td></td>
</tr>
</tbody>
</table>

### Teaching Skills

<table>
<thead>
<tr>
<th>Adapted</th>
<th>Explained</th>
<th>Instructed</th>
<th>Stimulated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advised</td>
<td>Facilitated</td>
<td>Mentored</td>
<td>Tested</td>
</tr>
<tr>
<td>Clarified</td>
<td>Fostered</td>
<td>Modeled</td>
<td>Theorized</td>
</tr>
<tr>
<td>Coached</td>
<td>Guided</td>
<td>Motivated</td>
<td>Trained</td>
</tr>
<tr>
<td>Demonstrated</td>
<td>Graded</td>
<td>Persuaded</td>
<td>Tutored</td>
</tr>
<tr>
<td>Educated</td>
<td>Illustrated</td>
<td>Presented</td>
<td></td>
</tr>
<tr>
<td>Enabled</td>
<td>Informed</td>
<td>Routed</td>
<td></td>
</tr>
<tr>
<td>Encouraged</td>
<td>Initiated</td>
<td>Set goals</td>
<td></td>
</tr>
</tbody>
</table>

### Helping Skills

<table>
<thead>
<tr>
<th>Accommodated</th>
<th>Counselled</th>
<th>Facilitated</th>
<th>Tailored</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advised</td>
<td>Demonstrated</td>
<td>Familiarized</td>
<td>Referred</td>
</tr>
<tr>
<td>Aided</td>
<td>Diagnosed</td>
<td>Guided</td>
<td>Rehabilitated</td>
</tr>
<tr>
<td>Alleviated</td>
<td>Eased</td>
<td>Helped</td>
<td>Relieved</td>
</tr>
<tr>
<td>Assessed</td>
<td>Educated</td>
<td>Interceded</td>
<td>Rescued</td>
</tr>
<tr>
<td>Assisted</td>
<td>Enabled</td>
<td>Listened</td>
<td>Represented</td>
</tr>
<tr>
<td>Assured</td>
<td>Endorsed</td>
<td>Mobilized</td>
<td>Served</td>
</tr>
<tr>
<td>Bolstered</td>
<td>Enhanced</td>
<td>Prescribed</td>
<td>Supported</td>
</tr>
<tr>
<td>Clarified</td>
<td>Enriched</td>
<td>Provided</td>
<td>Sustained</td>
</tr>
<tr>
<td>Coached</td>
<td>Expedited</td>
<td>Protected</td>
<td></td>
</tr>
</tbody>
</table>
Chronological Resume Samples
(Edward Listed First)

Jane D. Smith (Bold) (Font size 12 – 16)
299 King Street NE (Regular Text) (Font size 11 - 14)
Rich, IA 55555
(319) 555-1212
jane.smith@aol.com

Career Objective (Headings-Bold & Font size 12 - 14)
(Career Objective is Optional)
To obtain a Paralegal position in Real Estate Law firm. (Regular text, Font size 11 - 12)

Education (List most recent education first. High School is not necessary if you have college education)
Kirkwood Community College, Cedar Rapids, IA
Paralegal Studies, Associate of Arts Degree pending 12/10
3.95/4.00 GPA

Professional Experience
(Formatting Dates: Year to Year 2001-2010 or Month/Year to Month/Year 2/01-12/10)
2009-Present Belding & Belding Law, Cedar Rapids, IA
Legal Assistant (Job titles in bold)
• Provide paralegal services to attorneys in residential real estate sales within Iowa and Illinois.
• Monitor transactions from start to final settlement statement; order and review titles, obtain plot plans and municipal lien certificates, research background, and work successfully against deadlines.
• Serve as liaison for clients, banks, and attorneys; schedule meetings, identify documents necessary for all parties.
• Coordinate all post-closing functions, complete title insurance forms, send final payments to banks and municipalities, and disburse funds.

2003-2009 Investors Life Insurance Co., Marion, IA
Deputy Clerk (2007-2009)
• Negotiated payments with attorneys’ Third Party Liability cases and reviewed medical records.

Operator Clerk (2003-2007)
• Provided subscriber information to customers, assisted in completion of questionnaires and forms.

Computer Skills (Must list Computer Skills on Resume)
Jane D. Smith

(Must place your name and page 2 on second page)

Organizations (Optional)

- Member of the Iowa Paralegal State Association.
- Member of the National Paralegal Association.

Volunteer Activities (Optional)

- Volunteer at Boys and Girls Club for almost 4 years.
- Girl Scout leader for the past 4 years.
- Raised money for a friend at the American Cancer Society Walk-A-Thon

Awards (Optional)

- Awarded the Pounds/Ebaugh Scholarship for Academic Achievement – 2010.

References (Optional)

Morris Pounds
Counselor
Kirkwood Community College
6301 Kirkwood Blvd SW
Cedar Rapids, IA 52406
(319) 398-5654

Tom Smart
Attorney
Smart & Crazy Law, Inc.
Box 8602
Cedar Rapids, IA 52402
(319) 398-5555

Sally Booth
Customer Rep.
ZXC Company
P.O. Box 77
Marion, IA 52302
(319) 377-2222

John Westfield
Human Resource Director
Winfield Best Co.
P.O. Box 88
Winfield, IA 52659
(319) 257-4444

(Complete Job Title, Name of Company, Address-Home or Work and same for Phone No.)
Jane D. Smith  
299 King Street NE  
Rich, IA 55555  
(319) 555-1212  
jane.smith@aol.com

Career Objective (Headings-Bold & Font size 12 - 14)  
(Career Objective is Optional)  
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Professional Experience  
(Formatting Dates: Year to Year 2001-2010 or Month/Year to Month/Year 2/01-12/10)  
2009-Present  
Belding & Belding Law, Cedar Rapids, IA  
Legal Assistant (Job titles in bold)  
• Provide paralegal services to attorneys in residential real estate sales within Iowa and Illinois.  
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• Serve as liaison for clients, banks, and attorneys; schedule meetings, identify documents necessary for all parties.  
• Coordinate all post-closing functions, complete title insurance forms, send final payments to banks and municipalities, and disburse funds.

2003-2009  
Investors Life Insurance Co., Marion, IA  
Deputy Clerk (2007-2009)  
• Negotiated payments with attorneys Third Party Liability cases and reviewed medical records.

Operator Clerk (2003-2007)  
• Provided subscriber information to customers, assisted in completion of questionnaires and forms.

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(List most recent education first and High School is not necessary if you have college education)  
Kirkwood Community College, Cedar Rapids, IA  
Paralegal Studies, Associate of Arts Degree pending 12/10  
3.95/4.00 GPA

Computer Skills  
(Must list Computer Skills on Resume)  
Chronological Resume Sample

Frank Simmons
19 Cole Dr. NE
Cedar Rapids, IA 52401
(319) 555-8978
frank-simmons@student.kirkwood.edu

OBJECTIVE: To obtain an internship for the Summer of 2010 in the field of Public Relations.

EDUCATION: Kirkwood Community College, Cedar Rapids, IA
A.A. Communication Media/Public Relations pending 8/11
3.60/4.00 GPA

RELATED EXPERIENCE:
Freelance Marketing Consultant 5/10 - present
Cedar Rapids, IA
• Provide marketing, writing, design, and photography services for local and regional clients
• Work with print shops to print communication pieces

Promotions Coordinator (PT) 8/10 - present
Kirkwood Club; Cedar Rapids, IA
• Write copy for advertisements, brochures, flyers, and direct mailings for a large student organization
• Recruit, train and provide creative direction for a team of 3 writers and designers
• Write press releases that resulted in articles in the campus newspaper

Public Relations Intern Summer 2009
Harvest Community Church; Lincoln, NE
• Created a visual identity and marketing plan for a new church
• Wrote copy and took photos for a new website

Reporter (PT) 1/09– 5/09
Communiqué Newspaper; Kirkwood Community College, Cedar Rapids, IA
• Brainstormed ideas for stories
• Reported and wrote news articles
• Worked with an editor to refine written pieces


RELEVANT COURSEWORK:
Mass Media, Oral Communication, Promotions & Public Relations

ACTIVITIES:
Kirkwood TGIF Student Ambassador
Phi Theta Kappa leadership organization
Chronological Resume Sample

Sam Network
2030 Fiber Rd NE
Cedar Rapids, IA 52402
(319) 555-6161
snetwork@yahoo.com

Objective
To obtain a Computer System Analyst position.

Summary of Qualifications
• Over 10 plus years experience of description of key technologies used
• Over 12 years of IT experience, spanning all Windows operating systems. This includes outstanding performance as desk-side support, desk team lead, project coordination and server administration. Additionally, I have succeeded as a VMWare Administrator, Domino Server Administrator, and SQL Server Administrator.
• Strong experience in managing network systems.
• Experience in training and presentation skills to over 200 employees.

Computer Skills
Server Operating Systems, Tools & Utilities Skills
• Proxy 2.0, ISA Server, Microsoft Exchange 5.5, 2000, & 2003,
• Novell & UNIX Servers
• Native Windows Remote Management Tools, VNC

Hardware
• Compaq/ HP Proliant series, IBM and Dell.
• HP Server model number
• Dell, Server model number

Network Administration
• A deep understanding of DNS, WINS, DFS, DHCP,
• RRAS, RADIUS, IIS, IPSec, Active Directory Administration and Design,
• Multiple forest/tree domain configurations, OU Structures,
• Group/User Management, Windows 2000 Migration, Group Policy,
• Remote Installation Services, IE Admin Kit, Security Principles,
• Data Backup Strategy, Redundancy Strategy, Disaster Recovery Strategy
• Wireless device installation and management
Professional Experience

1/02 – Present Independent Consultant, Cedar Rapids, IA

- An outstanding example of my broad scope expertise is shown with one client I have been servicing since 2002. I initially took an undocumented install of NT server, Exchange and SQL server, and made it a fully functional network. This included reverse engineering the install of 3 NT servers, SQL, and Exchange. I then documented and recreated the entire network on 3 separate NT servers. Also, I built an internal web-page for the company using FrontPage. Additionally, in one weekend, migrated these 3 NT servers, SQL Server, and Exchange to a new Windows 2003 Small Business Server. This required the migration of over 15 GB of data, spanning multiple SQL server databases.

- Reviewed an entire network, encompassing 3 locations in Iowa, for a Civil Engineering firm. After Board of Director approval, built a new 2003 Enterprise server network in one office, upgrading all workstations in office as necessary. Standardized other two offices, including servers, and updated hardware and software in the remaining two offices to meet approved specifications.

5/06 - 9/09 Aegon USA, Cedar Rapids, IA
Enterprise Systems Engineer

- Negotiated over $20,000 in replacement equipment and on-site support for a non-functioning Enterprise KVM Solution encompassing over 1,000 servers. Updated, brought the system fully functional. Developed processes for asset control, power control, and day to day maintenance of this system.

- As a VMWare Administrator, reclaimed over $15,000 in server hardware running and implementing the project to reclaim processor and memory within VMWare farms.

- Traveled to Boston, New York, New Jersey, Charlotte and Denver to meet with key Divisions to negotiate technical needs in my role as Enterprise Asset Manager. Resolved key revenue impacting issues between the server teams and the divisions.

- Succeeded in roles as server build and decommission coordinator. Worked with other team members to document and create the server build and decommission processes. At times this meant coordinating the status of over 50 servers at a time.

2/97 – 1/02 McLeod USA, Cedar Rapids, IA
Enterprise System Administrator

- Sole Administrator for Enterprise web-based training solution, Ingenium. Took over project implementation, worked with internal Database, Internet, and Server teams to seamlessly roll-out the product. Took the time and effort required to learn the process scripting data in and out of Oracle databases using Crystal Reports and Access.

Education, Certification & Training

Kirkwood Community College, Cedar Rapids, IA
Computer Information Systems, A.A.S. Degree - 2007
LAN Management, A.A.S. Degree - 2006

- VMWare Training; Chicago – 3/08
- Administering Windows 2007 Official Curriculum – 9/07
- Administering Lotus Notes R.5 – 3/00
- Moving from Lotus Notes R.4 to R.5 – 3/00
- Administering Microsoft NT 4.0 Core Technologies – Official Microsoft Curriculum – 3/98
- ESD (Electro-Static Discharge), Training & Certification - 1998-2001
Chronological Resume Sample

Terry Maine
67 First Ave.
Smalltown, IA 52385
(319) 555-8755
terry-maine@student.kirkwood.edu

OBJECTIVE: To obtain a position as an Administrative Assistant.

EDUCATION: Kirkwood Community College, Cedar Rapids, IA
A.A.S., Administrative Assistant pending 5/10
GPA: 3.10/4.00

RELEVANT COURSEWORK: Word Processing, Human Relations, Business Editing, Business Math
Desktop Publishing, Multimedia, Business Law, and Accounting

RELATED EXPERIENCE: Office Assistant 5/09 - present
Advising Center
Kirkwood Community College, Cedar Rapids, IA
- Greet and schedule appointments for up to 150 students per day
- Organize files and track daily statistics
- Maintain accurate records for students
- Answer a multi-line phone and direct callers accordingly

Secretary Fall 2009
Kirkwood Club
Kirkwood Community College, Cedar Rapids, IA
- Kept track of attendance at each meeting
- Typed meeting minutes for each meeting
- Maintained communication with all 30 members of the group, by sending out periodic email updates

OTHER EXPERIENCE: Cashier (PT) Summer 2008
Kroger Grocery Stores, Surfside, SC
- Operated a computerized cash register
- Responsible for cash drawer averaging $2000 daily
- Communicated effectively with a diverse group of customers
- Worked efficiently to provide quality service for up to 250 customers per shift


ACTIVITIES: Kirkwood Student Senate
Kirkwood Soccer Club
Chronological Resume Sample

Angie Lucason
angie-lucason@student.kirkwood.edu

Local Address:  
109 James St.  
Cedar Rapids, IA 52401  
(319) 555-5182

Permanent Address:  
35 Maurer St.  
Wilton, IA, 52778  
(563) 555-7885

OBJECTIVE:  
To obtain an Accounting Internship during the Fall semester of 2010.

EDUCATION:  
Kirkwood Community College, Cedar Rapids, IA  
Accounting, Associate of Science/Career Option Degree pending 5/11  
GPA: 3.30/4.00

PROFESSIONAL EXPERIENCE:  
Kirkwood Club, Cedar Rapids, IA  
Treasurer  
• Maintained a balanced budget of $1000  
• Wrote checks for club expenses  
• Collaborated as part of a governing leadership group to make decisions for the club

Lone Star Steakhouse, Cedar Rapids, IA  
Server (PT)  
• Efficiently provided service for up to 6 tables at a time  
• Balanced cash register totals after each shift, often in excess of $1500  
• Trained 8 new employees

Wilton Savings Bank, Wilton, IA  
Teller  
• Processed customer transactions accurately  
• Explained policies and answered questions for customers  
• Operated adding machine, calculator, coin machine and currency counter

ACTIVITIES:  
Volunteer, Freedom Festival  
Intramural Ultimate Frisbee Team  
Salvation Army Volunteer

LEADERSHIP EXPERIENCE:  
Student Ambassador  
Admissions Office, Kirkwood Community College, Cedar Rapids  
• Spoke to groups of prospective students about attending Kirkwood Community College  
• Conducted tours of campus

HONORS:  
Dean’s List  
Spring 2010
Chronological Resume Sample

Mark Johnson
988 5th St. SE #88  · Cedar Rapids, IA 52403  · (319) 555-5899  
mark-johnson@student.kirkwood.edu

Employment

2007-present  Fleet Maintenance Solutions, Inc., Cedar Rapids, IA
Parts Counter Clerk
• Responsible for parts inventory tracking and organization, data entry
• Order up to 60 different parts per shift
• Communicate effectively with suppliers
• Work independently with minimal supervision

2004-2007  Wal-Mart Stores, Inc., Cedar Rapids, IA
Overnight Cashier
• Operated a computerized cash register
• Listened to customer concerns and resolved conflicts
• Collaborated with a team of coworkers to provide outstanding customer service
• Performed a variety of tasks related to keeping track of store inventory

2001-2004  Hy-Vee Food Stores, Inc., Cedar Rapids, IA
Overnight Cashier and Stocker
• Responsible for cash register drawer averaging $2000 daily
• Organized shelves to create aesthetically pleasing presentations of goods
• Worked with back stock and stock order inventory

2000-2001  Deans Foods, Inc., Cedar Rapids, IA
Packaging Department Employee
• Operated machines in a manufacturing environment
• Operated and performed minor maintenance on electrical / mechanical / hydraulic powered equipment
• Drove propane fueled forklifts, moved 2000-pound loads
• Monitored, adjusted, and maintained an automated bagging machine
• Utilized a high level of mechanical aptitude

Education

Kirkwood Community College, Cedar Rapids, IA
Computer Programming, 12 Credits completed, 2002

Hawkeye Community College, Waterloo, IA
Airframe / Power Plant License, A.A.S., 1993

Computer Skills
Chronological Resume Sample

James Skarton
448 3rd Ave.       Cedar Rapids, IA 52404       (319) 555-5555
james.skarton@gmail.com

Objective:
To obtain a full-time, entry level position as a Registered Nurse.

Education:
Associate of Applied Science in Nursing pending 05/09
Kirkwood Community College, Cedar Rapids, IA
GPA 3.50/4.00

Related Coursework:
Human Anatomy and Physiology I-II, Communications, Sociology, AD Nursing I-III, AD Nursing
Clinical I-III, Professionalism, Psychology, Microbiology, Metrology

Clinical Rotations:
Iowa Community Health Center, Cedar Rapids, IA 03/09 - 05/09
Community Clinics
• Physical assessments and immunization clinics
• Effectively established rapport with a diverse population of patients

Iowa Department of Health, Cedar Rapids, IA 01/09 - 03/09
STD Clinic
• Assisted with health histories and physical assessments

Mercy Medical Center, Cedar Rapids, IA 10/08 - 12/08
Medical/Surgical - Cardiology and Urology
• Provided direct care for an average of 16 patients daily
• Facilitated dressing changes and IVs
• Prepared chart notes and other medical documentation

Relevant Experience:
Certified Nursing Assistant 10/07-10/08
Long Term Care Center; Cedar Rapids, IA
• Performed patient care in a long term, geriatric care center
• Responsible for the care of 13 patients
• Charted and documented activities
• Educated patients for home care and discharge planning

Certifications:
Registered Nurse (RN) — IOWA 05/09
C.P.R. and First Aid Certified, American Red Cross 03/07

Affiliations:
National Student Nurses Association Member 03/07-present
Mercy Medical Center Volunteer 02/07-present

Other Work Experience:
Kirkwood Bookstore, Cedar Rapids, IA - Clerk 08/07-10/07
Landscape Care, Ely, IA - Irrigation Assistant 05/07-08/07
Chronological Resume

Sophie A. Williamson
409 60th St NE
Mt. Pleasant, IA 52641
(319) 555-5555
swilliamson@happymail.com

Career Objective
To obtain a Medical Assistant position.

