# REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center www.fairshake.net

### This Reentry Packet has been customized for: FCI ALICEVILLE JOB SKILLS CLASS

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### **ASA J. PETERS**

1514 Campbell, D1 Jefferson City, Missouri 64108 (816) 667-0421 (816) 992-1421

### **AREAS OF RELEVANT SKILL**

Multi-dimensional individual with experience as **heavy equipment operator**, **driver**, or **laborer** with technical knowledge in surveying, welding, and general maintenance. Excellent safety record and willingness to do more than what is expected. Communicate and interact effectively with diverse cultures.

- Heavy Equipment Operations: Forklift, Tractor, Loader, Backhoe, Motor Grader, Track Loader, Bulldozer, Bobcat Skid/Steer Loader, Scraper
- Driver: Dump Truck, Over-the-Road
- Technical: Surveying, Welding
- Maintenance: General, Preventative, Carpentry, Painting

### **EDUCATIONAL BACKGROUND**

Linn State Technical College

Heavy Equipment Operator Certificate Course Welding; Blueprint Interpretation; Surveying; Preventative Maintenance

American Truck Driving School

Over-the-Road Truck Driving Certificate Course

Northwest Missouri Community College

Introduction to Computer Information Systems; Basic Programming; Data Files; Structural Programming; Microcomputer Operating Systems

### **EMPLOYMENT HISTORY**

TEMPORARY ASSIGNMENTS, Jefferson City & Cameron, MO

- Store Clerk/Stocker
- Library Clerk/Data Entry Clerk
- Computer Operator/Data Entry Clerk
- Chapel Head Clerk
- AM/PM Baker/Store Clerk

### LINN TECHNICAL COLLEGE, Linn, MO

Maintenance Technician – General maintenance, cleaning, carpentry, and lawn care.

### SPRINGFIELD PARKS AND RECREATION DEPARTMENT, Springfield, MO

Laborer, Park Maintenance

### MAZZIO'S PIZZA, Springfield, MO

Delivery Driver

### DRIVEWAY PAVING. Toledo. OH

Dump Truck Driver/Laborer

### NORTH AMERICAN VAN LINES, Ft. Wayne, IN

Over-The-Road Driver

### ARTHUR F. ECK, JR.

639 Arcadia Street Rochester, NY 12239 387-458-3241

### **OBJECTIVE**

### BREAKFAST and LUNCH COOK

To assist a restaurant in attracting and retaining a strong customer base, by applying a passion for the culinary arts and a strong work ethic.

### PERSONAL PROFILE

- Experience working in a kitchen environment, filling orders and developing menu items.
- Ability to get the job done by employing critical thinking and problem resolution skills.
- Work well as a team player and independently with very little supervision.
- Received commendations for being dependable and hardworking.
- Bilingual, Spanish and English.

### **COOKING SKILLS**

- Prepared a selection of entrees, vegetables, desserts, and refreshments.
- Cleaned the grill, food preparation surfaces, counters, and floors.
- Met high quality standards for food preparation, service, and safety.
- Trained and supervised workers.
- Maintained inventory logs and placed orders to replenish stocks of tableware, linens, paper, cleaning supplies, cooking utensils, food, and beverages.
- Received and checked the content of deliveries and evaluated the quality of meats, poultry, fish, vegetables, and baked goods.
- Oversaw food preparation and cooking.

### RESTAURANT EXPERIENCE

Kitchen Worker – State of New York (Coxsackie Correctional Facility); Coxsackie, NY Short Order Cook – Rockies Breakfast Bar; Rochester, NY Prep Cook/Laborer – New World Diner; Rochester, NY Lunch and Dinner Cook – Albany's Italian American Restaurant; Albany, NY

### MILITARY SERVICE

**U.S. Navy** – Machinist Mate E-3 – *Honorable Discharge GED obtained* 



### Find A Job

Finding employment is one of the top priorities of most people in society. Finding employment after incarceration is not only pivotal for reentry success, it can also be a requirement for parole or a halfway house.

It is important to find satisfaction in our jobs, but sometimes we must temper our wishes with our needs.

When we have to take a job that we are not excited about now, we can leverage the feelings of dissatisfaction to push us toward whatever it is that we need to do to find satisfaction. These things may include: submitting applications for jobs that we really want but may not be available now, or trying to work in an organization that has a similar philosophy to our own so we can move within the organization to a job that is more fulfilling, or perhaps we need to get the education required for certain positions, or maybe what we really want is to start our own business but need to work a 'day job' until our idea provides enough income for us to thrive.

Knowing there are many avenues to employment, Fair Shake offers several ways for you to engage within our website.

### Remember: most jobs get filled without ever being listed on a website!

When searching for employment, remember to consider what it is you want to do. What type of business would you like to work in, and in which positions do you think you would dowell? What kind of jobs might you enjoy doing? Keep your eyes on the prize! Even if you must work in a job you don't care for now, remember that you are building character, patience, tolerance and REFERENCES. The image to the right is what our "Get A Job" page looks like today. This page, like all pages on the Fair Shake website, is constantly evolving. Please let us know what you think!

## Fair Shake Employment Pages

Find a Job (or Start Your Own Business) Job Search Engines ( All search engines available online onl Db-applications 
W is to dependent Collect bit Applications 
We offer links to online application pages and printable job application forms from our comprehensive database. We feature information on 1,500 popular companies in multindustries such as fast food, retail, grocery stores, hotels and restaurants. Each company lated has a page which includes comprehensive database. We feature information on 1,500 popular companies in multindustries such as fast food, retail, grocery stores, shotels and restaurants. Each company lated has a page which includes comprehensive database. We feel strongly that opportunity belongs to all, and that an individual should never be limited by their economic status, race, sexual orientation, gender, who you know, where you went to school, or whyou're from. glassdoor Glassdoor Glassdoor is one of the fastest growing jobs and recruiting sites. It holds a growing database of millions of company reviews, CEC approval ratings, salary reports, interview reviews and questions, benefits reviews, office photos and more. No other site allows you to see which employers are hiring, what it's really like to work or interview there according to employees, and how much you could earn. Jobs for Felons Hub A resource "website created by a few folis who have personally watched their loved ones struggle to get a job due to having a fellony." They share their free reentry employment guide here. Check out their website or their Facebook page for more information: hitply/blosfreforshout.com/start-here/
or Facebook: https://www.facebook.com/jobsforfelonshub We have personally contacted each company for information regarding jobs for felons. https://successfulrelease.com/jobs-for-felons/ Guide to Finding a Job Through Networking https://successfulrelease.com/who-hires-felons-where-to-network-to-find-jobs-for-fe Formerly Incarcerated College Graduate Network https://www.ficgn.org/job-leads Discover career-related jobs that welcome formerly incarcerated applicants and see the value in your lived experience. Toll-Free Number: 1-800-414-5748 If you are looking for employment, Jobline is a free public service available on the telephone 24 hours a day, 7 days a week. New jobs are listed on the system each day, and jobs that are filled are removed. All that is required to touch then telephone to establish your personalized job-sears profile. The system do designed for you to use each day during your job **USA Jobs** An official website of the United States government https://www.usajobs.gov/ O\*Net Occupation Search! https://www.onetonline.org All of these websites have thousands of jobs available at different employability levels Monster.com Non-profit Job Search Engines: Gary's Job Board: Truck Drivers wanted! Idealist Gary can find you a better truck driving job, with or without a CDL. idealist (2) Website: http:// More information about trucking / driving jobs: Jobs That Help \* https://www.fairshake.net/employment-trucking-driving-jobs/ JOBS THAT HELP https://www.jobsthathelp.co WISCONSIN JOB SEEKERS! Looking for a Prepare For Work! WISCONSIN JOB SEEKERS! Looking for a meaningful career that makes a positive difference in your community? Whether you are an experienced professional or an enthusiastic newcomer, you have come to the right place! Resume Writing Ideas
Letter of Explanation
Prepare For Your Intervie
and much more! Encore www.encore.org **Employer Support** Jobs for people 50+ yrs of age Philanthropy News Digest Philanthropy News Digest: all levels of non-profit jobs. GIGS: Single or multiple day opportunities For an interesting temp or pulsar to manage and popularities of the Craigalist in your area under (Spig) and work for a few hours, car dismanting, CDL temporary jobs, staff for vession dismanting, CDL temporary jobs, staff for vession devents, handylesno, cleaning, expended, welfor, electrical, clumbing painting, brand ambassion (reply and much more. Many of these gig hand ambassion (reply and can turn into jobs. Bonding, WOTC, and EEOC fliers You are bondable in Federal Bonding Flier Mork Opportunity Tax Credit Flier Equal Employment Opportunity Commission: Background Checks Keep the author's intent in mind when searching on Craig's list. Beware that some listings are quite sketo ill More on Background Checks: What Applicants Need to Know nttps://newyork.ora/gslist.org/ US Department of Labor CareerOneStop Formerly Incarcerated Reemployment careeronestop Start Your Own Business Watch The Video! It's not easy, but for the creative, courageous and tenacious, it often the right thing to do. Here are a few documents to help you get started. 1-877-348-0502 TTY: 1-877-348-0501 Career Onestop Locations: From the Small Business Administration

Alabama Louisiana

Business Plan Template



### Prepare For Work

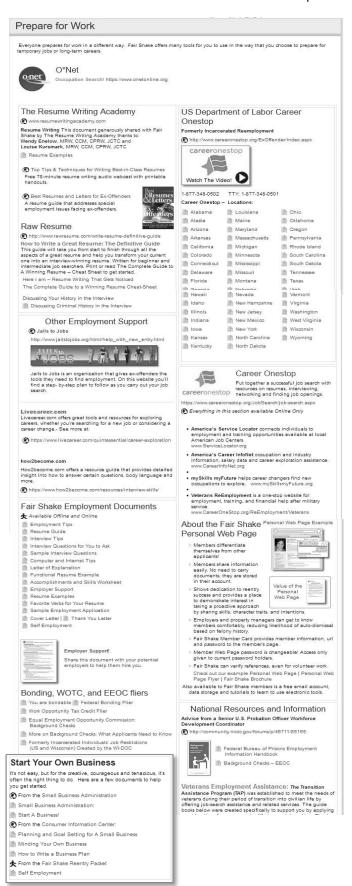
There are many ways to approach employment. Some people 'know somebody', sometimes we get lucky and meet our new boss or coworkers where we volunteer or through a recreational activity...but most of us will write resumes, find available jobs online or through an employment agency, fill out applications and then endure one or many job interviews.

Thanks to the generosity of several resume' writing professionals and job readiness coaches, we've assembled what we've found to support you as you build your resume', your interview skills, and your confidence!

While the information here addresses several of the concerns of job seekers, we want to encourage you to also consider topics from the "Free School" section of this book, the website or the software, to support you through the inevitable challenges that will occur as you create desirable outcomes.

Please remember: many employers want to hear more about how you built yourself up while you were incarcerated than they do about your past. Keep the conversation positive!

They want to know that you care. That you will be a good listener and team member, if you can embrace the company culture, learn, follow through and get things done. They want to know that you are interested and motivated.





### **Computer and Internet Tips**

### Windows Short Cuts:

(work for PC's but not Mac's)

- 1. CTRL+A Select all content
- 2. CTRL+ B Bold
- 3. CTRL+C Copy file or content
- 4. CTRL+ I Italicize
- 5. CTRL+ P Print
- 6. CTRL + S A great "quick save" for a document or spreadsheet
- 7. CTRL+ U Underline
- 8. CTRL+ V Paste file or content
- 9. CTRL+ X Cut file or content
- 10. CTRL+ X Cut file or content
- 11. CTRL+ Z Undo; like the 'back' arrow
- 12. Windows Logo + D Minimizes all open windows and displays the desktop
- 13. **ALT+TAB** Shuffle through open programs
- 14. **TAB** Use tab as a quick way to move around forms (including username/password entries). It's quicker than the mouse!

### Search Engine Quick Tips

Here are some of the more frequently used search engines available. They are quite different from each other, so take a little time to see the value of each one ~ Ask.com, Google, Yahoo! Search, Craigslist, Monster.com, Metacrawler, WebCrawler, AltaVista

### And here are some tips for quick and accurate searching:

- Use six to eight key words, preferably nouns.
- Most users submit only one or two key words per search, which is not enough for an effective query.
- Avoid verbs. Use modifiers if they help define your object more precisely, e.g. "feta cheese" rather than just "cheese."
- Spell carefully, and try alternative spellings.
- "and" or "+" between key words means: "I want only documents that contain both or all words

### Tips for Qualifying Internet Sources

Be sure to check:

- 1. Authority -- Who owns/operates the server/site? Where is it located?
- 2. Coverage -- Is the material relevant?
- 3. Objectivity and Accuracy -- How accurate, objective, balanced is the site?
- 4. Currency -- Is the information up to date?