Education
Kirkwood Community College, Cedar Rapids, IA
Medical Assisting, Associate of Applied Science Degree, expected 05/11

Externship Experience
2/11 - 4/11 MercyCare North Urgent Care, Mt. Pleasant, IA
Medical Assistant
- Interview patients, measure vital signs such as pulse rate, temperature, blood pressure, weight and height, and record information on patients’ charts.
- Prepare treatment rooms for examination of patients.
- Drape patients with covering and position instruments and equipment.
- Hand instruments and materials to doctor as directed.
- Clean and sterilize instruments.
- Operate electrocardiograph (EKG) and other equipment to administer routine diagnostic testing or call medical facility to schedule patients for tests.
- Give injections or treatments and perform routine laboratory tests.
- Schedule appointments, receive money for bills, keep x-ray and other medical records, perform secretarial tasks and complete insurance forms.
- Key data into computer to maintain office and patient records.

Professional Experience
2008-Present Mercy Medical Center, Mt. Pleasant, IA
Receptionist Operator
- Serve as the primary communications resource for incoming and outgoing telephone services.
- Provide emergencies notification, messaging, paging and monitor various alarms and warning systems.
- Provide support services for the patient information desk.

2007-2008 CFI Logistics, Inc., Winfield, IA
Logistics/Sales Coordinator
- Developed and maintained relationships with customers.
- Made sales calls to prospective customers.
- Quoted, negotiated price and committed to customers extemporarily.
- Submitted required paperwork to credit department.
- Collaborated with members of a team to ensure all areas were covered.
Sophie A. Williamson

Professional Experience (Continue)

**Bilingual Accounts Manager**
- Scheduled interviews and orientations for prospective and new employees.
- Greeted visitors at the front desk.
- Interpreted and translated for Spanish speaking persons.
- Interviewed prospective employees.
- Submitted weekly payroll for up to 100 employees.

2002-2005 GAP Store, Williamsburg, IA
**Second Key Manager**
- Opened and closed store.
- Managed store activities in areas of sales, customer service and store maintenance.
- Skilled in areas of order processing and inventory.
- Managed all aspects of merchandising, window displays and stocking.
- Managed cashiering activities in areas of purchasing, returns and exchanges, and enforced store policies.
- Interfaced with vendors concerning pricing, availability, damaged product, buy-backs and special orders.
- Supervised and trained new employees.

Computer Skills

Certifications
CPR Certified – American Red Cross, Cedar Rapids, IA – 9/10

Organizations
Member of the American Association of Medical Assistants – 9/10 – Present

References
**Dawn Eitel, CMA**
Director
Kirkwood Community College:
Health Science Department
6301 Kirkwood Blvd SW
Cedar Rapids, IA 52406
(319) 555-5555

**Peg Donohoe, CMA**
Medical Assisting Faculty
Kirkwood Community College
Health Science Department
6301 Kirkwood Blvd SW
Cedar Rapids, IA 52406
(319) 555-5555

**Julie Olson**
Lead Receptionist Operator
Mercy Medical Center
611 12th St SE
Mt. Pleasant, IA 52641
(319) 555-5555

**Joe Hire**
HIRE Associates
129 Broad Ave
Washington, IA 52612
(319) 555-5555
Chronological Resume Sample

Terry Johnson
443 6th St. SW     Cedar Rapids, IA 52404     (319) 555-5555
terrry.johnson@hotmail.com

EDUCATION:
Kirkwood Community College, Cedar Rapids, IA
Architectural Technology Associate of Applied Science Degree, pending May 2010
GPA 3.31/4.00

COURSE HIGHLIGHTS:

COMPUTER PROFICIENCY:

RELATED EXPERIENCE:
2008-present   Drafting Intern
Omnitechnologies, Inc., Cedar Rapids, IA
• Create CAD drawings for the steel fabrication
• Collaborate with clients and engineers to aide in initial design development
• Assist with documentation of certification for government projects

Summer 2007   Drafting Assistant (Volunteer)
Habitat for Humanity, Iowa City, IA
• Worked with an architect and drafter to create drawings of housing plans for low-income families
• Helped volunteer lay-workers understand the blueprints
• Assisted with the construction of 5 new homes

OTHER EXPERIENCE:
Summer 2006   Office Assistant (PT)
Cannon Engineering Firm, Cedar Rapids, IA
• Organized various support projects for a small firm of engineers
• Answered telephone and directed callers appropriately
• Communicated effectively with clients and engineers

2002-2006   Steel Factory Worker
Cargill Steel, Jonesville, IL
• Operated bundling machine and attached bundles to crane
• Worked long hours in a physically demanding environment
**Chronological Resume Sample**

**Steve Proctor**  
172 Common Hill Ave  
Lincoln, IA 50652  
(319) 555-1111  
steve-proctor@student.kirkwood.edu

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**Career Objective**  
To obtain a GPS Technician position with Cooperative in Central Iowa.

**Education**  
Kirkwood Community College, Cedar Rapids, IA  
**Ag GPS/GIS Technology**, Associate of Applied Science Degree, 4/11  
North Tama High School, Tama, IA  
Diploma - 2009

**Work Experience**  
9/09 – Present  
Linn Cooperative Oil Company, Newhall, IA  
**Crop Production Technician (PT)**  
- Work on equipment, repair toolbars, fix tires, service tractors, sprayers, and floaters.  
- Assist in hauling anhydrous ammonia tanks, applying anhydrous and dry fertilizers.  
- Mixing chemicals and fertilizers and filling anhydrous ammonia tanks.  
- In charge of data collection by writing down acres applied and weighing out tanks and trucks.

7/08-Present  
Jones Farms Lincoln, IA  
**Farm Hand (PT)**  
- Checking the herd size of 80 cows and 65 calves on a daily basis.  
- Going through hog buildings and power washing facilities.  
- Combining corn using a John Deere 9570 STS Combine.  
- Field preparation for planting 1000 acres corn and 500 acres of soybeans.

6/07-12/08  
Custom Precast Company, Tama, IA  
**Concrete Technician (PT)**  
- Set up slatted flooring in hog confinement buildings.  
- Poured concrete.  
- Serviced semis and flatbed trailers.  
- Cleaned up equipment: semis and concrete mixers and production lines.

**Computer Skills**  
Experience with PC’s computers and Microsoft 2007 programs Word, Excel and PowerPoint. Experience in entering data into GPS monitors and am able to transfer data from one computer to the other. 55 wpm in typing
Steve Proctor

Organizations
- Member of the National FFA Alumni.
- Member of the Tama County Farm Bureau.

Volunteer Activities
- Put up American Flags for Memorial Day for the Town of Tama
- Fixed up a Pioneer Cemetery for a FFA Project
- Cleaned up a road ditch for 4-H

Awards
- Iowa FFA Degree; an award for participation
- National FFA Alumni Legion of Merit Recipient

Certifications
Certified Pesticide Operator – 9/09 to 9/11

References
**Kelly Jones**
Farmer
Jones Farms
739 Apple Rd
Toledo, IA, 52342
(641) 555-4422

**James Sims**
Farmer
Tama County Dairy
108 Tigerport Rd
Tama, IA, 52339
(641) 555-4949

**Terry Brase**
Coordinator/Professor-GPS
Kirkwood Comm. College
6301 Kirkwood Blvd SW
Cedar Rapids, IA, 52406
(319) 398-5555

**John Bloom**
Farmer
Bloom Farms
1954 22nd Ave
Tama, IA, 52339
(641) 555-2540
Chronological Resume Sample

Jim J. Smith
297 40th St.
Independence, IA 50644
(319) 555-5555
jjsmith10@gmail.com

OBJECTIVE: Seeking a position as a Diesel Ag Mechanic.

EDUCATION: Kirkwood Community College, Cedar Rapids, IA
Diesel AG Technology, A.A.S Degree, expected May 2011

Course Highlights: Ag Electrical, Machinery Servicing, Diesel Fuel Systems, Power Shift Transmissions, Ag Diagnosis, CDL, Combining Servicing, Fundamentals of Power Transfer, Welding

Independence High School, Independence, IA
Diploma - 2009

EXPERIENCE:
2010 – Present Independence Tractor and Implement, Independence, IA
Service Technician
• Assist in Tractor and Combine Service to area farmers
• In charge of new equipment set up
• Work on maintenance of all equipment either in the shop or out in the field

2009 - 2010 Dave’s Welding and Repair, Brandon, IA
Service Technician
• Provided road side assistance to area farmers who equipment broke down
• Performed shop maintenance

2007 – 2008 John’s Weld Shop, Jesup, IA
Welder
• Welded Field Chargers
• Repaired and welded on farm equipment on a daily basis

COMPUTER SKILLS:

ORGANIZATIONS:
Member and Volunteer of the Independence Fire Department
Member of National Corn & Soybean Growers
Member of Diesel Power Club at Kirkwood Community College

REFERENCES:
Brian Jones
Shop Foreman
Dave’s Welding and Repair
209 Sheet Metal St.
Brandon, IA 52210
(319) 555-5555

Bob Schulte
Manager
Independence Implement
Old Hwy 20
Independence, IA 50644
(319) 334-5555

Jim Zach
Diesel Ag Coordinator
Kirkwood Community College
6301 Kirkwood Blvd SW
Cedar Rapids, IA 52406
(319) 398-5555
Functional Resume Sample

Jane D. Smith
299 King Street NE
Rich, IA 55555
(319) 555-1212
jane.smith@aol.com

Highlights of Qualifications
• Number one ranked sales representative for 3 straight years
• Strong product knowledge from 11 years experience in the field
• Able to handle large territories effectively
• Experience serving wide range of electronic industries

Professional Sales Experience

Direct Sales & Product Demonstration
• Increased average monthly sales to Midwest Stereo from $1,100 to $21,000 in 1 year.
• Set sales record, surpassing all sales representatives for any given month in company history.
• Held down company's largest territory; exceeded quotas and greatly increased sales.

Customer Service/Account Relations
• Established and maintained good rapport with over 250 clients in the electronics industry.
• Followed through promptly to resolve customer complaints.
• Found hard-to-find parts for customers, by whatever means necessary.
• Located detailed product information for customers to facilitate accurate parts ordering.

Marketing/Promotion
• Organized customized accessory racks for display in retail outlets.
• Successfully demonstrated to customers the benefits of quantity purchases and incentive programs.
• Researched industry trade journals to identify potentially popular and profitable items, and locate products requested by accounts.

Employment History

2006 – Present
Area Sales Rep.
Future Electronics
Marion, IA

2002 – 2006
Sales Rep. (PT)
Radio World Inc.
Cedar Rapids, IA

1999 – 2002
Stocker
Best Buys Co.
Cedar Rapids, IA

Education
Kirkwood Community College, Cedar Rapids, IA
Electronics Engineering Technology, Associate of Applied Science, 2006
3.53/4.00 GPA

Computer Skills
Experience in operating IBM-PC’s and programs Microsoft 2007 Word, Excel, Power Point, Access, Outlook and Vista.
Functional Resume Sample

Cindy M. Smith
9065 Hillgass Avenue
Winfield, IA 52659
(319) 555-1212

Highlights of Qualifications

- Excellent telephone communication skills.
- Friendly, courteous and articulate.
- Familiar with computer database and word processing.
- General working knowledge of business machines.

Relevant Experience

Office

- Typed letters, envelopes, labels and invoices for student publications office.
- Ran copies on Xerox machine; refilled paper and toner.
- Waxed camera-ready copy in preparation for layout of newspaper.
- Completed basic accounting class; familiar with use of calculator.
- Answered phones, sold computer training courses, and enrolled students in IBM-PC courses as Administrative Assistant at Computers! Retail store.
- Assisted architectural space planning project at City Hall, measuring and recording furniture and work areas on each floor and in each department.

Telephone skills

- Filled in as receptionist at Center for Independent Living, handling 250 incoming calls per day and relaying messages to staff.
- Made over 100 PR calls to businesses for ADMARK Corp.
- Took incoming calls for campus newspaper staff at University of Iowa.

Computer knowledge

- Completed introductory training courses at Computers! covering disk operating system, database, Microsoft Word.
- Input 1000 names and addresses into Filemaker database for ADMARK Corp.

Employment History

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<tr>
<th>Date</th>
<th>Position</th>
<th>Company</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>1/09-Present</td>
<td>Office Assistant</td>
<td>Computers!</td>
<td>Iowa City, IA</td>
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<tr>
<td>2/07-1/09</td>
<td>Office Assistant (PT)</td>
<td>Manpower</td>
<td>Iowa City, IA</td>
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<td>2003-2007</td>
<td>Carpentry Assistant</td>
<td>Hal Howard Floor Refinishing</td>
<td>Coralville, IA</td>
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<td>2002-2003</td>
<td>Inventory Clerk</td>
<td>Iowa City Hall</td>
<td>Iowa City, CA</td>
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<tr>
<td>2000-2002</td>
<td>Office Assistant</td>
<td>Student Publications</td>
<td>West Burlington, IA</td>
</tr>
</tbody>
</table>

Education

Southeastern Iowa Community College, West Burlington, IA
Major: Administrative Assistant, Associate of Applied Science Degree - 2000
Functional Resume Sample

Polly Kelsa
59912 Le Conte
Cedar Rapids, IA 52402
(319) 555-1212

OBJECTIVE: Accounting position, including financial consultation and training.

Summary
• Four years’ experience in bookkeeping for small businesses and corporations.
• Commitment to professional growth and development in financial services.
• Outstanding talent for assessing clients’ needs and developing individualized financial systems.
• Experience in Microsoft Office 2007 Excel and Access.

Relevant Experience

Bookkeeping & Accounting
• Served as full-charge bookkeeper and financial manager for several businesses, responsible for:
  ▪ general ledger, cash disbursements journal, cash receipts journal
  ▪ payroll and payroll taxes, accounts payable, accounts receivable
  ▪ bank reconciliation, budgeting, financial statements
• Consulted with CPAs on behalf of businesses, presenting all financial materials to prepare for end-of-year taxes.

Needs Assessment/Advising
• Successfully advised and counseled small business clients on financial strategy, employing effective counseling methods. Combined candid assessment of current status with proposals for improving profitability.

Organization/Administration
• Trained and supervised novice bookkeepers in bookkeeping skills.
• Advised on and implemented start-up procedures for small businesses in the State of California, involving business license, bank account, fictitious name statement, resale number, state and federal employer ID number.
• Served as financial officer on committees and boards of several organizations.
• Established my own financial bookkeeping service.

Employment History

<table>
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<tr>
<th>Year</th>
<th>Position</th>
<th>Company</th>
<th>City, State</th>
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</thead>
<tbody>
<tr>
<td>2007-p</td>
<td>Owner/Consultant</td>
<td>Business Strategies</td>
<td>Cedar Rapids, IA</td>
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<tr>
<td>2003-2005</td>
<td>Financial Manager</td>
<td>Miro Chiropractic</td>
<td>Cedar Rapids, IA</td>
</tr>
<tr>
<td>2001-2003</td>
<td>Bookkeeper</td>
<td>Janet Rogers, Chiropractor</td>
<td>Cedar Rapids, IA</td>
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<tr>
<td>1998-2001</td>
<td>Bookkeeper</td>
<td>Barnes Travel Agency</td>
<td>Iowa City, IA</td>
</tr>
</tbody>
</table>

Education & Training

University of Iowa, Iowa City, IA
Accounting, Bachelor of Arts, 2001

Kirkwood Community College, Iowa City, IA
Accounting Major – Completed 26 Semester Hours - 2000
Career Objective:
To obtain a Paralegal position in Real Estate Law firm.

Professional Experience:
2008-Present  Belding & Belding Law, Cedar Rapids, IA
   Legal Assistant
   Provide paralegal services to attorneys in residential real estate sales within Iowa and Illinois.

   Monitor transactions from start to final settlement statement; order and review titles, obtain plot plans and municipal lien certificates, research background, and work successfully against deadlines.

   Serve as liaison for clients, banks, and attorneys; schedule meetings, identify documents necessary for all parties.

   Coordinate all post-closing functions, complete title insurance forms, send final payments to banks and municipalities, and disburse funds.

2002 – 2008  Investors Life Insurance Co., Marion, IA
   Deputy Clerk (2006 - 2008)
   Negotiated payments with attorneys Third Party Liability cases and reviewed medical records.

   Operator Clerk (2002 - 2006)
   Provided subscriber information to customers, assisted in completion of questionnaires and forms.

Education:
   Kirkwood Community College, Cedar Rapids, IA
   Paralegal Studies, Associate of Arts Degree – expected 12/09
   3.95/4.00 GPA

Computer Skills:
   Experience in operating PC’s and programs Win XP, Word 2007, Excel 2007, Outlook 2007 and Internet; Knowledgeable in Power Point 2007, Access 2007; Typing (60 wpm)
Private Industry to Federal Career Sample

John Smith
1000 Samplers Way • Anywhere, IA 55555
Residence: (301) 222-3131 • Work: (240) 444-0808
E-mail: john.smith@hotmail.com

SSN: 000-00-0000 Veterans Preference: N/A
Citizenship: U.S. Citizen Candidate Source: External

OBJECTIVE: Information Technology Specialist, GS-2210-07
Announcement Number: AM123219

PROFILE

A customer-oriented and certified Information Technology Specialist with extensive experience providing system administration and user support in both government and commercial settings. Skilled with system and component repairs for broad range of desktop and laptop systems and customer peripherals. Combines solid knowledge of Wintel operating systems, Microsoft applications, and layered software products with customer service and sales expertise. Team player with strong organizational expertise, attention to detail, and demonstrated ability to succeed in demanding environment.