Some of the clues you will find at the end of a URL are:

URL	STANDS FOR	URL	STANDS FOR
.org	Non-profit organization	.state .us	State or Local Government
.gov	Government (State, Federal, Local)	.edu	Educational (School or College)
.museum	Museum	.biz	Business
.info	Informational	.com	Commercial
.coop	Business Cooperative	.pro	Professional
.aero	Aviation	.net	Personal page from a private net provider
/users	Personal page from a private net provider	/members	Personal page from a private net provider
~name	Personal page from a private net provider	.name	An individual's web address

(~ is pronounced "tilde") (Warning: some non-profit groups are not harmless.)

### Online surfing tips

Many of us have fallen prey to the mesmerizing internet... Searching and searching as questions and desires come faster than the answers. The internet is such a powerful tool we must use it with conscious caution and go 'controlled crazy'. Here are a few tips to maintain a thread of reality while you are searching and researching ~

- 1. **Surf when you have TIME to surf.** Getting caught in the Web is like walking by a TV and getting 'sucked in' only worse!
- 2. **Document where you started.** It's very easy to walk away from a computer after spending several hours following a myriad of leads only to find out you really don't have any useable information. If you are on a 'tangent', stay focused and write down other avenues to explore during another session.
- 3. Keep track of time.

### **Email Warnings**

**1. Beware of SCAMS. Advice on Scams: Scambusters** <a href="http://www.scambusters.com/">http://www.scambusters.com/</a> gives information about how to avoid becoming a victim of identity theft, or of frauds such as pyramid selling, or money laundering scams. The **Office of Fair Trading** describes SCAMS as:

Scheming Crafty Aggressive Malicious

Their advice is that "If it looks too good to be true it probably is!"

- 1.Nigerian "419" email fraud: These are emails from Africa offering to share huge sums of money with you if you let them use your bank to help them get it out of the country. They ask for your bank account details and an administration fee. But it's a scam. If you comply and pay a small administration fee, then there'll be some complication and more money will be requested again and again. The big money for you will never materialize. At worst you might get an invite to Africa where being held to ransom is a further threat.
- 2.Lotteries and Prize Draws: You may get emails saying you are a winner in an overseas lottery or prize draw and asking for your bank account details so that the cash can be transferred. You may also be asked to send money in order to claim your prize. These are scams.
- 3.Phishing: Many Internet fraudsters use a technique called "phishing" sending out hoax emails, which look like they have come from your Bank or other online account such as Ebay Paypal. These often say that there has been a problem with unauthorized access to your account, or that you need to reconfirm your details for security reasons. Links in the email would take you to a page that could look like it belongs to your bank, where you will be asked to enter your passwords and personal information. If you followed these instructions and entered your details you would be enabling the fraudsters to access your accounts. It might be safer to use a search engine to find the web site of your bank than a link in an unverifiable email.

### Internet Shopping Safety Tips

http://www.microsoft.com/protect/yourself/finances/shopping\_us.mspx

Your Name Milwaukee, WI Your email 111-222-3333

Re: Letter of Explanation

Insert Date Here.

Dear Sir or Madam,

### EXAMPLE of a Letter of Explanation

The things I value most are honesty, integrity and directness. Therefore, in anticipation of the criminal background check, you will find that in October of 2006 I was convicted of the offense of Armed Robbery - Use of Force. I served 24 months in prison for my crime. Upon release in 2008, I unfortunately, returned to the same negative influences and the same circle of negative associations and as a result, I re-offended in 2009. The charge was again, Armed Robbery this time as a Party to a Crime. I know that what I did was wrong. It was a result of poor decision making on my part and it hurt a lot of people. I've learned a great lesson and won't repeat those past mistakes.

While incarcerated, I completed my HSED through the Warren Young School. In addition, after a period of careful self-examination, I began working on ME. I successfully completed coursework in Walking the Line - the Vow to Succeed Program, Cognitive Intervention Phases I and II, and Re-Entry bridge to Success programs. I then continued my education, gaining certifications in Telecommunications Technologies as a Network Cabling Specialist in Copper Based Systems. Since my release I have done some full time work as laborer in a tannery and volunteered my time at my 11 year old son's school. However, I am looking forward to getting back to work full-time in the field of Telecommunications as an installer so I may further demonstrate the changes in my life and be a responsible member of society.

I can understand why you may be hesitant to hire someone with my background. However, I am eligible for The Fidelity Bonding Program which can insure you for up to \$25,000 against any act of dishonesty on my part. Additionally, when you hire me, you will be eligible for Work Opportunity Tax Credits to save you up to \$9,000 this year. I will be happy to provide you more information about those programs during our interview. Lastly, I recently successfully completed the Pipeline to Employment Training Program for Former Offenders sponsored by the State of Wisconsin Department of Workforce Development and I can provide a letter of recommendation from them at your request.

I am eager to pursue this or other opportunities with your company because I am confident my skills and experiences will dovetail with the needs of your business.

Thank you for your time and consideration.

Sincerely,

Your name here

Created by Maurice Sprewer Employment & Training Specialist / Reentry Coordinator DWD / Job Service 4201 N. 27<sup>th</sup> Street Suite 602 Milwaukee, WI 53216

### **Maurice Sprewer**

414.874.1657 (list the BEST contact number you have)

Maurice.sprewer@dwd.wisconsin.gov

(be sure that your email address is professional)

EXAMPLE of a FUNCTIONAL Resume'

#### **Production Worker and General Laborer Committed to Safety and Quality**

(personal branding statement - describes position and a quality that makes you great at it)

Summary of Skills: (make sure the skills are relevant to the job you are applying for - usually found in the job description)

- Sorting, grading, weighing, and inspecting products, verifying and adjusting product weight or measurement to meet specifications.
- Observing machine operations to ensure quality and conformity of filled or packaged products to standards.
- Monitoring the production line, watching for problems such as pile-ups, jams, or glue that isn't sticking properly.
- Attaching identification labels to finished packaged items, or cut stencils and stencil information on containers, such as lot numbers or shipping destinations.
- Stocking and sorting product for packaging or filling machine operation, and replenishing packaging supplies, such as wrapping paper, plastic sheet, boxes, cartons, glue, ink, or labels.
- Packaging the product in the form in which it will be sent out, for example, filling bags with flour from a chute or spout.
- Inspecting and removing defective products and packaging material.
- Starting machine by engaging controls.
- Removing finished packaged items from machine and separate rejected items.
- Counting and recording finished and rejected packaged items.
- Stopping or resetting machines when malfunctions occur, clearing machine jams, and reporting malfunctions to a supervisor.
- Removing products, machine attachments, or waste material from machines.
- Transferring finished products, raw materials, tools, or equipment between storage and work areas of plants and warehouses, by hand or using hand trucks.
- Packing and storing materials and products.
- Helping production workers by performing duties of lesser skill, such as supplying or holding materials or tools, or cleaning work areas and equipment.
- Counting finished products to determine if product orders are complete.
- Measuring amounts of products, lengths of extruded articles, or weights of filled containers to ensure conformance to specifications.
- Following procedures for the use of chemical cleaners and power equipment to prevent damage to floors and fixtures.
- Mixing water and detergents or acids in containers to prepare cleaning solutions, according to specifications.
- Loading and unloading items from machines, conveyors, and conveyances.
- Operate machinery used in the production process, or assist machine operators.
- Placing products in equipment or on work surfaces for further processing, inspecting, or wrapping.