CERTIFICATIONS

CompTIA A+ certified in A+ Operating System Technologies and A+ Core Certified Reseller and System Builder for Microsoft software and AMD processors

EXPERTISE

- Helpdesk Support: Responding to a broad range of hardware, software, and configuration issues in high-paced customer support environment.
- Computer Repair: Providing system- and component-level repairs for desktops, laptops, printers, and other computer peripherals and electronic equipment.
- Customer Service and Sales: Applying top-notch customer interaction skills to working with system users and the general public.
- Consultation: Advising users and customers on computing and networking components to meet the business and personal needs.

COMPUTER SKILLS

Platforms: Dell, Sony, HP, Toshiba, Gateway, Compaq, Acer, Emachine, Cisnet; Processors: AMD XP, AMD Athlon 64/32 bit, ASUS, Chaintech; Cases: Lanboy; RAM: Crucial, Corsair Pc3200, DDR400, Pe2700

Operating/Network Systems: Windows 9x/NT/XP/2K, Cisco routers/switches, Wireless LANs, modems, routers, etc.

Peripherals: Types of cameras, cell phones, PDAs, Blu-ray DVD, etc.

Applications: Seibel eCRM, Norton Utilities, Norton Internet Security

Development: C++, Visual Basic (academic coursework)

Office Products: Microsoft Office Suite (Word, Excel, Outlook, PowerPoint)
RELATED PROFESSIONAL EXPERIENCE

Lead Computer Technician (12/05 – Present)
BEST BUY, 9031 Snowden Square Drive, Somewhere, MD  21046
Full Time:  40+ hours/week
Base Salary:  $27,500
Supervisor:  Linda Summers, (806) 444-2828, may be contacted

• Senior Computer Technician serving a high-paced metropolitan retail outlet for BEST BUY, one of nation’s leading retailers of technology products and services. Lead Technical Service Group, a 9-person team providing warranty repair services for broad range of computer and personal electronics products, including desktop and laptop computer systems, digital camera equipment, cellular phones, Personal Digital Assistants (PDAs), printers, and other computer peripherals.
• Receive, log, and track help desk calls. Provide phone-based consultation and problem diagnosis for customers.
• Assign work orders to other technicians. Conduct diagnostic tests, complete on-site component repair services, and coordinate Return Material Authorizations (RMAs) with Original Equipment Manufacturer (OEM).
• Assemble customized computer systems based on customer specifications. Install, configure, and test software. Document work in progress and assist with quality-control activities by checking work of other technicians.
• Track and inventory service parts for equipment under repair. Order parts and follow company asset procedures.
• As Technical Sales Consultant, advise consumers and business customers on total solutions for their Information Technology (IT) requirements, from computing options to Ethernet and wireless LAN configurations. Manage total purchase experience, from product consultation to closing sale of equipment, peripherals, software, and maintenance services.

Key Accomplishments

• **Work Order Productivity:** Personally complete more than 100 work orders for desktop and laptop repairs each month, consistently meeting corporate productivity goals.
• **OJT:** As the senior Computer Technician, provided orientation, on-the-job training (OJT), and technical assistance to new technicians.
• **Product Certification:** Successfully completed biweekly BEST BUY product certification tests throughout the calendar year.
• **High Sales Performer of the Month:** Recognized by store management as the top sales performer three consecutive months (05/06 – 07/06).
Desktop and Networking Administrator (6/02-8/02) (student summer position)

CARDEROCK DIVISION, NAVAL SURFACE WARFARE CENTER, 9500 MacArthur Blvd., West Bethesda, MD 20817-5700
Full Time: 40+ hours/week
Unpaid Intern
Supervisor: Jonathan Castle

- System administrator for a scientific workgroup, computing environment. Participated in planning and delivery of customer support services to the organization. Installed, upgraded, delivered, and provided troubleshooting for hardware and software components. Performed file backups and restores, system and peripherals, troubleshooting, and component repair.

- Provided a high level of customer service for a wide variety of computer and network problems. Monitored, analyzed, and resolved end-user issues and provided informal training and assistance.

- Researched and reported on new technologies, equipment, and software with application to the Naval Surface Warfare Center.

- Completed other short-term computing projects as assigned during the summer term.

Key Accomplishments

- **LAN Configuration:** Designed and implemented a simple Ethernet-based file-sharing solution for the assigned workgroup. Previously, all desktop systems were standalone. Installed and configured a Windows 2000 server including file, print, and software update services. Configured user accounts and file shares implement standard Windows 2000 password and file security measures, installed and configured virus and spyware detection utilities, and trained team members on standard file-sharing tasks.

- **Macintosh Batch Code:** Completed a sample batch job using Macintosh development tools to display submarine trajectories.

Computer Technician (7/00 – 10/00) (student summer position, no longer in business)
COMP Solutions, 2900 Gateway Drive, Columbia, MD 21046
Full Time: 40+ hours/week
Base Salary: $10.00/hour
Supervisor: Jose Rajbhandari

- Computer salesman and technician for a small business computer integrator providing customer desktop and laptop systems to commercial and private customers. Interviewed clients to determine system requirements, provided individual consultation and troubleshooting, sold systems and hardware/software components, and assembled and installed systems at the client home or business site.
• Provided general store administration: opened/closed the store, recorded sales transactions, maintained a computer parts inventory, and responded to both telephone inquiries and walk-in customers

OTHER PROFESSIONAL EXPERIENCE

Retail Sales (6/02-8/02)
HECHTS, The Columbia Mall, Columbia, MD 21036
Full Time: 40+ hours/week (summer employment)
Base Salary: $8.50/hour
Supervisor: Rachel Tyler, (301) 555-1212
• Sales clerk handling cash and credit transactions in the hardware and garden departments. Assisted customers in locating merchandise, competed sales and returns, and interfaced with customers and sales associates at other Hechts stores in locating required merchandise.
• Assisted with stocking and arranging store displays.
• Followed store policies and procedures to ensure a good customer experience.

EDUCATION

BA, Information Management Systems, George Mason University, Fairfax, VA 22030, 2004
High School, Centennial High School, Ellicott City, MD 21042, 2000
Private Industry to Federal Career Sample

Amanda L. Walker
2000 Quarters, Apt. E
Anywhere, VA  22134
E-mail: awalker@yahoo.com
Day:  (202) 555-1000
Evening:  (703) 555-3222

Social Security No.:  111-11-1111  Citizenship:  U.S.A.
Federal Status:  N/A  Veterans’ Preference:  N/A

OBJECTIVE:  Position:  Management Assistant  Grade:  GS-0344-07
Announcement No:  00-DEU-03-0002

PROFESSIONAL PROFILE:  Organized, articulate Administrative Professional with 18+ years of progressively responsible experience in the strategic areas of administrative operations, information management, and events/meeting planning. Excellent organization, research, and communications capabilities. Demonstrated ability to prioritize tasks, meet time-sensitive deadlines, and work independently to achieve goals.

CORE QUALIFICATIONS

•  **Administrative Expertise:**  Comprehensive executive-level administrative and technical expertise. Skilled in developing, implementing, and managing office procedures and systems. Extensive experience providing information, logistical, and technical support for meetings, conferences, and special events.

•  **Computer and Database Management Skills:**  Broad-based computer software knowledge and database management expertise. Proficient in MS Word, Excel, PowerPoint, Access, Goldmine, Outlook, and Publisher systems.

•  **Report and Document Preparation:**  Expertise creating Excel spreadsheets, tables, graphs, charts, correspondence, and multimedia presentations. Valued for ability to organize computer data files to improve productivity and manage information.

•  **Research and Analysis:**  Qualitative and quantitative analysis of information for senior management using Excel spreadsheets. Adept at researching, analyzing, extracting, and archiving data for development reports and subject-matter files.

•  **Communications Skills:**  Polished oral and written communications skills. Well-developed interpersonal skills. At ease interfacing with top executives, government leaders, clients, customers, and vendors.
PROFESSIONAL EXPERIENCE

Business Process Analyst
Computer Science Corporation (csc.com) 5/02 – Present
1201 M Street, Washington, DC  20376  Full time:  40 hours per week
Supervisor:  Joe Rotter, (202) 675-4993, may be contacted Current Salary:  $47,000
(A federal contractor providing conference/special events services)

Administrative Assistant and Events Representative  Provide comprehensive administrative, clerical, and technical support for the Admiral Gooding Center, Command Events Planning Branch of the Naval Sea Systems Command (NAVSEA). Manage and coordinate administrative functions to ensure the smooth and efficient operation of conference facilities and services. Report to the Director of Events Planning.

- Organize and coordinate logistics and provide administrative and technical support for special events, meetings, conference, and seminars at the center. Maximize use of software applications, including Excel and PowerPoint, to create project correspondence produce support materials, and record program documentation.
- As Events Assistant, serve as key client interface and on-site technical representative from pre-event planning to post-event follow-up. Use state-of-the-art computer technology to hyperlink client information to PowerPoint and other software to create multimedia presentations. Play integral role in planning meetings. Key contact for high-ranking military personnel.
- Assist with basic accounting/finance functions. Track bank card transactions and purchase orders. Review financial reports to ensure accuracy.
- Answer and screen telephone calls; greet and register incoming visitors; and disseminate information to customers, the public, and staff. Conduct facility tours.
- Administer workflow and establish and maintain subject-matter files. Provide secretarial/clerical support. Track and document project status using spreadsheet applications

Key Accomplishments:
- Improved data collection, documentation, and access, and reduced errors by consolidating six spreadsheets into one. Also created pivot tables to extract requested data more efficiently.
- Utilized Word and Excel to create and implement a more efficient system for tracking and documenting conference/meeting project status and follow-up.
- Assisted with financial report review and uncovered a $30,000 calculation error. Revised and improved the report implementing Excel software.
- Consistently exceed performance standards. Valued by management and staff for increasing internal efficiencies and cutting administrative costs by creating new ways to automate office procedures and duties.
EDUCATION AND TRAINING

Park University, B.S. Degree Candidate (Management), Quantico, VA 22134
Dale Carnegie Training (12-week course), June 2002
Situational Leadership Training (2-day course), March 2002
Merchandise Assistant Training Program (6-week course, JC Penney), May 2001
Event Management Training (1-week course), August 1999
U.S. Navy Administrative Data School, Meridian, MS, March 1995
Calvert County Community College, LaPlata, MD, 56 credit hours, 1994-1995
Military to Federal Career Sample

Lisa Miller
1280 Patriot Lane
Columbia, MD 21451
Home: (410) 555-1256
Work: (410) 555-4312

Social Security Number: 555-55-5555
U.S. Citizen: Yes
Veterans’ Preference: 5 points; U.S. Army (E-6), Military Service: 05/97 to Present
Federal Employment Status: N/A

OBJECTIVE: Announcement Number: TSA-02-112
Intelligence Operations Specialist, SV-0132-00/00

PROFESSIONAL PROFILE

- Five years of direct experience as a Counterintelligence (CI) Special Agent for the Department of the Army, conducting critical counterintelligence, counterterrorism (CT), counterespionage (CE), and security investigations and operations to protect national security. Engaged in intelligence collection and analysis to develop reports and threat assessments. Initiated and coordinated investigative operations. Conducted interviews and interrogations.


- Member of the worldwide foreign surveillance team conducting sensitive investigations and surveillance operations resulting in arrests of suspected terrorists.


- Superior oral and written communications. Compose reports, investigative and operational plans, summaries, updates, incident accounts, memos, and briefings. Deliver briefings before high-level delegations, conduct platform instruction and training sessions, and present security awareness seminars.

- I possess excellent interpersonal skills, I am energetic, easily adaptable to changing conditions; able to determine new and innovative methods to interact positively in difficult situations; relate well with various people and individuals of diverse backgrounds; and apply direct, action-oriented approaches to solving problems.
CLEARANCE

TS/SCI/SSBI (current/active) PR updated 05/06.

PROFESSIONAL EXPERIENCE

Surveillance Case Officer (E-6) 2/12/00 to Present
Foreign Counterintelligence Office
U.S. Army, Detachment 26
Supervisor: Chris Stern; Phone: 410-555-5555

Yes, you may contact my current employer

- Plan and conduct worldwide physical surveillance operations against Foreign Intelligence Services (FIS) in support of national-level Human Intelligence (HUMINT) requirements and counterintelligence operations and investigations to identify suspects involved in compromising national security.
- Review surveillance processes, requirements, and cases. Approve or disapprove surveillance measures.
- Employ state-of-the-art surveillance equipment to train subordinates. Lead and control ground operations for specific missions, supervising 25 team members.
- Conduct regular liaison with representatives from various counterintelligence and law-enforcement agencies including the FBI, CIA, DoA, and other national agencies.
- Compose and review reports and other written documents.
- Conduct briefings and debriefings. Prepare PowerPoint presentations for briefings and class instruction.
- Serve as Communications Security (COMSEC) Custodian.
- Plan and lead training scenarios. Advise, evaluate, and counsel students at CI training school.
- Collateral Assignment, Assistant Supply Manager: Manage and account for $1.4M worth of equipment, purchasing requirements, and logistical support for the surveillance team.

Specific Accomplishments:

- Since 9/11, the surveillance team has worked overtime on additional counterterrorism operations and investigations. Also, I work closely with local law enforcement to handle multiple arrests.
- Develop Surveillance Detection Routes (SDR) in support of Offensive CI Operations.
- Engaged in a number of surveillance activities: foot, mobile, public transportation, map reading, tradecraft and operation activity recognition, note taking and report writing, aerial surveillance, night surveillance, stakeouts, and boxing.
Special Agent/Security Specialist (E-5)  02/12/98 to 01/12/00
U.S. Army  Hours per week: 40+
Detachment 7  Salary: $2,500 per mo.
Fort Meade, MD 21067  Supervised: 8
Supervisor: Johnny Black; Phone: 410-555-5555

Operations Officer/Training and Operations (S3)

- Managed and coordinated all CI tasks from subordinate organizations and input all data into database, including Polygraphs, Technical Support Countermeasures, Information Warfare Branch, and counterintelligence activities in support of the Department of the Army (DoA) and DOD military units and civilian contractors. Enforced Department of Army Intelligence and Security Command procedures and policies.
- Supervised mission database and daily operations stats, and provided operational input/reports to headquarters. Managed in-house database software.
- Managed and controlled physical security of sensitive areas and proper operation of access devices. Assisted in local adjudication and granting of access to sensitive compartmented information and assisted in processing of periodic reinvestigations for DoA personnel.
- Provided security and computer forensics to computer investigations and collection efforts.
- Trained personnel in completion of Electronic Personnel Security Questionnaire and led security training for more than 250 personnel.
- Maintained excellent liaison with program managers, operations officers, and other unit representatives regarding issues of multi-disciplined CI technical assets.
- Prepared weekly and special PowerPoint slides for meetings.
- Constructed and wrote weekly operations reports, monthly unit status reports, and quarterly civilian law-enforcement operations reports.
- Supervised, mentored, and counseled eight subordinates. Fostered cohesive working team. Assisted personnel with travel orders and requirements.

Specific Accomplishments:

- Selected to supervise a team (normally assigned to a more senior agent) to support the Presidential mandated DoD War Crimes Disclosure Act declassification project. The project digitized over one million counterintelligence investigative and operational files and then declassified and released more than 15,000 of the files to the National Records Administration. Managed all Quality Control reviews for declassification of files.
- Developed a Fire and Safety Program and prepared for and passed Safety/Fire Inspection. Conducted security inspections ensuring compliance with DoD and Army security policies, procedures, and regulations.
- Located and removed more than 300 corrupted computer files within one week of hire.
- Created a Standard Operating Procedure (SOP) for data entry.
- Devised and implemented a cross-training plan for the section, which ensured assignment completion (devised training for agents in Personnel Security Investigations and Subversion and Espionage Directed Against the Army (SAEDA) briefings.
- Maintained and accounted for $600,000 worth of equipment.
Special Agent (E-4)                  02/12/97 to 02/12/98
U.S. Army                              Hours per week: 40+
A. Co. 518th MI BN Korea             Salary: $2,300 per mo.
Supervisor: MAJ Donald Mayflower       Supervised: 6

- Provided covering agent support and security assistance to all staff sections and elements
  with U.S. Forces Korea and headquarters. Supported two exercises. Conducted security
  briefings and answered questions related to suspicious activity to more than 20,000
  individuals stationed in Korea.
- Assisted with cyber-counterintelligence investigations to detect, prevent, and neutralize
  threats to national security.
- Conducted liaison with federal, state, and local law-enforcement agencies.
- Organized and maintained counterintelligence files and databases.
- Debriefed or interviewed witnesses and sources to extract pertinent information concerning
  investigations. Coordinated, implemented, and maintained debriefing programs with
  federal agencies. Debriefed DoA personnel for information of intelligence value.
- Wrote investigative plans, reports, summaries, updates, and closure reports. Produced
  intelligence reports to answer national-level intelligence requirements.
- Managed barracks requirements: Created a detail roster, enforced standards, and
  coordinated building work orders.

Specific Accomplishments:
- Served as Investigations Team Leader/Personnel Security Investigations (PSIs) Case
  Control Manager and directed investigative actions of six agents completing more than
  2,000 leads and closing 486 cases.
- Personally closed 10 PSIs and conducted 300 leads, accounting for 40% of total PSI
  production.
- Acted as Lead Investigator on six espionage investigations and supported one other by
  completing two Intelligence Memorandums for Record (IMRs).
- Selected among a pool of 37 peers to participate in two counterintelligence surveillance
  exercises.
- Selected as Soldier of the Quarter (Battalion level).

EDUCATION

Pursing Master of Science of Strategic Intelligence, Joint Military Intelligence College, Washington,
DC; Enrolled Fall 2006
Bachelor of Science, Health Administration, University of Maryland, MD, 1996 (GPA: 3.8); Dean’s
List; Women’s Business Honor Society
Diploma, Canyon Area High School, Columbia, MD 1992
Lisa Miller
Announcement: TSA-02-112

PROFESSIONAL DEVELOPMENT

Basic Non-commissioned Officer Course (BNOC), 8 weeks, 2001 (Distinguished Graduate)
Basic Surveillance Course, Joint Training Academy, 200 hours, 2001
Driver Enhancement Training, Police and Correctional Training Commissions, 1 week, 2000
Basic Tactical Pistol Class, 40 hours, 2000
Counterintelligence Training Center Surveillance Course, 2 weeks, 2000
CI/HUMINT Automated Tool Sets (CHATS) 1 week, 1998
Korea Surveillance Training Course, 2 weeks, 1997
Primary Leadership Development course, Noncommissioned Officer Academy, 4 weeks, 1997
U.S. Army Counterintelligence School, Counterintelligence Agent, 17 weeks, 1996

AWARDS

Received special letters of commendation from senior members of the FBI and national-level intelligence agencies for supporting a successful and highly sensitive operation, 2002
Army Commendation Medal, 2002
Army Achievement Medal, 2001, 2000
Certificate of Achievement, 1998 (for skillful investigative techniques)
LOGISTICS & QUALITY CONTROL SPECIALIST

Focused, results-driven Logistics and Quality Control professional with over 10 years of experience and a reputation for consistently meeting the most challenging organizational goals and objectives with unequaled success. Proven and verifiable record of producing higher performance standards and enhancing productivity with very few personnel. Able to motivate team members and maximize productivity and morale without financial incentives. Well-demonstrated ability to develop and implement highly successful short- and long-term strategic plans, routinely completing projects on time and within budget. Possesses active U.S. Secret Clearance.

PROFESSIONAL EXPERIENCE

LOGISTICS & MANAGEMENT
Actively participated in the U.S. Navy upper-level management team that proved that the military could be managed like a well-tuned corporate machine by efficiently managing complex organizations, supervising hundreds of people through many line-management personnel, and responsibly maintaining $380 million worth of equipment, supplies, and line items. Consistently demonstrated knowledge of the principles and concepts necessary to perform effective logistical analysis by routinely carrying out logistics functions such as Inventory Management, Supply Systems Analysis, and Standardization.

QUALITY CONTROL
Expert in H-60 airframe and flight control systems with a focus on Quality Assurance in production. Strong ability to identify problems and generate workable, cost-effective solutions. Performed detailed, comprehensive audits of squadron work centers and programs and provided easily-understood, resolution-oriented reports designed to enhance efficiency of corrective actions. Ensured safety of personnel and maximized use of equipment at lowest cost through careful monitoring and maintaining strict compliance with all Navy policies and procedures.

TRAINING & DEVELOPMENT
Proven track record of exceptional leadership with superior teaching and motivational skills. Led squadron maintenance work center team with the lowest performance level of 10 squadrons to a #1 performance ranking in less than 12 months. Established and implemented more user-friendly training techniques that increased junior personnel understanding of quality control procedures and enhanced performance.

WORK HISTORY

UNITED STATES NAVY 1999 – Present
1234 Main Street
Any Town, Iowa
Supervisor: Jack Doe – (877) 875-7706

PETTY OFFICER FIRST CLASS
Served for 10 years, including active participation in the swift and forceful turnaround of the armed forces that led to the U.S. Victory in Operation Enduring Freedom and Operation Iraqi Freedom. Coordinated numerous logistics operations, oversaw aviation/aerospace quality control, and developed and led the comprehensive training programs.
WORK HISTORY (continued)

UNITED STATES NAVY, Petty Officer First Class

Outstanding Achievements include:

- Innovated and initiated tracking program that ensured smooth deployment of 96 personnel, 4 aircraft, and 2,500 line items and equipment to Iraq in support of Special Operations, and oversaw successful return of all with 100% accountability.
- Utilized Group Think, Team Dynamics, and a Creative Working Environment to motivate Navy squadron airframe production work center personnel and enhance productivity, resulting in a 5% reduction in weekly workload each week and a total 45% reduction in 12 months.
- Decreased turn-around time for H-60 aircraft Phase and Special inspections by 50%.
- Vigilantly monitored 42 Navy aviation programs to ensure compliance with guidelines and regulations set forth by the FAA, NTSB, and COMNAVAIRFOR.
- Received recognition by superiors for design and execution of comprehensive Helicopter Wing squadron training program that resulted in exceptional subordinate performance in all evaluated competencies.
- Developed warfare program comprising 52 qualifications skills, 10 professional rating subjects, and O/T training via leadership curriculum.

EDUCATION & TRAINING

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY, Daytona Beach, Florida Present
Master of Science in Logistics and Supply Chain Management

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY, Daytona Beach, Florida 2006
Bachelor of Science in Professional Aeronautics with a minor in Management, Graduated Cum Laude

AVETA BUSINESS SOLUTIONS, Daytona Beach, Florida Present
Black Belt Six Sigma

AVIATION WEIGHT AND BALANCE SCHOOL, Jacksonville, Florida 2007
Automated Weight and Balance System (AWBS) Management and Use

NAVAL LEADERS TRAINING, Mayport, Florida 2005
Management, Leadership and Administrative Procedures

QUALITY ASSURANCE ANALYST TRAINING, Jacksonville, Florida 2005
Advanced Leadership, Management, and Problem Solving Analysis

AVIATION STRUCTURAL MECHANIC TRAINING (Hydraulics and Structures), Pensacola, FL 1999
Aircraft Maintenance, Structural Repair, Hydraulic Component Repair, and Flight Control Maintenance
Chronological Resume Worksheet

Permanent Address:

Name__________________________________________________
Address ________________________________________________
City ________________________ State _________Zip __________
Phone (Daytime) - (      ) - __ __ __ -  __ __ __ __
   (Evening) - (      ) - __ __ __ -  __ __ __ __

Temporary Address:

Name__________________________________________________
Address________________________________________________
City________________________  State _________Zip__________
Phone (Daytime) - (     ) - __ __ __ -  __ __ __ __
   (Evening) - (     ) - __ __ __ -  __ __ __ __

*Nicknames are not recommended in the resume. It is permissible to leave a phone number where a message can be left, if you don’t have your own phone.

Career Objective: This section tells the employer what position you are seeking within the organization. The statement needs to be as specific as possible. (Example: “Desire a software support position for a computer or software retailer.”)

___________________________________________________________
___________________________________________________________
___________________________________________________________

Work /Relevant Experience: This section is used to communicate to the employer your unique qualifications for the position.

Position Title (Example: Supervisor)
Organization/Company Name (Example: ABC Computer Center)
City(Example: Marion ), State (IA)
Employment Dates (Month/Year), From (6/06) To(Present)
Work Description (List specific skills, qualifications, and accomplishments. List most recent experience first, using bullet format vs. paragraph.)
• (Example: Recruited, trained and supervised 15 full-time staff.)
•
•
Position Title_____________________________________________
Organization/Company Name  _______________________________
City________________________  State_______________________
Employment Dates (Month/Year)  From__________ To___________
Work Description:
•  _______________________________________________________
•  _______________________________________________________
•  _______________________________________________________
•  _______________________________________________________

Position Title_____________________________________________
Organization/Company Name  _______________________________
City _______________________  State _______________________
Employment Dates (Month/Year)  From__________ To___________
Work Description:
•  _______________________________________________________
•  _______________________________________________________
•  _______________________________________________________
•  _______________________________________________________

**Education:**  *List your most recent educational degree first.*

Educational Institution _____________________________________
City _______________________  State _______________________
Date Attended From ____________ To ____________ (Month/Year)
Major(s):   ______________________________________________
Minor(s):   ______________________________________________
Degree(s)/Certificate(s) ____________________________________
GPA:  ______/_______ (Example:  3.55/4.00 GPA)(Optional)

Educational Institution _____________________________________
City _______________________  State _______________________
Date Attended From ____________ To ____________ (Month/Year)
Major(s) ________________________________________________
Minor(s) ________________________________________________
Degree(s) _______________________________________________
GPA:  _____/_______ (Example:  3.55/4.00 GPA)(Optional)

High School/GED  ________________________________________
City _______________________  State _______________________
Year Graduated ________ (Optional to list, especially if you have been out of High School longer than three years.)
**Computer Skills:** It is important to list your computer skills, as most employers’ position openings require some computer skills. List computer skills you are proficient or experienced in and the computer skills you are knowledgeable in like Microsoft Word 2007.

- ________________________________
- ________________________________
- ________________________________

**College/High School-Related Activities:** Includes honors received in college and high school. Memberships in organizations, clubs, tutorial experience, and leadership activities. (List activities with “bullet” statements).

- (Example - President of Kirkwood’s Dental Assistant Club.)
- ________________________________
- ________________________________
- ________________________________

**Professional Affiliations/Related Activities/Experiences:** Memberships including; professional or trade associations, community/social organizations, service clubs, volunteer work, and internships. List any leadership offices or roles held in any organizations. List any interests or hobbies. (List activities with “bullet” statements).

- (Example - Member of Iowa Association of Rehabilitation Nurses)
- ________________________________
- ________________________________

**Key Course Highlights:** Optional area to use in the resume. Use this section if you are seeking a job outside of your field of study, or if you have very little work experience. List 4-6 courses related to your career objective.

- ________________________________
- ________________________________
- ________________________________
- ________________________________
**References:** List people who know you well and can articulate your accomplishments, achievements, experiences, work habits, and character. Examples of references are: teachers, former supervisors, present employer, co-workers, and friends. List three to six references. It is important to ask the person’s permission to use them as a reference. Make sure you stay in contact with your references at all times when pursuing a position.

Name________________________  Job Title___________________
Home or Business Address
_______________________________________________________
City ________________________  State ________Zip_________
Home Phone (     ) __ __ __ - __ __ __ __
Work Phone (      ) __ __ __ - __ __ __ __
E-Mail Address______________________________

Name_________________________  Job Title__________________
Home or Business Address
_______________________________________________________
City ________________________  State __________Zip________
Home Phone (     ) __ __ __ - __ __ __ __
Work Phone (      ) __ __ __ - __ __ __ __
E-Mail Address______________________________

Name_________________________  Job Title__________________
Home or Business Address
_______________________________________________________
City ________________________  State __________Zip________
Home Phone (     ) __ __ __ - __ __ __ __
Work Phone (      ) __ __ __ - __ __ __ __
E-Mail Address______________________________

Name_________________________  Job Title__________________
Home or Business Address
_______________________________________________________
City ________________________  State __________Zip________
Home Phone (     ) __ __ __ - __ __ __ __
Work Phone (      ) __ __ __ - __ __ __ __
E-Mail Address______________________________
Functional Resume Worksheet

**Permanent Address:**

Name _____________________________________________
Address ___________________________________________
City________________________  State ______Zip ________
Phone (Daytime) - (      ) - __ __ __ - __ __ __ __
   (Evening) - (      ) - __ __ __ - __ __ __ __

**Temporary Address:**

Name______________________________________________
Address____________________________________________
City________________________  State ______Zip_________
Phone (Daytime) - (       ) - __ __ __ - __ __ __ __
   (Evening) - (       ) - __ __ __ - __ __ __ __

*Nicknames are not recommended in the resume. It is permissible to leave a phone number where a message can be left, if you don’t have your own phone.

**Career Objective:**  This section tells the employer what position you are seeking within the organization. The statement needs to be as specific as possible.  (Example: “Desire a Computer Programming position.”)  The Career Objective is optional in the resume.

__________________________________________________
__________________________________________________
__________________________________________________

**Summary of Qualifications or Highlights of Qualifications:**  This area should summarize three or four skills that match the employer’s needs. These highlights can appear in a short paragraph or preferably, a “bullet” format.

• _______________________________________________  
• _______________________________________________  
• _______________________________________________  
• _______________________________________________
**Professional/Related Experience:** This section is documentation of specific occupational/related skills that summarize your work experiences. It is important to identify three to four key categories under which action-oriented statements are listed.

**Possible Categories**

*(Example-Supervisor Skills)* For Instance - List General Skills; Communication Skills, Management/Supervisor Skills, Technical Skills, Public Relations Skills and etc.) Specific action-oriented statements that clarify the overall skill area. (Three to Five Bullet Statements)

- *(Example - Hired/fired, scheduled, trained, and supervised staff of ten.)*
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________

*(Example – Computer Skills)*

- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________

- ____________________________

- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
Employment History: In this section you will list your most recent work experience first, dates, job title, company name and their location. You can include military, volunteer, or any experiences relevant to your career objective. Generally, it is not recommended that you include work experience dating beyond 15 years unless you are currently working for the same company.

<table>
<thead>
<tr>
<th>Date</th>
<th>Job Title</th>
<th>Company Name</th>
<th>City and State</th>
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<tbody>
<tr>
<td>Example;</td>
<td>2006-Present</td>
<td>Sales Representative</td>
<td>ABC Imports Inc.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Job Title</th>
<th>Company Name</th>
<th>City and State</th>
</tr>
</thead>
</table>

Education: List your most recent educational degree first.

Educational Institution _____________________________________
City _______________________ State _______________________
Date Attended From ____________ To ____________ (Month/Year)
Major(s): _______________________________________________
Minor(s): _______________________________________________
Degree(s)/Certificate(s): ___________________________________
GPA: ______/_______ (Example: 3.55/4.00 GPA)(Optional)

Educational Institution _____________________________________
City _______________________ State _______________________
Date Attended From ____________ To ____________ (Month/Year)
Major(s): _______________________________________________
Minor(s): _______________________________________________
Degree(s)/Certificates: ____________________________________
GPA: ______/_______ (Example: 3.55/4.00 GPA)(Optional)

High School/GED_________________________________________
City _______________________ State _______________________ Year Graduated ____ (Optional to list, especially if you have been out of high school longer than 3 years.)
**Professional Affiliations/Related Activities/Experiences:** Memberships including: professional or trade associations, community/social organizations, service clubs, volunteer work, and internships. List any leadership offices or roles held in any organizations. List any interests or hobbies. (List activities with “bullet” statements). (This area is optional).

- *(Example - Secretary of Iowa Association of Realtors Incorporate)*
- ______________________________________________________
- ______________________________________________________
- ______________________________________________________

**References:** List people who know you well and can articulate your accomplishments, achievements, experiences, work habits, and character. Examples of references are: teachers, former supervisors, present employers, co-workers, and friends. List three to six references. It is important to ask the persons’ permission to use them as a reference. Make sure you stay in contact with your references at all times when pursuing a position.

Name_________________________ Job Title ___________________
Home or Business Address ___________________________________________

City ___________________ State __________ Zip __________
Home Phone (    ) __ __ __ - __ __ __ __
Work Phone (    ) __ __ __ - __ __ __ __

Name_________________________ Job Title ___________________
Home or Business Address ___________________________________________

City ___________________ State __________ Zip __________
Home Phone (    ) __ __ __ - __ __ __ __
Work Phone (    ) __ __ __ - __ __ __ __

Name_________________________ Job Title ___________________
Home or Business Address ___________________________________________

City ___________________ State __________ Zip __________
Home Phone (    ) __ __ __ - __ __ __ __
Work Phone (    ) __ __ __ - __ __ __ __

Name_________________________ Job Title ___________________
Home or Business Address ___________________________________________

City ___________________ State __________ Zip __________
Home Phone (    ) __ __ __ - __ __ __ __
Work Phone (    ) __ __ __ - __ __ __ __
# Resume Log

<table>
<thead>
<tr>
<th>Company Name Address, Phone</th>
<th>Contact’s Name &amp; Job Title</th>
<th>Date/Directions for Follow-up</th>
<th>Date/Comments</th>
<th>Date: Final Comments</th>
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Cover Letters

The purpose of a cover letter is to build a bridge between your resume and the job description of the open position. You must help the employer see how your experiences, which are listed on your resume, could help you be successful at this job, which is described in the job description. A cover letter should always accompany your resume when you are applying for a specific job.

Parts of a Cover Letter

Header:
Include your contact information at the top of your cover letter. You may use a standard letter format or you may use the same header as you do for your resume.

Opening Paragraph:
Grab the employer’s attention. What do you know about the company that makes you want to work there? Identify the position you’d like to apply for and demonstrate your knowledge about the position. You should also identify how you learned about the position opening. You could do this by mentioning the name of a person who works at the organization or by referencing a job posting from a website or newspaper.

Body:
This section will contain one or two paragraphs, in which you describe why you are qualified for the position. Don’t repeat the same information from your resume. Instead, use the body of your letter to expand on some of the information from your resume. Include relevant details about specific projects or experiences. You may use paragraph form, bullets, or a combination of the two.

Repeat phrases from the job description in the body of your cover letter. This is a great strategy for helping employers see that you have what they want. Does the job description mention that the ideal candidate should have “excellent interpersonal communication skills?” Then your letter should read something like “Among the skills I have to offer are my excellent communication skills. For example…” Immediately back up every statement like this with some solid facts. Talk about something you’ve done that demonstrates your skills. (See pages 70 - 76)

Closing:
This is where you ask for an interview. Describe whatever step you will take next, and be sure to follow through with what you say you’ll do. It’s appropriate to say you’ll call them on a certain day to follow up. You may want to include your contact information here and invite them to contact you with any questions. Close with “sincerely”, then type and sign your name.

Salary History:
Sometimes an employer will ask for your salary history. They want to get an idea of how much money you expect to earn. If the employer asks you to include “salary history” or “salary information” with your application packet, address this issue somewhere in your closing paragraph. Always give a salary range and let them know if you’re willing to negotiate. Visit www.salary.com to get an idea of a typical salary range for the position.
(Example 1: My salary history from 1998 to present ranges from $25,000 - $40,000 annually.)
(Example 2: I would expect to earn $30,000 - $35,000 plus benefits, but I am willing to negotiate.)
Sample Cover Letter, Resume & Job Posting

**Job Description:**
NATURAL RESOURCE INTERN

**Duties:** Lead interpretive nature walks with guests of all ages. General park maintenance activities such as mowing, facility and area clean-up and painting.

**Requirements:** Excellent verbal communication skills and leadership ability a must. Knowledge of natural resource interpretation helpful. Experience with park maintenance helpful.