#### **Relevant Production and General Labor Experience**

General Laborer (Position while incarcerated)	year - year
State of Wisconsin / Badger State Industries / FBOP (whichever applies)	City, State
Previous Relevant Employment	vear - vear
• ,	year - year
Previous Employer	City, State
Other Experience	
Previous Relevant Employment	year - year
Previous Employer	City, State

### **Education**

Relevant Education (Relevant Degree / Diploma)

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### **Employment Tips**

We often have to work our way up to the job we want; either because it is not available when we go to find it or we need more experience, education, preparation or time to get ready. Although we will spend time working at jobs that are not our preference, we can enjoy the interim more when we stay focused on our goals.

### Start by asking yourself:

- What kind of job or career do I want?
- What am I willing to do, learn or sacrifice to get that job or career?

Before venturing out into the world of work you will have to obtain necessary documents.

The most frequently requested documents are:

- Birth Certificate
- Driver's license or Basic Identification
- Social Security Card

The birth certificate and driver's license forms offered in our Employment Documents are samples. You can find links to the applications that you need in our Resource Directory!

### Next, ask yourself the following questions

- What occupations or industries in your area are in need of employees?
- What are your employment limitations due to your particular crime?
- What is the income you need in order to pay for housing, food, energy, phone, child support, restitution, transportation, etc? (check out our <u>Build a Budget Worksheet</u>)
- Which strategies do you think would be most effective for "selling" your attributes?

### To prepare to apply for a job you may want to create the following worksheets:

- Inventory your work history in and out of prison
- List your training, skills, limitations, and health considerations
- Gather all the information you will need to fill out employment applications. Are you ready to fill them out online? (Several companies only accept online applications.)

### Considerations and Preparation

What are your employment resources?

- Classified ads (in the paper or locally found on-line)
- Applying for jobs with companies you want to work for
- Job Assistance and Job Training centers
- Craigslist, Monster.com, other job-search websites

### Skills Assessment and Personal Strengths Evaluation

Consider taking a free online self-assessment test help us see what careers we are suited for. If you type the phrase 'self-assessment test' into any search engine, several options will be available for you to check out.

### Do you need clothes for your interview or new job?

Check out Dress for Success, a global program that may have a location near you! (www.dressforsuccess.org)



### Resume' and Interview tips:

Two good places where you get the chance to show a company why they cannot afford NOT to hire you. Keep these tips in mind as you write your application or resume', and prepare for job interviews:

- Be cheerful in your in-person or telephone job interviews.
- Talk about the benefits of your experience and the relevant expertise you offer.
- Speak about the value you would bring to the company.
- Share stories in the job interview about success in prior assignments.
- Talk about your ability to work with a diverse group of people.

### Typical Barriers to Employment:

- Lack of updated resume
- Appropriate clothing for job search
- Transportation
- Stable housing
- Substance abuse

- Poor interview skills
- Poor job search skills
- Not a high school graduate
- No documentation (ID, Social Security card)

### SMART: What is your strategy for overcoming barriers and creating success?

You can create a clear strategy by following SMART guidelines:

Specific Measurable Attainable Realistic Timely (or Tangible)

**Specific** – what is the specific goal you wish to achieve?

Can you answer these questions?

- Who do you need to be involved?
- What do you really want to accomplish?
- When do you want to accomplish it?
- Where do you need to be to accomplish it?
- Why do you want to achieve this goal?
- Which things do you need to get in order and which are the constraints to achieving your goal?

**Measurable** – How will you know when you've achieved your goal? What criteria have you set up to measure your progress and reach your target dates?

**Attainable** – Can you see yourself achieving this goal? Can you see the path to get there and then see yourself in that place of having reached the goal?

**Realistic** – Are you willing and able to achieve the goal?

**Timely** – How long do you need to achieve your goal? Work out your goal date and then the smaller goals that must be met to meet that goal date?

**Tangible** – Imagine: can you taste, touch, smell, see or hear the results of achieving your goal?

COMPANY OR EMPLOYER NAME:		POSITIO	N APPLIED FO	OR:	
Cross laves			APPL	ICANT TELEPHONE	E:
<b>Employm</b>	ent Appli	cation	SOCIAL	SECURITY NUMBER	R:
YOUR NAME:		Cinat		M: al al l	_
Last ADDRESS:		Yes	No G A PERMANI	Middle SLE FOR EMPLOYME (If yes, verification with ENT POSITION: JOB I AM ABLE TO:	ENT IN THE U.S.A.?
Are you able to perform the es of the position with or without  Yes		Work o	which shifts)? vertime? a valid Alaska	Drivers License?	
IF NECESSARY FOR THE JOB, A				18 19 21_	_
EDUCATION: High School			Yrs. Completed	Field of Study	Graduate or Degree
College/University					
Business/Technical					
Other (May include grammar school)					
Duty/Specialized Training:  REFERENCES: List two personal r	Yes No	r former supervisors.			
Name	Address	Tele	ohone	Occupation	Years known
Name	Address	Tele	ohone	Occupation	Years known
	oyment first. Include summer or te listed here, in the summary (follo				
Employer Name and Address	Position Title/Duties	s Skills			Dates Employed from to  Reason for leaving
	Supervisor's Name:		Telepho	one:	
Employer Name and Address	Position Title/Duties	s Skills			Dates Employed from to
					Reason for leaving
	Supervisor's Name:		Telepho	one:	1

EMPLOYMENT CONTINUED			
Employer Name and Address	Position Title/Duties Skills		Dates Employed from to
	_		Reason for leaving
	Supervisor's Name:	Telephone:	
Employer Name and Address	Position Title/Duties Skills		Dates Employed from to
			Reason for leaving
	Supervisor's Name:	Telephone:	
Summarize other employment related to this job:			
Types of computers, other electronic or m equipment that you are qualified to operate Typing speed: per minute.			
per minute.			
Professional Licenses, Certifications or R	egistrations:		
Additional skills including supervision skill regarding the career/occupation you wish			
In case of accident or illness please conta	ct: Name:	D	aytime phone:
Address:	·		
references may be checked. If you have n	our procedure for processing your employme nisrepresented or omitted any facts on this ap ny make a written request for information deriv	plication, and are subsequently his	red, you
	required to: supply your birth certificate or oth g test, or to sign a conflict of interest agreeme		n the US,
I understand and agree to the information	shown above:		
Signature:		Date:	
employers are required to provide equal e	e many employers are required by federal law mployment opportunity and may ask your nati is optional and failure to provide it will have no	onal origin, race and sex for plann	ing and
Employer Section:			



### **Interview Tips**

Before you head to your interview, ask yourself these questions:

- Do you really want this job?
- Are you qualified for the job?
- Do you believe you can get the job?
- What attitude and information must you deliver to the employer to get the job?
- Are you ready for your interview?

If you decide you really want to get this job, consider these tips:

- 1. Keep your answers short yet full of information, unless you are asked to clarify. Try to put yourself in the interviewer's shoes; asking the same questions of many applicants! Fine tune your answers to the Sample Interview Questions and bring your authenticity and vitality to the interview.
- 2. Determine what your key strengths and assets are. Be sure to state them confidently a couple of times throughout the interview.
- 3. Prepare for a variety of interview questions. Consider the challenges you have overcome, the difficult interpersonal situations that you resolved with others, and several success stories.
- 4. Describe specific situations and accomplishments. Generalities fail to show the interviewer your strengths and assets and how they can benefit the company and the position that is available.
- 5. Put yourself on their team. Show how you fit in with the existing work environment and company culture. During the interview, align your language with the language of the team.
- Observe your non-verbal communication. Are you saying what you mean to say? Practice answering some of the Sample Interview Questions in front of a mirror to see if your eyes and your gestures agree with your words.
- 7. Ask questions. Is this where you want to work? Find out what you need to know to accept the job. Also, the interviewer will see that you are taking interest in the company and work environment. That is an important quality in a team player.
- 8. Be sure to talk WITH the interviewer and not AT the interviewer. Interviews are stressful enough for both parties. Keep it human.
- 9. Research the company. Is it a right fit for you? Can you get behind the mission of the company? How much can you know about the work and the work environment before the interview?
- 10. Apply for jobs that you are skilled for and that you can appreciate...even if only as a stepping stone to your next job. If you truly want the job, you must be able to compete successfully with your competition. Authenticity shines through your words and your non-verbal communication.



### Sample Interview Questions

The interview is your chance to show an employer your unique qualities and it is also the time you can ask more about the employer, the company culture and the job you are applying for. Before you interview be sure to find out all you can about the company so you understand who they are, and also so the interviewer knows you care.

Interviews can be stressful; the best way to manage that stress is to be prepared. If you are ready to answer the questions below you will be prepared for most of the questions that might come up.

There are many variables that make finding a job even more complicated if you have a criminal record. How much should you disclose and when should you disclose it? How do you explain your criminal record and still land a job? How do you address it during an interview? We explore these questions and more at the end of this document.

### Possible Interview Questions: About the Job and the Company

- Why did you apply for this job?
- What experience, skills and characteristics do you possess to do the job?
- Why do you think you are the best person for this job?
- Why should we hire you?
- What have your learned about our company?
- How do you see your role in joining this or any company?
- Describe good customer service.
- Describe handling a challenge with a co-worker
- Are you willing to travel?
- Do you have any limitations that would inhibit you from doing this job?
- How long do you think you would like to be employed by this company?

### Possible Interview Questions: About You

- Tell me about yourself.
- What are you passionate about?
- What is your greatest strength? What is your greatest weakness?
- What do you do when you're angry?
- If you know your supervisor is wrong about something, how would you handle it?
- Describe a difficult work situation and how you dealt with it.
- Describe your work style.
- How would you describe the pace at which you work?
- · How do you handle stress and pressure?
- Tell me about how you worked effectively under pressure.
- What motivates you? Are you self-motivated?
- What are your salary expectations? (if it is not listed with the job posting)
- What types of decisions are difficult for you? What types are easy?
- If you could relive the last 10 years of your life, what would you do differently?
- If the people who know you were asked why you should be hired, what would they say?
- Do you prefer to work independently or with others?
- Tell me about your ideal work environment.
- How do you evaluate success?
- What are your career goals? How do you plan to achieve these goals?
- Give an example of a goal you reached and tell me how you achieved it.
- Give an example of a goal you didn't meet and how you handled it.
- Give an example of how you set goals and achieve them.
- How do you handle a challenge?



### Possible Interview Questions: Your Work History

- Tell me about company listed on your resume.
- What were your duties, responsibilities, expectations...for the position and as an employee?
- What challenges did you face? How did you handle them?
- What did you like about this job? What did you dislike about this job?
- What was your biggest accomplishment at this job? At any job?
- What were your favorite and least favorite aspects about the people you worked with, including supervisors?
- What attributes to you like to see in a supervisor?
- What do you expect from a supervisor?
- Tell me a little about your favorite and least favorite supervisor.
- Why did you leave this job? (why did you quit or why were you fired?)
- Have you been in a position when you did not have enough work to do? What did you do with your time?
- Have you made a mistake? How did you handle it?
- Have you ever dealt with company policy you weren't in agreement with? How?
- Have you gone above and beyond the call of duty? If so, how?
- When you worked on multiple projects how did you prioritize?
- How did you handle meeting a tight deadline?
- What do you do when your schedule is interrupted? Give an example of how you handle it.
- Tell me about a difficult situation with a co-worker? How did you handle it?
- Tell me about your experience working with a team.
- Have you motivated employees or co-workers? Tell me about it.
- Give me an example of when you did and when you didn't listen.
- Have you handled a difficult situation with a co-worker? How?
- Have you handled a difficult situation with a supervisor? How?
- Have you handled a difficult situation with another department? How?
- Have you handled a difficult situation with a client or vendor? How?

#### Possible Interview Questions: Incarceration

- Why were you incarcerated?
- What did you learn from that experience?
- Do you have challenges or limitations that could affect your work schedule?
- What have you been doing to prepare for employment since you came home?
- Were you employed or in school when you were incarcerated? If so, tell me about your work.
   Tell me about your education.

### Illegal questions:

- What is your age?
- How many children do you have? Are you pregnant?
- How much do you weigh? How tall are you?
- Do you live with anyone? Who?
- Are you married or in a relationship?

### Legal alternatives:

- Are you over 18 years old?
- Can you lift 60 pounds?
- Is there anything that might interfere with your work schedule?



#### Related to Your Criminal Record

An employer may not ask questions about a previous arrest or conviction. They may ask if you have been convicted of specific crimes if they are relevant to the position being applied for. An employer may not refuse employment to someone just because they have a criminal record.