**To apply:** send resume/cover letter to John Smith, Human Resources Coordinator, County Conservation Board, Cedar Rapids, IA 52365

NOTICE THE PHRASES REPEATED FROM JOB DESCRIPTION

29 Jewel Dr. SE
Marion, IA 52302

04-06-20XX

Mr. John Smith
Human Resources Coordinator
Somewhere State Park
345 35th St.
Cedar Rapids, IA 52402

Dear Mr. Smith:

I would like to apply for the Natural Resource internship I saw posted on Kirkwood Community College’s job website. Somewhere State Park has long been one of my favorite places to camp. I especially appreciate the fall color and fishing opportunities your park has to offer. I was excited to learn about your opening for a natural resources intern.

My excellent verbal communication skills and leadership ability are two qualities which I could contribute to your team. As a day camp counselor, I led groups of children through a variety of activities. In this leadership role, I accommodated the special needs of individuals while keeping in mind the well-being of the entire group. I used my communication skills to motivate children to participate in activities.

Also, I have knowledge of natural resource interpretation. As a backpacking trip leader, I led guests of all ages on multi-day excursions through the wilderness. Using my knowledge of geology, wildlife, and plants, I helped group participants gain a deeper appreciation for the natural wonders they were experiencing. Along with knowledge of natural resource interpretation, I have had some experience with park maintenance. As a part of the Muscatine County Conservation Corps, I worked with a team to maintain and improve county parks. I mowed, painted, cleaned up trash, and cleared trails after storms, landscaped and trimmed weeds.

The knowledge and leadership skills I’ve gained through these experiences make me confident I would have plenty to offer Somewhere State Park. I will contact you on Thursday to see if you would like to set up a time to discuss my qualifications for this position. Please feel free to contact me at 319-555-8479 or marci-jase@student.kirkwood.edu. Thank you for your time.

Sincerely,

Marci Jase

Marci Jase

Enclosure. Resume
OBJECTIVE: To obtain an Internship in the field of natural resources interpretation for the Summer of 2009

EDUCATION: Kirkwood Community College, Cedar Rapids, IA
A.A.S., Parks and Natural Resources Expected 5/10
G.P.A.: 3.32/4.00

RELATED COURSEWORK: Natural Resources Interpretation, Wildlife Identification & Management,
Plant Material, Soil and Water Conservation, Park Maintenance

RELATED EXPERIENCE: Backpacking Trip Leader (Volunteer) Summers 2007-2009
Rocky Mountain National Park, CO; Grand Tetons, WY
• Led 6 groups of friends on backpacking trips through the Rockies
• Educated group members about the geology, plants, and wildlife of the area
• Planned routes, coordinated meals, and gathered necessary equipment
• Taught group members hiking techniques, water purification & cooking methods, wilderness safety, and environmental consciousness

Day Camp Counselor Summer 2007
YMCA of the Rockies; Estes Park, CO
• Led groups of kids on hikes through the Rocky Mountain National Park
• Planned team-building activities
• Taught the kids about plants, animals, and geology
• Regularly administered First Aid on minor injuries

Muscatine County Conservation Corps Summer 2006
Muscatine County Conservation Board; Muscatine, IA
• Learned environmental principles from county conservation workers
• Worked on various conservation projects in county parks
• Maintained nature trails and constructed new trails
• Implemented techniques to prevent erosion on hillsides within area parks

Day Camp Counselor (Volunteer) 9/04 – 9/05
Girl Scout Camp Sacajawea; Muscatine, IA
• Taught girls how to build and cook over a fire
• Led girls on hikes, creek walks, and other outdoor activities
• Taught knot tying, orienteering, and camp safety
Dear Mr. Cummings:

I recently read your advertisement in the *Des Moines Register* for the position of Assistant Editor, and I am highly interested in learning more about the job's specific requirements.

I possess strong written and verbal communication skills, as well as computer and desktop publishing experience. My accomplishments include:

- Winning the Columbia Scholastic Press Association's First Place Gold Circle Award for graphic art.
- Serving as feature editor, art editor, graphic artist, and reporter for various college publications.
- Completing a course in advertising art/desktop publishing, this focused on the use of PageMaker software.

Please find my resume attached for your review. I would appreciate the opportunity to discuss my specific abilities in relation to your needs. I will call you next week to schedule a mutually convenient time to meet or you may contact me at (302) 555-5555 or my email address csmith@yahoo.com.

Thank you for your consideration.

Sincerely,

Chris Smith

Enclosure. Resume
October 15, 20XX

Ms. Joan Doe, Manager
BCD Company
10 South Main Ave.
Frytown, IA 55551

Dear Ms. Doe:

In response to your ad in the Gazette on October 10 for the Management Assistant position, I am enclosing my resume for your consideration.

I think you may be interested in some of my accomplishments:
  • Hired, supervised and trained 6 full-time staff and 12 seasonal assistants.
  • Assisted in the development of our management training program; oversaw the program's $350,000 budget.
  • Designed office procedures; developed company policy on handling customers.
  • Familiar with the use of PC’s and Microsoft Office 2007 programs, Excel and Word.

In accomplishing these tasks, I drew heavily on my educational training and my diversified work experience. Presently I am seeking a new opportunity where I can continue to utilize my abilities and skills.

My salary requirement would be $44,750 to $54,750 plus benefits and willing to negotiate.

I would like to meet with you and explore my qualifications and interest in the BCD Company. I will call your office in a few days to see when we can arrange time to meet, or you may contact me at (319) 555-1212 or my email address jsmith@hotmail.com. I would appreciate that you would not contact my present employer.

Sincerely,

Jane D. Smith

Enclosure. Resume
Cover Letter Sample

178 Green St.
Mt. Pleasant, IA 52641

September 15, 20XX

Mr. Jerry Boss
Human Resource Manager
P.O. Box 7777
Des Moines, IA 50110

Dear Mr. Boss:

I am interested in the Editorial/Computer Production Manager position you advertised on www.kirkwood.edu/jobs. Let me briefly match your needs, as I understand them, to my background.

Your requirements:
- Proofreading, researching, and writing skills.
- Knowledge of PC-oriented desktop publishing.
- Knowledge of computer on-line programs.

My relevant skills:
- Proficiency in proofreading and copyediting attained during seven years with a typesetting company. Completed freelance project in keying and copyediting for an IMIS Research reference book.
- Computerized a pre-PC typesetting system. Set up a Word-based newsletter system and completed initial work for a PageMaker-based hardware/software setup. Familiar with typesetting and page layout issues both from pre-PC and PC eras.
- Utilized PC communications for over ten years. Independently set up an E-Mail system using Outlook. Expanded knowledge of online systems as a library and information sciences student.

I hope you agree that my qualifications ideally suit this position. May we schedule a personal interview? I will call you in a few days to setup a mutual time or you may reach me at (608) 555-5555 or my email address csmith@yahoo.com.

Thank you for your consideration.

Sincerely,

Chris Smith

Enclosure. Resume
Other Writing Samples

“Fishing” Letters

If there is no advertised job opening:
You’ll want to write a different sort of letter. Here are a few examples of letters you might use to inquire about possible job openings. Send your resume along with this letter. Be sure to follow up with a phone call. Ask them if they got your credentials and if they have any hiring needs.

If you know of a possible job opening:

399 North Street
Largeville, IA 55555

December 14, 20XX

Mr. Jon Onslow, Manager
Human Resources Department
A.J. Carlson & Company
78 East 13th Street North
Jonesville, IA 51234

Dear Mr. Onslow:

Let me introduce myself to you. I am Robert Dunnit, Senior Programmer with Laser Inc., with over ten years of experience that could benefit your company. Recently I talked with George White and he mentioned your company desires to update their current billing system.

My most recent experience includes designing an automated billing system for a technical trade newspaper publisher. My responsibilities included the total project design, along with the user interface. In addition, I developed the first and second draft of the operator's guide.

As a Senior Programmer with your organization, I would focus on quality control as well as producing a simplified billing system. Furthermore, my work as a team leader was recognized as the top Project Leader of 2006 in my company.

Being currently employed, I would appreciate confidentially with this inquiry. I will contact you in a few days to arrange an appointment. If you need to contact me before this time, my phone number is (319) 555-2222 or my email address rdunnit@gmail.com.

Thank you for your consideration.

Sincerely,

Robert Dunnit

Enclosure. Resume
178 Green St.
Marion, IA 52310

March 20, 20XX

Sid Cummings
Human Resource Manager
XYZ Computer Corporation
1140 Main St.
Ames, IA 50010

Dear Mr. Cummings:

I am writing to inquire about opportunities for Computer Programmers at XYZ Corporation.

I offer extensive knowledge of five computer languages and strong management, sales, and sales support experience. As a Computer Specialist, I was responsible for the management of a center handling the complete line of Honeywell computers and peripherals for home and commercial use. In addition to a B.S. degree in Business Administration, I will receive a certificate in Programming this May.

I feel confident that given the opportunity, I can make an immediate contribution to XYZ Corporation. I would appreciate the opportunity to meet with you to discuss your requirements. I will call your office in a week to schedule an appointment or you may contact me at (319) 373-5555 or email address csmith@yahoo.com.

Thank you for your consideration.

Sincerely

Chris Smith

Enclosure. Resume
Reference Page

- Give your “reference page” to employers when they ask for your references or they can be sent with your Resume.
- Make sure you receive permission from the people who you ask to be a reference. It is very unprofessional not to get their permission.
- List 3-6 people who know you and can speak positively about your work ethic, skills, or character. You may list past supervisors, coworkers, clients, teachers, or student organization leaders and friends.
- Make sure you contact all of your references ahead of time. Let them know what kind of job you are looking for, and who may contact them to inquire about you.
- Send your references a copy of your Resume and thank-you notes and let them know which job you’ve accepted.

Marci Jase
29 Jewel Dr. SE
Marion, IA 52302
(319) 377-5555
marci.jase@student.kirkwood.edu

REFERENCES:

Sam Pelly
Day Camp Director
YMCA of the Rockies
2800 Tunnel Rd.
Estes Park, CO 98854
(908) 555-4857
spelly@yahoo.com

Jim Johnson
Conservation Crew Supervisor
Muscatine County Conservation Board
588 16th St.
Muscatine, IA 52761
(563) 555-8968
jjohnson@muscatine.iowa.gov

Jane Fritta
Camp Director
Camp Sacajawea
345 County Road B
Muscatine, IA 52761
(563) 555-4789
jfritta@gmail.com
Letter of Acceptance

2030 Glass Ct. NE
Cedar Rapids, IA 52402

July 8, 20XX

Tom Smart
WXYZ Corporation
4949 Wenig RD East
Des Moines, IA 50705

Dear Mr. Smart:

I would like to confirm our phone conversation, which occurred on July 7, 20XX. I am thrilled to accept WXYZ Corporation’s offer to become your new Computer Specialists Manager for a yearly salary of $48,000 plus benefits package.

I have formally resigned from Blackwell Company, and will be relocating to the Des Moines area within the next 3 weeks. I will be able to better pinpoint an exact starting date within the next few days.

You will be hearing from me again soon to finalize the remaining details of our agreement.

Thank you again for giving me this opportunity to become a part of the WXYZ Corporation team. If you have any questions or require additional information, please do not hesitate to call me at (319) 574-5555 or my email address csmith@yahoo.com.

Sincerely,

Chris Smith
Letter of Decline

29 Glass Rd. NE
Cedar Rapids, IA 52402

June 7, 20XX

Sid Cummings
Human Resource Manager
XYZ Computer Corporation
1140 Main St.
Ames, IA 50010

Dear Mr. Cummings:

I would like to use this opportunity to thank you for taking the time to meet with me last week.

After careful thought and consideration, I must decline your tempting offer for the position of Computer Programmer. I’ve decided that my interests and career goals lie elsewhere at this point in my life. Perhaps our needs will coincide at a later date.

Thank you again. Best wishes for your continued success.

Sincerely,

Chris Smith
Resignation Letter

24 South Bashford St.
Winfield, IA 52659

September 15, 20XX

Tom Smith
Director of Supply Services
Big City Company
2929 City Dr.
Cedar Rapids, IA 52411

Dear Mr. Smith:

I am writing to inform you of my resignation, effective September 30th. Although I have enjoyed my position as Dept. Manager, I have accepted another position where I feel my diverse skills are more fully utilized.

I want to thank you for the wonderful experience I had with Big City Company. Both the staff and you were great to work with these past 10 years.

I wish you the best of luck and future success.

Sincerely,

Jim Lucky
Thank You Letters

- Send a thank you after any kind of meeting (networking, informational interviewing or job interview).
- Send one to each person who spent a significant amount of time with you.
- Send it as a typed letter on resume paper or a neatly hand-written thank you card.
- Be prompt. Mail your letters within 24 to 48 hours of your interview/meeting.
- Proofread.

Thank You Letter (Send after the Interview)

12 Gateway St.
Winfield, IA 52659

September 14, 20XX

Tom Jones, Sales Manager
US Market Inc.
101 Hwy 29 West
Marion, IA 52302

Dear Mr. Jones:

Thank you for meeting with me on September 13th regarding the Sales Representative opening. I enjoyed the opportunity to learn more about the position responsibilities and advancement opportunities available at US Market Inc.

I feel confident my 10 years of retail sales experience, combined with my communication and interpersonal skills, would make me an ideal candidate for this Sales Representative position.

Thank you for your time and consideration. I am looking forward to hearing from you next Tuesday.

Sincerely,

Jerry Smart
Thank You Letter After Interview

12 Gateway St.
Winfield, IA 52659

September 19, 20XX

Tom Jones, Plant Engineer
Engineer Inc.
8564 Radius Dr. SE
Des Moines, IA 50529

Dear Mr. Jones:

Thank you for taking the time to interview me on September 18, 20XX. Engineer Inc. is an impressive, modern manufacturing plant, which I would be interested in joining as a Mechanical Product Design Engineer.

Let me reiterate my accomplishments for this position.

My accomplishments:

- Managed mechanical design systems for over 250 consumer and PC products, both in assembled and kit form.
- Administered $780,000 in expense budget, plus $4 to $10 million in research engineering department.
- Monitored production safety records and compliances.
- Added $15 million of new revenue out of $85 million total business revenue for 2007.

Your requirements:

- Administer mechanical product design and production.
- Prepare and regulate expense and capital budgets.
- Oversee product safety.
- Increase and maintain product revenue.

I look forward to your decision by next Wednesday. Thank you again for considering my qualifications.

Sincerely,

Jerry Smart
Thank You Card Sample

Dear Mr. Smith,

Thank you for taking the time to meet with me on Monday. I enjoyed speaking with you regarding opportunities with XYZ Company. I am very excited about the possibility of interning with you this summer. I look forward to hearing from you next Tuesday.

Sincerely,

Jane Taylor
E-mail Correspondence

- When you email your resume, use your email message as your cover letter. You can just paste your cover letter into the message of the email, unless a separate cover letter is requested. Format your email cover letter as you would any email message. (Your contact info can go at the bottom; don’t leave space for a signature—you won’t be signing it!)
- If a separate cover letter is requested, your email should be brief. State the position you are applying for and mention that you’ve attached your cover letter and resume.
- Use the job title or job code as the subject line for your email. You may also want to include your name in the subject line, especially if your email address is not your name.
- All attachments should be in Microsoft Word or PDF documents unless requested otherwise. Test your resume by emailing it to your friends to make sure it opens easily on different computers.
- Name each file with your name and document description. (Example: jane-smith-resume.doc, jane-smith-coverletter.doc, jane-smith-references.doc)
- Be brief, polite, and professional whenever you correspond with an employer.
- Make sure your email address, greeting, and signature line are professional.

Sample E-mail message

Dear Mr. Prior,

I would like to apply for the Accountant position advertised in the Cedar Rapids Gazette. Please review the attached Cover letter and Resume in consideration for position #2445. Thank you for your time.

Sincerely,
Mark Myers
Job Searching
Job Search Tips

Some of the best jobs are snagged before they are even advertised! Here are some tips on how to be proactive and snag one for yourself:

1. Target a specific geographic area and research places where you’d like to work. (See page 90)
2. Ask everyone you know to keep their eyes open for potential job openings in your field. Even if they are not working in your field, they may know someone who is! (See pages 92 - 95 for more tips on networking)
3. Set up informational interviews with people in the organization you’d like to work. (See page 13) Don’t ask for a job, but do ask for advice on your resume (and if they like it, they may offer some job leads!)
4. Send letters of inquiry to places you’d like to work, via postal or email (See pages 75 -76)
5. Follow up your letters a few days later with a phone call.
6. Ask if you can call back in a month to see if there are any new job vacancies.
7. Check company websites and online job boards regularly for job vacancy announcements.

Internet Sites with Job Listings

Local Job Listings
- Kirkwood’s Job Board: These employers are specifically looking for Kirkwood graduates: http://www.kirkwood.edu/jobs
- Corridor Careers: Cedar Rapids/Iowa City job listings: http://www.corridorcareers.com
- Cedar Rapids/Iowa City Help Wanted: www.cedarrapidsiowacityhelpwanted.com
- The Iowa City Press-Citizen newspaper puts their help-wanted pages online through: http://www.careerbuilder.com Sign up to receive emails when new jobs meeting your search criteria are posted.
- Iowa's Largest Job Bank: http://www.iowajobs.org/ This website is managed by Iowa Workforce
- Cedar Rapids Gazette is the largest local newspaper in the area. www.gazetteonline.com
- Des Moines Register is the largest newspaper in Iowa which covers mainly Central Iowa and jobs listings throughout the whole state. www.dmregister.com
- Iowa Year Wage Survey is a part of the Iowa Workforce Development site. http://iwin.iwd.state.ia.us/pubs/iowawage/statewide/statewide.pdf

National Job Listings
- www.kirkwood.edu/jobs Kirkwood Community College
- www.indeed.com Indeed
- www.usajobs.gov Federal Jobs
- www.iowaleague.org Iowa League of Cities
- www.iowajobcenter.com Iowa Job Center
- www.regentsjobfair.org Iowa Regents Job Fairs
- www.monster.com Monster Board
- www.careerbuilder.com Career Builder
- www.hotjobs.com Hot Jobs
- www.JobsCentral.com National Job Site
- www.nationjob.com Nation Job Network
- www.linkedin.com Networking
- www.bestjobusa.com Best Jobs USA
- www.career.com The Career Center
- www.careercentral.com Career Central
- www.socialservice.com Social Service Jobs
- www.joblocator.com Job Locator
- www.snagajob.com Snag a Job
- www.simplyhired.com Simply Hired
- www.gettinghired.com Jobs for Talented People with Disabilities
- www.linkup.com Link Up
- www.jobfox.com Job Fox
- www.job.com Job
- www.net-temps.com Net-Temps
- www.alljobsearch.com All Job Search
- www.jobserv.e.us Job Serve
- www.job-hunt.org Job Hunt
- www.betterhawkeyejobs.com State of Iowa Jobs
- www.careertours.com Career Jobs
- www.quintcareers.com Quintessential Jobs
- www.rhi.com/OurServices Robert Half International
- www.smartcareermove.com Iowa Job Connections
- www.employmetguide.com Employment Guide
- www.hound.com Hound
- www.hirejobs.com Hire Jobs
- www.recruitersonline Recruiters Online Network
- www.computerjobs.com Computer Jobs
- www.dice.com Computer Jobs
- www.softwarejobs.com Computer Jobs
- www.computerwork.com Computer Jobs
- www.computerworld.com Computer Jobs
- www.Cplusplusjobs.org Computer Jobs
- www.TechEmployement.com Computer Jobs
- www.Prgjobs.com Computer Jobs
- www.Developers.net Computer Jobs
- www.engineeringjobs.com Engineer Jobs
- www.powerplantjobs.com Energy Plants Jobs
- www.utilitiesjobs.com Energy Plants Jobs
- www.sciencejobs.com Science Jobs
- www.sciencecareers.org Science Jobs
- www.naturejobs.com Science Jobs
- www.earthworks-jobs.com Science Jobs
- www.jobweb.com Job Web
- www.marketingjobs.com Marketing Classifieds
- www.marketingpower.com Marketing Jobs
- www.jobs4sales.com Sales Jobs
- www.salesjobs.com Sales Jobs
• www.salestrax.com Sales Jobs
• www.salesclassfieds.com Sales Jobs
• www.associationjobs.com Managers & Executives Jobs
• www.bluesteps.com Managers & Executives Jobs
• www.netshare.com Managers & Executives Jobs
• www.execsearches.com Managers & Executives Jobs
• www.accountingclassifieds.com Accounting Jobs
• www.accounting.com Accounting Jobs
• www.accountemps.com Accounting Jobs
• www.bankjobs.com Bank & Finance Jobs
• www.efinancialcareers.com Bank & Finance Jobs
• www.businessworkforce.com Business Jobs
• www.medicalworkers.com Medical Jobs
• www.medicaljobs.org Medical Jobs
• www.medhunters.com Medical jobs
• www.healthcareerweb.com Medical jobs
• www.healthopps.com Medical jobs
• www.medzilla.com Medical jobs
• www.healthjobsusa.com Medical jobs
• www.4nursingjobs.com Medical jobs
• www.hirehealth.net Medical jobs
• www.medcareers.com Medical jobs
• www.academic360.com Academic Jobs
• www.chronicle.com Academic Jobs
• www.k12jobs.com Academic Jobs
• www.academploy.com Academic Jobs
• www.careerexposure.com Career Exposure
• www.careerwomen.com Career Women
• www.diversitysearch.com Diversity Search
• www.google.com Google
• www.yahoo.com Yahoo
• www.ask.com Ask
• www.dogpile.com Dog Pile
• www.completejobsearch.net Complete Job Search
• http://iowa.jobs.com Iowa Jobs
• www.salary.com Salary Wizard
• www.bls.gov Salary
• www.glassdoor.com Salary
• www.jobnob.com Salary
• http://jobstar.org Salary
• www.payscale.com Salary
• www.salaryexpert.com Salary
• www.wageweb.com Salary
• www.homefair.com Home Fair
• http://laidoffcamp.com Laid Off Camp
KCC Job Website Registration Instructions

www.kirkwood.edu/jobs
STUDENT & ALUMNI REGISTRATION INSTRUCTIONS

All Students and Alumni are eligible to use the Kirkwood Community College online job board after completing the following registration process through a site that has been specially designed for the Kirkwood Community College Career Services Center. Follow these simple steps:

• Go to your school’s Career Center URL: www.kirkwood.edu/jobs
• Click the Student or Alumni Icon; then Register Now.
• Enter a unique ID and a Password that you will remember; Confirm your password.
• Click “Continue Registration”

Now you will be asked to complete the REGISTRATION form to search for Jobs. You may upload a RESUME at a later date.

REGISTRATION ENTRY

• Enter all demographic information. Fields with an (*) asterisk are required...(Name, Current Address, Phone). Answer questions about where you want to work and the kinds of jobs that interest you. Employers will search this information, as well as the degrees you are obtaining. Be as thorough and complete as possible.

RESUME ENTRY

• From your homepage, click Upload a Resume. You should have a resume completed on disk at this time to upload. Browse the file, select it, then click Upload your resume.

• From your homepage, click Search for Jobs Posted to My School, enter criteria specific to the type of job you are looking for on the search form, click Begin Search… You may also Search for Jobs in CCN’s Jobs Central, our national job database.

When conducting a job search using CCN, be aware that by selecting several search criteria, such as Degree, Area of Interest, FT/PT jobs, etc., you are narrowing your search. It is a good idea to conduct a focused search, but you may also want to try searching different criteria. To view all jobs posted, leave all the search fields blank.

REPORT OFFERS/HIRES

• An IMPORTANT step in this process is reporting any hiring or job offers to our database. Use the Report Offers/Hires link on your Personal Account home page to record this information.

Congratulations! You now know how to navigate through College Central Network’s Job Site here at Kirkwood.

From now on you can visit your school’s page: www.kirkwood.edu/jobs at anytime, Twenty-four hours a day, Seven days a week, Three hundred and sixty-five days a year.

Just click through to Student or Alumni or Community Member Central and enter your unique ID and Password and you’re there!
• **Find a website for your major.** Many career fields have job posting websites that post only jobs within a specific field.
  - Ask your advisor or program coordinator for recommended job websites within your field of study. (Example: [http://www.healthcaresource.com/](http://www.healthcaresource.com/) is a database of nationwide health care job openings.)
  - Or visit [http://www.careers.uiowa.edu/students/joblistings.html](http://www.careers.uiowa.edu/students/joblistings.html) and click on “Job Listings by Discipline” for a list of job listing websites in your discipline. (not all disciplines are represented)

**Choosing a Geographic Location**

The job search will be much more manageable if you narrow your choices down to one or two geographic areas in which you’d like to work. For an interactive guide on how to find the right place for you, visit: [www.findyourspot.com](http://www.findyourspot.com)

Here are some things to consider when choosing a geographic location:
- Educational opportunities
- Cultural & Leisure opportunities
- Religious opportunities
- Proximity to family/friends
- Job market/Industry
- Cost of living
- Climate (Weather)
- Population of city

**Researching Companies / Organizations**

Once you have targeted the geographic location you’d like to work, your next step is to target specific companies or organizations.

**Researching companies will help you:**
- Evaluate whether or not a company seems like a good fit for you. (Do you really want to work there?)
- Figure out how you could benefit the company, so that you can communicate specific ways you could contribute to/improve the company. (What are their needs?)
- Prepare for an interview. Researching the company beforehand conveys your interest in the company. It will also enable you to ask intelligent questions during the interview.

**Tips on researching companies:**
- Save time by using a resource book that compiles information on several companies in one place. The books may focus on a specific industry. You may be able to find these books in Kirkwood’s library, the public library, or bookstores. (Examples: Dun & Bradstreet, Standard & Poor’s Register, Moody’s Manuals.)
- Review the company’s website. Use a search engine to locate the website, and then peruse the site, and gain as much information as you can.
• People who already work for the organization can be a great resource. If you know someone who works there, (or if you know someone who knows someone who works there) be sure to get in contact with that person.
• Join related trade or professional organizations to get an inside look at the industry.
• Read professional journals and magazines to learn about companies and trends in your field.
• Stay organized. Keep your information organized by using a spreadsheet or other method. You don’t want to confuse one company with another.

**Things to investigate:**
• Product made/services offered by this company
• The work environment
• Potential for growth
• Plans for the future
• Methods of decision-making
• Degree to which employees are involved in decision-making
• Frequency of turnover
• Management style
• Competitors
• History – including past accomplishments
• Major customers/clients
• Things that need improvement
• If you are researching in preparation for an interview, find out as much as you can about the specific position.

**Websites for Researching Companies**
• Cedar Rapids Chamber of Commerce: [http://www.cedarrapids.org](http://www.cedarrapids.org). The membership directory has contact information and/or links to many local companies.
• At WetFeet.com, you can enter a major city, and get lists of information about the major industries and companies in that city, along with links to help you find lesser known job opportunities within the area. [http://www.wetfeet.com](http://www.wetfeet.com)
• Vault.com has detailed information about major companies worldwide. [http://www.vault.com](http://www.vault.com)
• Symplicity.com provides detailed info on hundreds of companies. Registration is required, but it’s fast and free. [http://www.symplicity.com](http://www.symplicity.com)
Networking

80% of people today find jobs through networking. When used in conjunction with your excellent resume, cover letter, and interviewing skills, networking can help you get your first big break! Networking is the process of making connections with people who may be able to help you in your job search.

Networking can help you find out about job openings before they are even advertised. People inside a company often know when there is a need for a new employee, long before people outside the company find out.

Networking can help get you hired. Most employers would prefer to hire someone they know, or an acquaintance of someone they know. The more people you know within your field, the better your chances for obtaining a job.

But I don’t know anyone in this field. How can I network?

Meet your friend’s dad’s neighbor’s uncle’s brother!

- Let’s say you only know 10 people with real jobs, and they are in career fields you are not interested in.
- Each of those people probably knows 15 people in other fields. (10 X 15 = 150)
- Now you have 150 contacts, and one of them is likely to know someone that can help you with your job search.
- Whenever you meet someone, ask them if they can recommend anyone else who may be able to help you with your job search. This will expand your contact base even more.

Use informational interviewing as a way of initiating relationships (See page 13)

- Contact people within your field directly. Use a directory to find their contact info.
- If you call and have trouble getting a hold of the person, email may be the best way to initiate contact.
- Identify yourself as a student who is preparing to enter the work-world. Tell them you are learning more about the field and looking for some advice on entering the field. Make sure it’s clear that you are not asking them for a job.
- Set up an appointment to come in and chat with the person.
- During the interview, ask questions about the industry, and ask for advice on getting into the field. Show them your resume and ask for suggestions on how to improve it. Ask if they know anyone else who might be helpful to speak with.

Online networking: Join a chat room related to the specific industry you want to enter. For Example: www.linkedin.com

Attend professional conferences and/or join a professional organization: Many professionals belong to professional organizations specific to their career field. Many times these organizations will hold conferences where area professionals gather to learn, socialize, and network. Most organizations and conferences will give a discounted registration/membership rate to students. Ask your teachers or advisor for recommended professional organizations.
Join a career-related student organization: Involvement with a student organization related to your major can give you opportunities to meet and work with people in your field. Check with Student Life on the second floor of Iowa Hall, or call (319) 398-5578.

Cold calls or Networking letters (see example of networking letter on next page)
If you don't know anyone in your field, and don't know anyone who knows anyone in your field, you may need to do some “cold” calling. You can call, email, or mail a letter to initiate contact with someone you’ve had no previous connection. You may obtain names and contact info from phone directories or company websites.

A networking “cold call” might go something like this:

You: Hello. Could I speak with Ms. Frank please?

Employer: This is Ms. Frank speaking. What can I help you with?

You: I'm a recent graduate from Kirkwood’s Accounting program. I’m researching the field of accounting and learning about what’s going on in the field by talking to people who are currently working in the industry. I’ve researched your company, and I’m very interested in possibly meeting with you to learn more about the field of accounting. Would you be willing to help me out with this?

Employer: Well…ok…but we’re not really hiring now.

You: Oh, that’s fine. It would be great just to be able to meet with you and see what you do. You might be able to offer some helpful advice for someone just starting out in this field. Would you be available to meet with me next week sometime?

Employer: Well…I’ve got an open slot on Wednesday, at 11:00.

You: Wednesday at 11:00 sounds great. I’ll see you then. Thank you so much for your willingness to help!

Some things to remember as you meet people:

- **Prepare beforehand.** Know what you’re looking for. Have a list of questions you want to ask. Be ready to ask them during an informational interview, at the grocery store, or at a conference. Networking can happen anywhere. Be ready.
- **Stay organized.** Keep a record of your contacts. Write down contact info, and anything else you learn about the person or organization. You may need to contact them in the future, and you’ll want to remember all you can about them.
- **Ask for advice on your resume.** Make sure that they understand you are asking for advice, and not begging for a job. Remember, you promised them on the phone that you wouldn’t ask them for a job. However, getting tips on your resume, and getting your resume before potential future employers can help you.
• **Respect their time.** If you ask for a 20 minute meeting, keep it to 20 minutes. Always try to make things as convenient as possible for them.

• **Do what you said you’d do, when you said you’d do it.** Call when you said you’d call, etc.

• **Introduce yourself each time you meet someone, even if you’ve met them before.** They may not remember you, and introducing yourself will save them from the embarrassment of having forgotten your name.

• **Thank them!** Express your gratitude by saying thank you and sending people who help you thank you notes.

• **Keep in touch, but don’t stalk them.** Ask if you can check back in with them in a month or two. (That way you can see if they’ve heard of any new job openings and ask them other questions about your job search) If they give you permission, contact them in a month or two if you’re still looking for a job then. Don’t call more than once every few months, or you may start to annoy your contact.

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**Just Do it.** Networking can be scary at first, but as you gain confidence, it will become easier and more pleasant. The worst that can happen is you’ll meet someone that doesn’t want to help you; so you have little to lose, and much to gain. If you are polite yet persistent you’ll find that most people are happy to help.
NETWORKING LETTER

266 Rainbow St.
Hiawatha, IA 52233

May 6, 20XX

Henry Johnson
Telecommunications Consultant
ZIP Corporation
88 Old Mill RD
Chicago, IL 60605

Dear Mr. Johnson:

Several years ago I was a classmate of your son Dustin at the University of Iowa. I bumped into him last week in Billings, Montana, of all places. He informed me that you deal closely with several leading specialists in the telecommunications field and suggested I contact you immediately.

I am interested in joining a company where I can contribute by utilizing my strong skills and communications education.

I offer:

- Bachelor of Arts degree in Communication Science
- Familiarity with all areas of marketing, public relations, and advertising
- Two year experience as a Promotions Intern at KNRA radio station.
- Fluent in speaking and writing Spanish
- Excellent skills in operating Microsoft Office 2007 programs – Word, Excel and PowerPoint.

I would greatly appreciate any advice and/or referrals you might be able to give me. I will call you in a few days to follow up or you may contact me at (319) 378-5454 or my email address mjohnson25@yahoo.com.

Thank you for your time.

Sincerely,

Mark Johnson

Enclosure. Resume
Job Fairs

- Job fairs are a place for employers and job-seekers to come together.
- Research attending companies beforehand, so you know who you want to speak with and what you want to speak about. (See pages 90 - 91)
- Dress professionally and bring plenty of copies of your resume.
- Purposefully approach the companies that may have jobs you’re interested in. Shake hands and introduce yourself. Chat about job opportunities with the company and your qualifications for specific job openings. Ask if they’d like your resume. Ask what the next step would be. (Ask if they are going to be conducting on-campus interviews. Offer to follow up with a phone call.)
- Stop by 115 Iowa Hall, call 398-5689 or visit www.kirkwood.edu/jobs for dates and a list of employers for the next job fair.

Interviewing Tips

Before the interview:

- Research the company thoroughly beforehand. (See pages 90 - 91) Make sure you understand the position you are applying for, and how your qualifications and career goals match the position.
- Call or visit the company website to obtain an extensive job description if available.
- Think about your answers beforehand. Know how you would answer each of the sample questions, and be ready to share factual examples to support your answers.
- Practice your interview with a friend. Practice answering and asking questions.
- Pick out and try on the outfit you plan on wearing to the interview.
- Make sure you know where you’re going. Give yourself plenty of time to drive to your destination, and double-check your directions via the company website, receptionist, and/or a city map.
- Bring extra copies of your resume, your reference sheet, a pen and pad of paper. Carry these things in a briefcase or professional folder.
- Bring a portfolio of items that document your abilities (i.e. writing samples, photos of you in action, relevant class projects, photos of past projects, letters of recommendation, etc.).

At the interview:

- Eat something ahead of time. You should be doing the talking, not your stomach.
- Arrive 10 to 15 minutes early.
- Leave your cell phone in your car.
- Be polite with everyone, including the receptionist.
- Watch your wait. Magazines you select while waiting can reveal your personal preferences, information that may affect the hiring decision. Instead, quietly gather your thoughts, and review your answers.
- Greet your interviewer(s) by name. Check with receptionist beforehand to make sure you know how to pronounce all names correctly.
- Shake your interviewer’s hand firmly and smile.
- Make eye contact.
- Two-way traffic. The exchange should be a conversation. However, the interviewer is not your friend, so keep the interchange professional and watch what you divulge.
- Communicate. Be clear about what you expect to gain if hired so that you can clearly articulate your goals and contributions to the company.
• Listen carefully. If you feel the question is unclear, ask politely for clarification.
• Pause before answering to consider all the facts that may substantiate your response.
• Give and get attention by focusing on the interviewer’s needs and not your own.
• Back up your responses by also giving quantitative information. Give dates and examples to also support your points.
• Be truthful, but try not to offer unsolicited information.
• Try not to open yourself to areas of questioning that could pose difficulties for you.
• Regardless of how things go, conclude with a sincere thank you, a firm handshake, and a gracious smile.