Lisa Pollan, site coordinator at LIFT-DC, says they encourage formerly incarcerated clients to collect "evidence of rehabilitation." This evidence should prove to employers that the client has changed since their offense and is now a responsible member of society. Evidence of rehabilitation can include:

- letters of recommendation from employers or advocates
- proof of training program completion/certificates (including during incarceration)
- participation in a mentoring or support group

For Job Applications, LIFT-DC counsels clients to do the following:

- Only answer what is asked: If a question asks if you have been convicted of a felony, you can say no if you only have misdemeanors. If a question asks if you have been convicted of a felony in the last seven years, and you were convicted 10 years ago, answer no.
- **Answer truthfully:** A company may hire ex-offenders but have a policy of terminating anyone who lies on an application.
- **Demonstrate change:** If you answer a question about your record by writing, "Yes, but I got my GED while I was incarcerated," you show that you are educated, focused and want to make positive changes in your life. You can also attach a written explanation of your situation, and proof of your rehabilitation.

Check out LIFT-DC for more tips on interviewing! <a href="http://www.liftcommunities.org/">http://www.liftcommunities.org/</a>

### From the National Reentry Resource Center:

http://www.nationalreentryresourcecenter.org/fags/employment-and-education#Q8

How should job-seekers respond to questions regarding past convictions?

- · Acknowledge the previous mistakes in a concise and businesslike way
- mention any relevant skills or interests developed while in prison or prior to entering prison
- reinforce a commitment and an interest in the new job, by stating, for example, "I'm more mature now and my top priority is to work at [company] to use my abilities, focus on the work, and make a fresh start."

Applicants should be familiar with their criminal history to answer accurately specific questions on job applications and in interviews.

### Race/Religion

An employer may not ask you about your religion but it may come up if they ask you what days/times you are available. An employer may not judge you for being a part of any race or religion but may decide not to hire you if you are unavailable for any crucial time for the position you are applying.



### Interview Questions for You to Ask

In an interview both you and the employer are finding out about each other. Asking these questions will show general interest in the business, and the team you are applying to work with. These questions show you care about the position and how you might fit. Asking questions will also help you understand if you think the environment is suitable for you.

Please tell me important information I should consider about working with this company:

- On average, how long do people keep the position for which I am applying?
- What strengths and skills do you think I should have to best fill this position?
- What employee qualities are encouraged here?
- Is this a friendly environment or are people pretty serious?
- Would you tell me about the challenges I might find working here?
- Which companies, products or services are our competitors?
- Is there an opportunity for promotion from this position?
- How often will I be evaluated?
- What are the businesses strengths? What aspects need improvement?
- What will be expected of me in the first 3 months? 6 months? Year?
- Are we encouraged to participate in things outside of work, like a softball league?
- In what ways does the company recognize and honor work that has been done?
- Will I have an employment agreement?
- Will I work with alone or with a group?
- Who will I report to? What kind of person are they?
- Are we anticipating any major changes in the workplace?
- How many applicants do you have for this position?
- What training do you provide?
- Does the company provide or support higher education or advanced training for employees?
- Is there anything else I can provide you to help you make a decision?
- How soon can I expect to hear from you?

Not all of these questions would apply to any one position. These questions are just examples to either pick from or open your mind to asking questions that will help you make sure the job is acceptable for you!



www.fairshake.net PO Box 63 Westby, WI 54667 608-634-6363

### Fair Shake Employer Support

All of this information and much more can be found at https://www.fairshake.net/employers

Although tremendous responsibility is on the shoulders of those transitioning from prison to society, their success is made possible only when the entire community is involved.

Employers have the opportunity to help create one of the first and most stable bridges to reentry success. Fair Shake supports an employer's desire to understand formerly incarcerated applicants by offering tools and information to help you make informed, careful hiring decisions.

Fair Shake has also created tools for our members to more fully demonstrate their character than may be available on a standard job application through our free "office in the clouds", which includes a Personal Web Page.

### The FAIR SHAKE PERSONAL WEB PAGE (PWP): What you learn about these applicants

Building a Fair Shake personal web page is not an easy feat! Formerly incarcerated people who create this page demonstrate many things to you:

- HONESTY: They are open, honest and direct by letting you know s/he has been incarcerated. As you may well imagine, this takes an enormous amount of courage. We know that honesty is imperative to building trust. Is honesty something you are looking for in your employees?
- SELF-MOTIVATION: Creating this page demonstrates the applicant's perseverance tenacity, and desire to succeed. S/he had no coercion in building this page; there was no class for it nor did anyone recommend they do this. They built the page of their own volition.
- TECH-SKILLS: A variety of computer skills were required to create the Personal Web Page including: scanning, storage, typing, and understanding 'cloud' technology; to name a few.
- HUMANNESS: In addition to the above, the applicant offers information here that describes more than skills and experiences; you learn who they are and what they bring to your organization. This information is very important in building company culture, but is not requested on standard job applications.

### Why hire a formerly incarcerated person?

- To keep your options open for hiring the best possible candidate!
- Many formerly incarcerated people have received extensive training
- Many formerly incarcerated people are motivated to work
- Many formerly incarcerated people have a job coach or advisor
- Support is available for training and reducing risk

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### Support for hiring formerly incarcerated people:

### **Fidelity Bonding Program**

The **Fidelity Bonding Program** offers six months of free bonding support to businesses across the country to lower their risk when hiring applicants who have been incarcerated.

Federal Fidelity Bonding Program: http://bonds4jobs.com

### Bonding can:

- Reduce your risk when you hire formerly incarcerated people
- Provide six months of FREE insurance against employee theft
- Be obtained quickly and easily by just a phone call to confirm your hire

To bond a formerly incarcerated new hire today call toll-free: 877-US2-JOBS (877-872-5627)

### **Work Opportunity Tax Credit (WOTC)**

The WOTC is a special tax credit available for hiring former felons (and others) and must occur within one year of their release date. The WOTC is available to any size business from small organizations to national corporations. The credit is also available for any type of job. The work can be full-time, part-time, temporary, or seasonal.

Facts about the WOTC tax credit:

- Employers can save as much as \$2,400 in taxes
- · Applies to the first year of employment
- The new employee must work 120 hours for the employer to begin to receive credit Exceptions:
  - Not for independent contractor work
  - Not for a business owned by a close relative

To find out more: <a href="http://www.doleta.gov/business/incentives/opptax/wotcEmployers.cfm">http://www.doleta.gov/business/incentives/opptax/wotcEmployers.cfm</a>
Or call: 1-800-829-4933

### **Employee Training Support**

Your business may be eligible for a state or federal training grant (or other funding). To find out what you may qualify for, check with your Workforce Investment Board, Small Business Development Center, or economic development agency.