**Interview Don’ts**
• Don’t chew gum or smell like smoke.
• Don’t take your cell phone in with you to the interview.
• Don’t take your parents, spouse, fiancé, or friends to the interview.
• Don’t make negative comments about previous employers or professors (or others).
• Don’t make excuses. Take responsibility for your decisions and your actions.
• Don’t falsify application materials or answers to interview questions.
• Don’t treat the interview casually, as if you are just shopping around or doing the interview for practice. This is an insult to the interviewer and to the organization.
• Don’t give the impression you are only interested in salary; don’t ask about salary and benefits issues until the subject is brought up by your interviewer.
• Don’t act as though you would take any job or are desperate for employment.
• Don’t be unprepared for typical interview questions. You may not be asked all of them in every interview, but being unprepared looks foolish.
• Don’t go to the extremes with your posture; don’t slouch, and don’t sit rigidly on the edge of your chair.
• Don’t assume that a female interviewer is “Mrs.” or “Miss.” Address her as “Ms.” Unless told otherwise. If she has a PH.D. or other doctoral degree or medical degree, use “Dr. (last name)” just as you would with a male interviewer. Marital status of anyone, male or female, is irrelevant to the purpose of the interview.

**After the interview:**
• Send a thank you card or thank you letter 24-48 hours after your interview. (See pages 81-83)
• Make sure you understand the employer’s next step in the hiring process; know when and from whom you expect to hear next. Know what action you are expected to take next, if any.
• After the interview, make notes right away so you don’t forget critical details.
• Call a week or so after the interview. Ask if a decision has been made. Ask if you’re a candidate.
• If you are still a candidate: Ask if they’d consider giving you a 30-day trial period to prove yourself. Ask for a follow-up interview.
• If you have been eliminated: Thank them for their time. Ask for constructive criticism (Example: What made you decide not to hire me? What are some areas I could improve upon?)
• Following up shows the employer that you really want the job.
Dress code for women:

- **Invest in a good dark suit:** Either a skirt or pants are acceptable. Navy blue and grays are the most suitable colors to wear.
- **Dress modestly.** Avoid low cut blouses, high skirt slits, or short skirts. Wear make-up, but keep it subtle.
- **Don’t over-accessorize:** Chose a few classy accessories, and leave the rest at home. Showy earrings, necklaces, bracelets, rings, pins, belts, or purses can be distracting.
- **Avoid flashy colors:** Don’t wear things like bright red lipstick, neon green scarves, or hot pink nail polish. Stick to subtle colors.
- **If you wear a skirt,** wear nude hose color and closed-toe shoes that are no greater than 1 ½” heels.

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Dress code for men:

- Dark suit coat (Navy blue and grays) with matching pants, white or light blue dress shirt, matching tie, shined shoes.
- No earrings, hats, or wild ties.
- Shave or trim facial hair.
**Dress code for everyone:**

- **Pay attention to the details:** Make sure buttons are sewn on securely, suit is neatly pressed, hair is recently trimmed and well-groomed
- **Don’t wear too much cologne/perfume**
- **Be cautious of wearing a black suit with white blouse or white dress shirt which could represent you are attending a funeral. It is best to wear an off color blouse or shirt, but not black and white.**
- **Overall, dress one level higher then what you would normally wear**
- **on the job daily!**

**Guide to dress for interviewing: 15 Point System**

Eight (8) points or less: Too plain and under dressed. Fifteen (15) points or more: Too flamboyant or overdressed. Optimal range 9 to 14 points.

Each item is worth one point or in some cases two points:

- Bald Head – 1 pt.
- Each Jewelry item – 1 pt. (Pairs count as 1 pt.)
- Tie Bar, Tie tack etc. – 1 pt.
- Bows, Ties, and Scarf - 1 pt.
- Brief Case, Purse – 1 pt.
- Visible pens or Eyeglass cases – 1 pt.
- Eye Glasses – 1 pt.
- Shirt, Blouse – 1 pt.
- Big or Fancy Belt Buckle – 2 pts.
- Large Pins or Broaches – 2 pts.
- Large Earrings – 2 pts.
- Visible Tattoos – 1 to 2 pts.

*(Information provided by Doug Thompson, PRN Associates)*

**A few types of interviews:**

- **Panel Interview:** a group of search committee members or future coworkers interview you.
- **Group/Team Interview:** You are the member of a group of prospective employees who are interviewed all at the same time.
- **Behavioral/Situational Interviews:** is a structured interview process that is commonly used for interviewing at many organizations. Candidates are asked to describe situations that they have experienced relative to the skill in question (like conflict or teamwork). All candidates are asked the same set of questions. When answering behavior/situational questions, it is important to give specific examples rather than a general answer. Use the SHARE model to frame your response.
  
  **S** Describe a specific **Situation**
  **H** Indentify **Hindrances or challenges**
  **A** Explain the **Action** that you took
  **R** Discuss the **Results or outcome**
  **E** Evaluate or summarize what you learned

Practice answering Behavioral/Situational questions before the interview *(See pages 102 - 104).*

Take time to think of a good example rather than giving the first response that comes to mind. Short silences are expected.
• **Phone Interview:** For long-distance job searches, you may be doing some interviewing over the phone. Sometimes employers will screen you over the phone, the first time you make contact. Be prepared for some interview questions anytime you call an employer. Also, be dressed up so you feel like you are ready for the interview.

• **Interview during a Meal:** Sometimes this is the final interview as the hiring company wants to see how you interact in public in a dining situation. The company will watch how you eat and interact with the representatives. This can be one of the most stressful interviews as you need to know how to eat formally. You must know your dining etiquette!

### Interview Questions

**For more information:**
Practice Interviews, 500 sample interview questions, and sample answers to questions can be found at: http://www.job-interview.net/

**Questions you might be asked:**

**Three top questions asked by Employers**
1. Tell me something about yourself.
2. Why do you want to work for this company?
3. What is it about this job that interests you?

**Other Popular Questions: (Asked by Employer)**
1. What are your long range career objectives?
2. What do you expect to be earning in five years?
3. Which is more important to you, the money or the type of job?
4. What are your greatest strengths and weaknesses?
5. Why should I hire you?
6. When you have been told, or discovered for yourself, a problem in your job performance, what have you typically done? Can you give me an example?
7. Can you think of a problem you have encountered when the old solutions didn’t work and when you came up with new solutions?
8. How do you work under pressure?
9. The last time you did not know what decision to make, what did you do?
10. In your present job, what approach do you take to get your people together to establish a common approach to a problem?
11. What qualities should a successful manager possess?
12. Have you ever quit a job? Why?
13. When did you leave your last job and why?
14. At your last job, how much of the work did you perform independently?
15. What prevented you from advancing in your former positions?
16. What do you expect to experience in this job that you did not experience in your past jobs?
17. How do you feel about evening work? Weekend work? Carrying a pager? Being on call?
18. What criteria are you using to evaluate the company for which you hope to work?
19. What do you do in your spare time?
20. What are your hobbies and interests outside of work?
21. Are you willing to relocate?
22. Are you willing to travel?
23. What factors did you consider in choosing your major?
24. What is your GPA? Do you feel it reflects your true abilities?
25. How has your schooling (Internship) prepared you for this position?
26. If you had it to do over again, would you choose the same major? Why?
27. What was your favorite course in college and why?
28. How did your college experience change you?
29. Do you intend to further your education?
30. Why didn’t you participate in internship programs while in school?
31. Why are you applying for a job unrelated to your internship programs while in school?
32. Why are you applying for a job not related to your degree?
33. In what kind of work environment are you most comfortable?
34. Is there anything you would like to tell us about yourself that we may have overlooked?
35. How long do you expect to work for us if we offer you the position?
36. What do you expect for a salary?
37. Do you prefer to work under supervision or on your own?
38. Describe the relationship that should exist between a supervisor and those reporting to him or her?
39. What computer experiences do you have?
40. Are you willing to spend at least six months as a trainee?
41. What 2 or 3 things are most important to you in your job?
42. How has your military experience prepared you for this position?
43. Which skills did you learn in the military that will contribute the most to your effective performance in this job?
44. What was the single most important lesson that you have learned in the military?
45. What do you think will be your greatest adjustment in moving from the military to this position?
46. What makes you think your management experience in the military will transfer over as experience in the civilian workforce?
47. In what ways do you think you can make a contribution to our company?
48. Have you ever done any public or group speaking? Recently? Why? How did it go?
49. What in your last review did your supervisor suggest needed improvement?
50. How would you apply your education to this job? What would you do and what would you expect to result from it?
51. Tell me about the best supervisor and worst supervisor you had.
52. Let’s role play. I’m going to pretend to be a customer with (a specific crisis situation). Show me what you would do in this situation by role-playing.
53. What kind of people do you find it most difficult to work with? Why?
54. Do you consider your progress on the job representative of your ability? Why?
55. What special aspects of your education or training have prepared you for this job?
56. What things frustrate you the most? How do you usually cope with them?
57. What kind of problems have people recently called on you to solve? Tell me what you have devised.
58. What was your most difficult decision in the last six months? What made it difficult?
59. Why are you leaving your present position?
60. Why did you change jobs so frequently?
61. In this job, you may be asked to work weekends and some holidays. Are you willing to do that?
62. How would you describe your personality?
63. What are your standards of success in your job?
64. What specifically do you do to set an example for your employees?
65. How do you get people who do not want to work together to establish a common approach to a problem?
66. Have you made any individual presentations recently? How did you prepare?
67. Assuming we make you an offer, what do you see as your future here?
68. What are some things you would like to avoid in a job? Why?
69. Final question: What question did you think we would ask you today and we didn’t? Can you give us the question and please answer it!

Sample Questions for Behavioral/Situational Interviews

Attention to Detail
Please give me some examples of things you have done on previous jobs, which demonstrate your ability to pay attention to detail. Tell me what you did and what resulted from your actions?

Please give me an example of where you may have found an error in some aspect of work that others may have overlooked. What was the error, how did you find out, and what resulted from your actions?

Teamwork
Please give me some examples of where you have demonstrated the ability to be an effective member of a team. What did you do and what resulted from your actions?

Please give me an example of where you have made any team, which you were a member of more effective. Tell me what you did and how the team and the organization benefited from your actions.

Quality of Work
Please give me some examples of things you have done which demonstrate the quality of the work you do. What did you do and how did your organization benefit from your actions?

Please give me some examples of your accomplishments, which would demonstrate your ability to perform this job. What did you do and how did it benefit your organization?

Please give me an example of why your previous organization was better off by you working there. What did you do and how did the organization benefit?

Application of Education
Please give me some examples of how you have applied your education to previous jobs. What did you do and what resulted from your actions?

How would you apply your education to this job? What would you do and what results would you expect?

Personal Development
Please give me your most recent example of something you did to improve your job performance. What did you do, why did you do it, and what resulted from it?

Please give me an example of where you failed (or received some very negative feedback) in some aspect of your job performance. What did you do to try to correct this failure and what resulted from your actions?
Resolving Conflict Effectively

Please give me an example of where you had a conflict with a peer. What was it over and how did you handle it? What resulted from it? Would you handle it in a different manner now? Why?

Please give me an example of where you had a conflict with a customer. What was it over and how did you handle it? What resulted from it? Would you handle it in a different manner now? Why?

Sales Ability

Please give me some examples of how you generated new business from a client. What did you do and what resulted from your actions?

Describe a major sale you lost. Why did you think you lost it and what did you do differently as a result of that experience?

Describe your most creative sale. How did you create that sale and describe how you’d be creative in selling our products?

Describe your most difficult client. What did you do to maintain that client?

Give me some examples of where you have been able to anticipate complaints/problems and correct them before they became an issue. What did you do and what resulted from your actions?

Managing People

Have you ever had a difficult subordinate? If yes, tell me how you dealt with him/her and what resulted from your actions. If no, tell me what you would do and what you would expect to happen from your actions.

Give me some examples of things you have done which demonstrate your ability to manage people effectively. What did you do and how did the organization benefit from your actions?

Please give me some examples of things you have done to obtain maximum performance from your subordinates. What did you do and what resulted from your actions? How would you apply those techniques in this job?

Managing Costs

Please give me some examples of things you have done which demonstrate your ability to manage a budget effectively and would demonstrate your ability to perform this job.

Please give me some examples of how you have demonstrated the ability to control costs and still achieve organizational objectives.

Motivation

Please give me some examples of things you have done which demonstrate your level of motivation. What did you do and what resulted from your actions?

Please give me some examples of where you took extraordinary efforts to achieve a deadline. What did you do and what resulted from it?
Response to Deadlines

Give me some examples of things you have done in the past which demonstrate your ability to respond to tight deadlines. What did you do and what resulted from your actions?

Please give me some examples of things you have done which demonstrate your ability to handle multiple priorities. What did you do and what resulted from your actions?

Creativity

Please give me some examples of things you have done on previous jobs, which demonstrate your creativity on the job. What did you do and what resulted from your actions?

Organization

Please describe some things you have done on previous jobs or in school that would demonstrate your organizational skills. What did you do and what resulted from your actions?

Describe a recent project you were in charge of. Indicate how you organized that project and the impact of your organization on the outcome of the project.

Mesh with Corporate Culture/Job

When you’ve held previous jobs, how did you determine what were the appropriate and inappropriate things to do? Cite some specific examples.

Give a realistic job preview then ask the following question – Please give me specific examples of things you have done on previous jobs or in your education, which would demonstrate that you would perform effectively and enjoy this position.

Common Closing Question

Is there any question I didn’t ask, that you wish I had asked? (Use this time to mention anything you want to add that would demonstrate your ability to perform the job)
**Illegal Questions**

Employers cannot ask illegal questions in regard to your age, marital status, children, childcare arrangements, gender, race, religion and sexual orientation. Illegal questions may relate to circumstances that are not specific to the job in which you are interviewing. If you were asked an illegal question such as “What’s your marital status?” an appropriate question would be: “Would you be willing to relocate if necessary?” There are 3 ways to answer the illegal question and they are 1. Simply answer the question. 2. Refuse to answer the question. 3. Reflect the question back to the interviewer for clarification as to what they are really asking. If you are asked inappropriate questions when interviewing, be polite and try not to be defensive. If the interviewer is very pushy in knowing personal information, you have to ask yourself, do you want to work for this company?

**Pre-employment Questions**
This area is a guide to help you understand what are the legal and illegal pre-employment inquiries.

<table>
<thead>
<tr>
<th>Inquiry Area</th>
<th>Illegal Questions</th>
<th>Legal Questions</th>
</tr>
</thead>
</table>
| National Origin/Citizenship | ✑ Are you a U.S. citizen?  
eldon were you/your parents born?  
onald is your “native tongue”? | ✑ What languages do you read, speak, or write fluently?  (*If related to job performance.*)  
onald are authorized to work in the U.S.? |
| Age                     | ✑ How old are you?  
onald is your date of birth? | ✑ Are you over the age of 18? |
| Marital/Family Status    | ✑ What’s your marital status?  
eldon do you live with?  
ector planning to have a family? When?  
ol many kids do you have?  
onald are your childcare arrangements? | ✑ Would you be willing to relocate if necessary?  
ould you be able and willing to travel as needed by the job?  (*This question is okay, as long as ALL applicants for the job are asked it.*)  
ould you be able and willing to work overtime as necessary? |
| Affiliations            | ✑ What clubs or social organizations do you belong to? | ✑ List any professional or trade groups or other organizations that you belong to that you consider relevant to your ability to perform this job? |
| Personal                | ✑ How tall are you?  How much do you weigh?  
onald is your sex? | ✑ Are you able to lift a 50-pound weight and carry it 100 yards, as that is part of the job?  (*Questions about height and weight are not acceptable unless minimum standards are essential to the safe performance of the job.*) |
<table>
<thead>
<tr>
<th>Inquiry Area</th>
<th>Illegal Questions</th>
<th>Legal Questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disabilities</td>
<td>Do you have any disabilities?</td>
<td>Based on the job description, are you able to perform the essential functions of this job with or without reasonable accommodations?</td>
</tr>
<tr>
<td></td>
<td>Please complete the following medical history.</td>
<td>As part of the hiring process, after a job offer has been made, you will be required to undergo a medical exam. <em>(The results of the exam must be kept strictly confidential, except medical/safety personnel may be informed if emergency medical treatment is required, and supervisors may be informed about necessary accommodations to the job based on the results of the exam.)</em></td>
</tr>
<tr>
<td></td>
<td>What was the date of your last physical exam?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>How’s your family’s health?</td>
<td>Can you demonstrate how you would perform the following job-related function?</td>
</tr>
<tr>
<td>Arrest Record</td>
<td>Have you ever been arrested?</td>
<td>Have you ever been convicted of __________? <em>(The crime named should be reasonably related to the performance of the job in question.)</em></td>
</tr>
<tr>
<td>Military</td>
<td>If you’ve been in the military, were you honorably discharged?</td>
<td>In what branch of the Armed Forces did you serve?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>What type of training or education did you receive in the military?</td>
</tr>
</tbody>
</table>
Sample Questions to Ask an Interviewer

1. You’ve heard all about me, would you mind telling me a little about yourself?
2. Describe what my responsibilities would be on this job?
3. Is this a newly created job?
   * If yes, what results are you hoping to see?
   * If not, what is the last person who held this job doing now?
   * If resign, why?
   * If promoted, what contributed to his/her advancement?
4. What do you consider to be the most difficult task on this job?
5. How would I be trained for this position?
6. What do you consider to be the most difficult task on this job?
7. Upon what criteria are employees in this department evaluated?
8. What types of people succeed in your organization?
9. What did you like most about the person who previously held this position?
10. How will I get feedback on my job performance?
11. Does your company believe in and support continuing education?
12. What is your company’s policy on providing seminars, workshops and training so employees can develop their skills?
13. What particular computer equipment and software do you use here? When was your last upgrade?
14. Are your sales up or down over last year?
15. Why do you enjoy working here?
16. If you were to offer me the position, where could I expect to be 5 years from today?
17. What are the department goals for the year?
18. Could you describe your style of supervision?
19. What are the opportunities for advancement within this organization?
20. (Formulate questions that show you’ve done your research.) For example; I’ve noticed your stock has increased by 5 % in the last quarter. To what do you attribute this success?
21. Do you think I'll find this job to be challenging and stimulating?
22. I want this position! Could I have a 30 day trial period to prove myself?
23. What is a realistic time frame for advancement?
24. How has your career progressed here? Are similar opportunities available today?
25. Can you describe what a work week is like as a (fill in position you’re seeking) here?
26. What is the length and structure of the training program?
27. Does the position offer exposure to other facets of your organization?
28. What other positions and/or departments will I interact with most?
29. To whom does this position report?
30. Are there any restraints or cutbacks planned that would decrease the budget here?
31. What’s the makeup of the team as far as experience? Am I going to be a mentor or will I be mentored?
32. What does this company value the most and how do you think my work for you will further these values?
33. What kinds of processes are in place to help me work collaboratively?
34. What can I bring Company XYZ to round out the team?
35. What’s the most important thing I can do to help within the first 90 days of my employment?
36. Do you have any questions or concerns about my ability to perform this job?
37. When top performers leave the company why do they leave and where do they usually go?
38. What do you see in me? What are my strongest assets and possible weakness? Do you have any concerns that I need to clear up in order to be the top candidate?
39. Could you describe to me your typical management style and the type of employee that works well with you?
40. What are some examples of the achievements of others who have been in this position?
41. How many people have held this job in the last five years? Where are they now?
42. If this position is offered to me, why should I accept it?
43. Where are your major concerns that need to be immediately addressed in this job?
44. What do you see in my personality, work history or skill set that attracts you to me?
45. How soon do you expect to make a decision?
46. If I am offered the position, how soon will you need my response?
47. May I see an organizational chart?
48. What can you tell me about your new product or plans for growth?
49. What is this company’s culture? (Ex: Is it rigid and formal or relaxed and flexible?)
50. Describe the work environment?
51. How much decision making authority is given to new employees?
52. What makes your organization different from its competitors?
53. When can I start?
54. What is the next step that I need to do to be a part of your team?
55. Have I said anything to lead you to believe that I would not be the best person for the job?
<table>
<thead>
<tr>
<th>Date Called</th>
<th>Company Name</th>
<th>Contact</th>
<th>Position Applied For</th>
<th>Date Resume Sent</th>
<th>Interview Date</th>
<th>Date to Follow Up</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example:9/16/XX</td>
<td>ABC Corp.</td>
<td>Tom Jones</td>
<td>Manager</td>
<td>9/10/XX</td>
<td>9/21/XX</td>
<td>9/27/XX</td>
<td>Final Interview on 10/1/XX</td>
</tr>
</tbody>
</table>


Job Applications

When applying for jobs, you may be asked to fill out a job application. Here are some things to keep in mind when filling out application forms.