- Workforce Investment Board: http://www.servicelocator.org/contactspartners.asp
- Small Business Development Center: <a href="https://www.sba.gov/tools/local-assistance">https://www.sba.gov/tools/local-assistance</a>
- Economic Development Agency: <a href="https://www.sba.gov/content/economic-development-agencies">https://www.sba.gov/content/economic-development-agencies</a>

### Ban the Box:

Are you ready to remove the box that says 'Have you ever been convicted of a felony?' from your job application forms? If so, we can help! <a href="https://www.fairshake.net/ban-the-box/">https://www.fairshake.net/ban-the-box/</a>
On our page you will find:

- Best Practices and Model Policies
- Fair Chance Fact Sheet
- Community Hiring Model
- Which states, cities and counties Ban the Box
- Learn from dedicated states like Minnesota who have Banned the Box for both public- and private-sector jobs. They freely share information for you to do this, too.

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### Resume Guide

A good resume will open the door for an interview. But do you need a resume? Some employers prefer a resume and others require an application form. That depends on the kind of job you're applying for.

#### RESUME REQUIRED

- Professional, technical, administrative and managerial jobs.
- Sales positions.
- Secretarial, clerical, and other office jobs.

### RESUME SOMETIMES REQUIRED

Professional positions: Baker, Hotel Clerk, Electrician, Drafter, Welder

### RESUME NOT REQUIRED

Unskilled, quick turnover jobs: Fast Food Server, Laborers, Machine Loader, Cannery Worker

The Rockport Institute has generously donated the resume guide below. It is a shortened version of their full resume guide *How to Write a Masterpiece of a Resume* which can be found here: <a href="http://www.rockportinstitute.com/resumes">http://www.rockportinstitute.com/resumes</a>

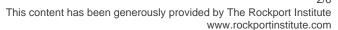
### WRITE A RESUME THAT GENERATES RESULTS

Before you begin, ask yourself: Why do you have a resume in the first place? What is it supposed to do for you? How can you differentiate yourself from hundreds of other applicants with qualified resumes? The prospective employer has the overwhelming task of looking over many resumes to find the special person that is right for the position and a great fit for the culture of the company. You are facing a great deal of competition.

The resume is a tool with one specific purpose: to win an interview. If it doesn't, it isn't an effective resume. A resume is an advertisement; nothing more, nothing less. A great resume doesn't just tell them what you have done but makes the same assertion that all good ads do: If you buy this product, you will get these specific, direct benefits. It presents you in the best light. It convinces the employer that you have what it takes to be successful in this new position or career.

#### Other reasons to have a resume:

- To pass the employer's screening process (requisite educational level, number years' experience, etc.), to give basic facts which might favorably influence the employer
- To establish yourself as a professional person with high standards and excellent writing skills, based on the fact that your resume is so well done (clear, well-organized, well-written, well-designed, of the highest professional grades of printing and paper).
- To use as a covering piece or addendum to another form of job application
- To put in an employer's personnel files. (which they may check out later for other openings)
- To help you clarify your direction, qualifications, and strengths, boost your confidence, or to start the process of committing to a job or career change.





It is a mistake to think of your resume as your work history, a personal statement or some sort of self expression. Sure, most of the content of any resume is focused on your job history. But write from the intention to create interest, to persuade the employer to call you. If you write with that goal, your final product will be very different than if you write it just to catalog your job history.

Most resumes are quickly scanned, rather than read. Ten to twenty seconds is all the time you have to persuade a prospective employer to read further and the decision to interview a candidate is usually based on an overall first impression of the resume, a quick screening that so impresses the reader and convinces them of the candidate's qualifications that an interview results. The top half of the first page of your resume will either make you or break you. You hope it will have the same result as a well-written ad: to get the reader to respond. You are selling a product in which you have a large personal investment: you.

The person who is doing the hiring often cares deeply how well the job will be done. You need to write your resume to appeal directly to them. Ask yourself: What does the employer really want? What special abilities would this person have? What would set a truly exceptional candidate apart from a merely good one? How can I demonstrate that I am the perfect candidate? Put yourself in their shoes.

Loosen up your thinking enough so that you will be able to see some new connections between what you have done and what the employer is looking for. You need not confine yourself to work-related accomplishments! Use your entire life as evidence of your character, skills and talents. If Sunday school or your former gang are the only places you have had a chance to demonstrate your special gifts for leadership, fine. What are the talents you have to offer the prospective employer? A great resume has two sections. In the first, you make assertions about your abilities, qualities and achievements. You write powerful, but honest, advertising copy that makes the reader immediately perk up and realize that you are someone special.

The second section, the evidence section, is where you back up your assertions with evidence that you actually did what you said you did. This is where you list and describe the jobs you have held, your education, etc. This is all the stuff you are obliged to include.

Most resumes are just the evidence section, with no assertions. The 'juice' is in the assertions section. When a prospective employer finishes reading your resume, you want them to reach for the phone to invite you in to interview. The resumes you have written in the past have probably been a gallant effort to inform the reader. You don't want them informed. You want them interested and excited.

### THE OBJECTIVE SECTION

Ideally, your resume should be pointed toward conveying why you are the perfect candidate for one specific job or job title. Good advertising is directed toward a very specific target audience.

Targeting your resume requires that you be absolutely clear about your career direction—or at least that you appear to be clear. You would be wise to use this time of change to design your future career so you have a clear target that will meet your goals and be personally fulfilling. With a nonexistent, vague or overly broad objective, the first statement you make to a prospective employer says you are not sure this is the job for you.

Imagine the position of a software manufacturer looking at a sea of resumes. They all look so much alike until they come across a resume in the pile that starts with the following: "OBJECTIVE - a software sales position in an organization seeking an extraordinary record of generating new accounts, exceeding sales targets and enthusiastic customer relations". They are immediately interested! This first sentence conveys some very important and powerful messages: "I want exactly the job you are offering. I am a superior candidate because I recognize the qualities that are most important to you, and I have them. I want to make a contribution to your company." This works well because the employer is smart enough to know that



someone who wants to do exactly what they are offering will be much more likely to succeed than someone who doesn't. And that person will probably be a lot more pleasant to work with as well.

Secondly, this candidate has done a good job of establishing why they are the perfect candidate in their first sentence. They have thought about what qualities would make a candidate stand out. They have started communicating that they are that person immediately. What's more, they are communicating from the point of view of making a contribution to the employer.