- Follow the directions very carefully. Take your time.
- Photocopy the original application form, before you fill in the blanks. That way if you can’t fix your mistakes, you can start over without having to go back and ask for a new form. Also, you can use the photocopy as a referral sheet in filling out future applications.
- Use erasable blue or and black ink pen.
- Never leave an item blank. If the questions don’t apply to you write “NA” (non-applicable). This ensures the employer that the application is complete.
- Some companies may ask you to fill out an online application form.
- Be sure to check your spelling and proofread your entire application.
- Whenever you pick up or turn in an application, dress professionally.
- Follow up a few days (7 working days) later with a phone call.
- Major in high school should be labeled as “General”.

Federal Applications

KSA’s and Essays are important parts of your total application. Most federal applications are composed of two or three parts. First is the federal Resume (usually electronic format). Then there is often a requirement for Knowledge, Skills, and Abilities (KSA) narratives. More recently, agencies have been adding Questionnaires with Self-Assessment Questions and Essay Answers as a part of the application process. The third part is faxes of additional information.

In KSA’s you give examples that demonstrate your performance. The KSA narratives exemplify the critical job elements that require specialized experience. Supervisors are looking for examples that demonstrate your highest level of experience.

There are three different KSA/Essay styles:

1. **Narrative CCAR KSA (long-one page)** (see pages 115-116): This style includes full sentences, descriptions, details, and long and short sentences. It could include the full Context, Challenge, Action, and Results (CCAR) formula that tells a complete story, or an example that demonstrates your competency in the area.

2. **Example KSA – shorter (medium – half page)**: Project details are similar to the narrative style, but presented in a shorter format. The example may not include a CCAR story, just an example demonstrating performance.

3. **List KSA (shortest – half page)**: This response provides a list of relevant examples that will prove your skill level for the Questions or KSA response. The list should include the name of the project or item, plus a description. Each list entry should include a short description.

Application Worksheet

This worksheet will give you a chance to practice filling out an Application and the worksheet can be used as a cheat sheet when you fill out any application online or at the place of business. Pages 111 to 114 are the location of the worksheet.
# Civilian Application

## Application Worksheet

### Personal

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First</th>
<th>Middle</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Street Address</th>
<th>Home Phone</th>
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<tbody>
<tr>
<td></td>
<td>(        )</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>City, State, Zip</th>
<th>Mobile Phone</th>
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<table>
<thead>
<tr>
<th>Have you ever applied for employment with us?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes [ ] No [ ]</td>
</tr>
</tbody>
</table>

If yes: Month and Year: Location:

<table>
<thead>
<tr>
<th>Are you legally eligible for employment in the United States?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you over the age of 18 years old?</td>
</tr>
<tr>
<td>Yes [ ] No [ ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Have you ever been convicted of a crime (felony or misdemeanor) other than a minor traffic violation?</th>
</tr>
</thead>
<tbody>
<tr>
<td>This information may be considered in hiring or job placement, but will not automatically disqualify you for employment.</td>
</tr>
<tr>
<td>Yes [ ] No [ ]</td>
</tr>
</tbody>
</table>

If yes, please explain:

<table>
<thead>
<tr>
<th>Please indicate source of referral to this Company:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contacted on own [ ] Current Employee [ ] College Campus Recruiter [ ] Newspaper Ad [ ] National Publication [ ] Dept. of Employment Ser. [ ]</td>
</tr>
</tbody>
</table>

Will you work overtime if asked? Yes [ ] No [ ]

## Education

<table>
<thead>
<tr>
<th>Schools</th>
<th>Name &amp; Location of School</th>
<th>Major</th>
<th>No. of Years Completed</th>
<th>Did You Graduate?</th>
<th>Degree, Certificate, or Diploma</th>
</tr>
</thead>
<tbody>
<tr>
<td>High School</td>
<td></td>
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<tr>
<td>College</td>
<td></td>
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<td></td>
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<tr>
<td>Business, Trade, Technical, Other</td>
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</tr>
</tbody>
</table>

111
### Computer & Software Skills

What type of computers have you worked with before?
________________________________________________________________________

Which software and hardware applications are you most familiar with?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

### Employment Experience

*Please give accurate, complete full-time and part-time employment record. List last four employers, most recent experience first.*

<table>
<thead>
<tr>
<th>Name of Employer</th>
<th>Telephone</th>
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<tbody>
<tr>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Address, City, State</th>
<th>Employed (State Month and Year)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>From To</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name of Supervisor</th>
<th>Hourly or Yearly Pay</th>
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<tbody>
<tr>
<td></td>
<td>Start Last</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>State Job Title and Describe Your Work</th>
<th>Reason for Leaving</th>
</tr>
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<tbody>
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<td></td>
<td></td>
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<table>
<thead>
<tr>
<th>May We Contact the Employer?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Name of Employer</th>
<th>Telephone</th>
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<thead>
<tr>
<th>Address, City, State</th>
<th>Employed (State Month and Year)</th>
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<td>From To</td>
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<table>
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<tr>
<th>Name of Supervisor</th>
<th>Hourly or Yearly Pay</th>
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<td>Start Last</td>
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<table>
<thead>
<tr>
<th>State Job Title and Describe Your Work</th>
<th>Reason for Leaving</th>
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<tbody>
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</table>

<table>
<thead>
<tr>
<th>May We Contact the Employer?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of Employer</td>
<td>Telephone</td>
<td></td>
</tr>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Address, City, State</th>
<th>Employed (State Month and Year)</th>
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<tr>
<td></td>
<td>From To</td>
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</table>

<table>
<thead>
<tr>
<th>Name of Supervisor</th>
<th>Hourly or Yearly Pay</th>
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<td>Start Last</td>
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</table>

<table>
<thead>
<tr>
<th>State Job Title and Describe Your Work</th>
<th>Reason for Leaving</th>
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<table>
<thead>
<tr>
<th>May We Contact the Employer?</th>
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</thead>
<tbody>
<tr>
<td>Yes</td>
</tr>
<tr>
<td>No</td>
</tr>
</tbody>
</table>

### Military Experience

<table>
<thead>
<tr>
<th>Have you served in the Armed Forces?</th>
<th>Branch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>From:</th>
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<tbody>
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</table>

<table>
<thead>
<tr>
<th>Education Received</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Reason for leaving the Service?</th>
<th>Specialty (Training Received):</th>
</tr>
</thead>
</table>
## Personal References
(Not Former Employers or Relatives)

<table>
<thead>
<tr>
<th>Name &amp; Occupation</th>
<th>Complete Address</th>
<th>Phone (Home or Work)</th>
<th>Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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<tr>
<td>2.</td>
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<td>3.</td>
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<tr>
<td>4.</td>
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</tbody>
</table>

### Remarks
Please use the space below to summarize any additional information necessary to describe your qualifications.

_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________

I certify that the facts contained in this application are true and complete to the best of my knowledge and understand that, if employed; falsified statements on this application shall be grounds for dismissal.

I authorize investigation of all statements contained herein and the references listed above to give you any and all information concerning my previous employment and any pertinent information they may have, personal or otherwise, and release all parties from all liability for any damage that may result from furnishing same to you.

I understand and agree that, if hired, my employment is for no definite period and may, regardless of the date of payment of my wages and salary, be terminated at any time without prior notice.

Date_______________________Signature_____________________________________________
Federal Application

Example of narrative KSA/Essay with CCAR

**ESSAY QUESTION:** Briefly describe your experience(s) as a team member within an organization. Include information about the purpose of the team and your efforts to work effectively with others to accomplish the team’s objectives.

As the Task Leader for the Division of Extramural Activities Support (DEAS) at the Division of AIDS (DAIDS), 2005-present, I oversee a team of seven administrative support personnel providing administrative, technical, and customer support services to the NIAID staff, DAIDS Office of the Director, and other NIH branches and programs. As team lead, I work in cooperation with the Administrative staff, Program Officers, Administrative Technicians, and the private secretary for the director of the DAIDS to identify and resolve administrative issues.

I believe that a team is more than a group of people who work together at the same time. As a team leader, I try to show each team member how important his or her skills are, and how important their contribution is to achieving the established goals. I believe in leading by example and by fostering open communication among all team members.

As the Task Leader for the Division of Extramural Activities Support (DEAS) at the Division of AIDS (DAIDS), 2005-present, I work in cooperation with the Administrative staff, Program Officers, Administrative Technicians, and the private secretary for the Director of the DAIDS to identify and resolve administrative issues.

**Context:** For example, I recently led a team of 7-10 staff members for the planning and execution of a major conference. I was the Task Leader and my team included Program Officers, the Program Manager, and DEAS staff assigned to process the data in the NBS Travel system.

**Actions:** The tasks assigned included securing location logistics, establishing dates and times of the events, negotiating hotel accommodations, and scheduling travel for speakers and participants. We also produced conference materials, and secured audiovisual equipment. The team managed on-site registration, logistics, and catering.

We divided key tasks and set timelines to ensure all goals and deadlines were met. The DEAS staff completed their part of the project, and I used my computer graphics background to create nameplates, labels, charts, and mail-merge data to create quality, detailed communications for conference attendees.

**RESULTS:** The conference was a complete success. Our entire team was recognized for their dependability and professionalism. The DEAS Director wrote “This conference was the most detailed, time-efficient, and complication-free conference we have held. Thank you for your dedication and perseverance.” Henry Summit, M.D., Ph.D., Director, DEAS.
This conference is representative of my team leadership philosophy. My goal is to create an environment of shared values that allows each DEAS employee to effectively develop the optimal performance skills and abilities needed to get the job done, and to feel a sense of accomplishment.

I have been recognized throughout my career for my effectiveness as a team leader and team player. Following are several additional examples:

OTHER RECOGNITIONS:

In 2003-2004, I was nominated by my peers to serve as President of the 37-member NINDS Administrative Support Staff Group. I worked to promote employment interests for program and grants technical assistants.

In 2003, as a Program Support Assistant for the NIH, NINDS, Division of Extramural Research, I was awarded a “Special Achievement Award” for outstanding volunteer contribution to the NINDS program support staff response to the A-76 questionnaire survey. I was part of a team that volunteered to work throughout the weekend to achieve our goal of completing the project ahead of schedule.

This year, I was honored to be selected by my supervisor to serve on a staff committee that will work together as a team to drive improvements in staff training. We will be working together to create a curriculum catalogue for DEAS staff training and to establish an Intranet service.

Job Club

The Kirkwood Community College Job Club is open to anyone needing support during their job search and the group is open to anyone regardless of residence, age, position and educational level. There will be job club activities weekly as each month the activities will repeat. There will be workshops on Career Directions, MBTI Workshop, IHaveaPlanIowa, Resume Writing, Job Search, Job Applications and Written Correspondence, Interviewing for a Job and Mock Interviewing. For more information and times please contact our Student Development Office at (319) 398-5471 or stop by the office in Iowa Hall 115.

Follow Up

- You will improve your chances of getting a job, if you follow up on all jobs you apply for, and all “fishing” letters you send.
- Call or email 3-5 days after sending a resume, unless the employer requests no phone calls.
- Some sample questions you could ask during your follow-up call: Did you receive all of my credentials? Do you have any questions for me? Where are you in your hiring process? Am I a candidate? When can I expect to hear from you? Would you be interested in setting up a time to meet with me?
- If you are granted an interview, send a thank you note immediately afterwards. (See pages 81-83)
Evaluating Job Offers

Eventually, you may be offered a position with a company. Congratulations! Your next step is deciding whether or not to take the job. You may have to choose between two offers. Here are some things to consider.

Look at the corporate culture
- Do you really want to work there?
- Is there work-life balance?
- Is there open communication?
- Is it a positive working environment?
- Will you enjoy your coworkers?
- Are there opportunities for training and advancement?
- Can you get behind the vision of the company?
- How do the company’s values align with your own?
- Will your work activities be interesting and fulfilling?
- How flexible will your work hours be?
- How’s the company’s reputation?

Understand the benefits package. Benefits add value to your package. You may actually walk away with more money at a lower salary job with excellent benefits. Ask questions to clarify what’s included in your benefits package.
- What is the cost to the employee for health insurance?
- What all is covered by the insurance? What is the co-pay? Dental? Vision?
- 401K matching?
- Retirement or early retirement programs?
- Tuition reimbursement?
- Life insurance?
- Flexible spending accounts?
- Profit sharing or stock options?
- Vacation days? (Divide base salary by 260 to determine the cash value of each paid vacation day)

Know what you’re worth
- Find out what others who do similar work in the same geographic location are being paid. Make sure your offer is comparable.

Can you negotiate?
You may want to consider asking for a larger salary or added benefits if a few of the following are true:
- The salary offered is significantly below your market value.
- The person who offered you the job has the power to increase your salary.
- The company is large and/or financially stable.
- They are urgently trying to fill the position.
- You are significantly more qualified than the other applicants, or there is little competition for the position.
Some Final Tips on Job Searching

• Don’t give up. If you are like most people, you will be rejected many times before you land a job. This is to be expected. If you have to work a dead-end job to pay bills, continue to set aside time each week to devote to finding a job you like.
• During your job search, be sure to spend time around people who affirm you and encourage you in your search. This will help keep you positive and motivated.
• Be willing to start at the bottom. Look at the big picture. The job may not be your dream job, but it may lead to your dream job someday. Consider: Will you improve your skills and learn new skills? Will you develop valuable contacts? Are there opportunities for advancement? Will this job enhance your resume?

Transitioning from School to Work

Making the transition from school to work can be a time filled with uncertainties and nervousness.

Leaving Kirkwood
• Get letters of reference from your instructors. It’s better to get them while they still remember you. You may need letters of reference in the future for scholarships, jobs, or graduate school.
• Stay connected with student organizations that may be able to help you in terms of networking.
• Check with the financial aid office to make sure you understand your financial obligations.

At your first job
• In the workplace, it doesn’t really matter how cool you are, or how cool you were. It does matter how ambitious, competent, positive, diligent, and dedicated you are.
• Be sure to ask for clarification or direction when you need it; on the other hand, take initiative and try to figure things out on your own. You will drive everyone crazy if you ask too many questions.
• Don’t hesitate to take on projects that will challenge you and help you refine your skills.
• Strive for professionalism: Dress appropriately, avoid swearing, avoid gossip!!
• Actively manage your money: Seek financial advice, learn about investments, and make a budget.
Recommended Readings

Making Career Decisions
I Don't Know What I Want, But I Know It's Not This : A Step-by-Step Guide to Finding Gratifying Work by Julie Jansen
Do What You Are : Discover the Perfect Career for You Through the Secrets of Personality Type--Revised and Updated Edition Featuring E-careers for the 21st Century by Paul D. Tieger
The Pathfinder: How to Choose or Change Your Career for a Lifetime of Satisfaction and Success by Nicholas Lore
I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It by Barbara Sher

Other Career–Related Books
How to Make $1000 a Minute, Negotiating Your Salaries and Raises, by Jack Chapman

Resumes
The Adams-Resume Almanac, by Adams Publishing Company – Holbrook, MA
The Resume Catalog: 200 Damn Good Examples, by Yana Parker
The Resume Solution, by JIST, Author David Swanson
Blue Collar & Beyond Resume Book, by Yana Parker
How to Write a Winning Resume, by Deborah P. Bloch, VGM Career Horizons
The Everything Resume Book, Steven Graber, Adams Medial Corporation, 2000
Federal Resume Guidebook, Kathryn Kraemer Troutman, America’s Career Publisher, 2007

Cover Letters
The Adams-Cover Letter Almanac, by Adams Publishing Company – Holbrook, MA
Cover Letters for Professionals Haldane, Bernard & Associates Impact Publications, 2000

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The Adams-Interviewing Almanac, by Adams Publishing Company – Holbrook, MA
Make Your Job Interview a Success, by J.L. Biegeleisen, ARCO

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