Here's how to write your objective. First of all, decide on a specific job title for your objective. Go back to your list of answers to the question "How can I demonstrate that I am the perfect candidate?" What are the two or three qualities, abilities or achievements that would make a candidate stand out as truly exceptional for that specific job? Having an objective statement that really sizzles is highly effective. And it's simple to do. One format is:

OBJECTIVE: An xxx position in an organization where yyy and zzz would be needed (or, in an organization seeking yyy and zzz).

Xxx is the name of the position you are applying for. Yyy and zzz are the most compelling qualities, abilities or achievements that will really make you stand out above the crowd of applicants.

If you are applying for several different positions, you should adapt your resume to each one. Have an objective that is perfectly matched with the job you are applying for. Remember, you are writing advertising copy, not your life story.

If you have a limited work history, you want the employer to immediately focus on where you are going, rather than where you have been.

### Examples of an Objective section:

OBJECTIVE: An entry-level position in the hospitality industry where a background in advertising and public relations would be needed.

OBJECTIVE: A position teaching English as a second language where a special ability to motivate and communicate effectively with students would be needed.

#### THE SUMMARY OF QUALIFICATIONS

The "Summary of Qualifications" consists of several concise statements that focus the reader's attention on the most important qualities, achievements and abilities you have to offer. Those qualities should be the most compelling demonstrations of why they should hire you instead of the other candidates.

This may be the only section fully read by the employer, so it should be very strong and convincing. Include professional characteristics (extremely energetic, a gift for solving complex problems in a fast-paced environment, exceptional interpersonal skills, committed to excellence, etc.) helpful in winning the interview.

How should you write to write a Summary of Qualifications? Look for the qualities the employer will care about most. Then look at what you wrote about why you are the perfect person to fill their need. Pick your qualities that best demonstrate why they should hire you. Assemble it into your Summary section.



The most common ingredients of a well-written Summary are as follows. Do not use all these ingredients in one Summary - use the ones that highlight you best.

- A short phrase describing your profession
- Followed by a statement of broad or specialized expertise
- Followed by two or three additional statements related to any of the following:
  - o breadth or depth of skills
  - unique mix of skills
  - range of environments in which you have experience
  - o a special or well-documented accomplishment
  - a history of awards, promotions, or superior performance commendations
- One or more professional or appropriate personal characteristics
- A sentence describing professional objective or interest.

Notice that the examples below show how to include your objective in the Summary section. If you are making a career change, your Summary section should show how what you have done in the past prepares you to do what you seek to do in the future.

### A few examples of Summary sections:

- Highly motivated, creative and versatile real estate executive with seven years of experience in development and construction. Especially skilled at building effective, productive working relationships with clients and staff. Excellent management, negotiation and public relations skills. Seeking a challenging management position in the real estate field that offers extensive contact with the public.
- Health Care Professional experienced in management, program development and policy making in the United States as well as in several developing countries. A talent for analyzing problems, developing and simplifying procedures, and finding innovative solutions. Proven ability to motivate and work effectively with persons from other cultures and all walks of life. Skilled in working within a foreign environment with limited resources.
- Performing artist with a rich baritone voice and unusual range, specializing in classical, spiritual, gospel and rap music. Featured soloist for two nationally televised events. Accomplished pianist. Extensive performance experience includes television, concert tours and club acts. Available for commercial recording and live performances.

### SKILLS AND ACCOMPLISHMENTS

In this final part of the assertions section of your resume, you do exactly what you did in the previous section, except that you go into more detail.

In the summary, you focused on your most special highlights. Now you tell the rest of the best of your story. Let them know what results you produced, what happened as a result of your efforts, what you are especially gifted or experienced at doing. Flesh out the most important highlights in your summary.

### Here are a few ways you could structure your "Skills and Accomplishments" section:

### SELECTED SKILLS AND ACCOMPLISHMENTS

- Raised \$1900 in 21 days in canvassing and advocacy on environmental, health and consumer issues.
- Conducted legal research for four Assistant U.S. Attorneys, for the U.S. Attorney's office
- Coordinated Board of Directors and Community Advisory Board of community mental health center. Later commended as "the best thing that ever happened to that job."



#### **FUNCTIONAL RESUME FORMAT**

The functional resume highlights your major skills and accomplishments. It helps the reader see clearly what you can do for them. It helps target the resume into a new direction by lifting up from all past jobs the key skills and qualifications to help prove you will be successful. The functional resume is a must for career changers and for those returning to the job market.

### THE EVIDENCE SECTION - YOUR WORK HISTORY, EDUCATION, ETC.

Most resumes are not much more than a collection of "evidence," various facts about your past. By evidence, we mean all the mandatory information you must include on your resume: work history with descriptions, dates, education, affiliations, list of software mastered, etc. If you put this toward the top of your resume, anyone reading it will feel like they are reading an income tax form.

#### **EXPERIENCE**

List jobs in reverse chronological order. Don't go into detail on the jobs early in your career; focus on the most recent and/or relevant jobs. (Summarize a number of the earliest jobs in one line or very short paragraph, Put dates in italics at the end of the job; don't include months, unless the job was held less than a year. Include military service, internships, and major volunteer roles if desired! Because the section is labeled "Experience." it does not need to mean that you were paid.

#### **EDUCATION**

List education in reverse chronological order, degrees or licenses first, followed by certificates and advanced training. Set degrees apart so they are easily seen. Put in boldface whatever will be most impressive. Don't include any details about college except your major and distinctions or awards you have won.

- Do include advanced training, but be selective with the information.
- If you are working on an uncompleted degree, include the degree and afterwards, in parentheses, the expected date of completion.
- If you didn't finish college, start with a phrase describing the field studied, then the school, then the dates (the fact that there was no degree may be missed).

Other headings might be "Education and Training" or "Education and Licenses".

And then add your Awards, Civic and Community Recognition and Comments from Supervisors.

#### PERSONAL INTERESTS

Only list these if your personal interests indicate a skill or knowledge that is related to the goal, such as photography for someone in public relations, or carpentry and wood-working for someone in construction management. This section can create common ground in an interview.

#### REFERENCES

You may put "References available upon request" at the end of your resume, if you wish. This is a standard close (centered at bottom in italics), but is not necessary. You can bring a separate sheet of references to the interview, to be given to the employer upon request.



#### A FEW GUIDELINES FOR A BETTER PRESENTATION

**The resume is visually enticing, a work of art.** Simple clean structure. Very easy to read. Symmetrical. Balanced. Uncrowded. As much white space between sections of writing as possible; sections of writing that are no longer than six lines, and shorter if possible.

**There are absolutely no errors.** No typographical errors. No spelling errors. No grammar, syntax, or punctuation errors. No errors of fact.

**All the basic, expected information is included.** A resume must have the following key information: your name, address, phone number, and your email address at the top of the first page, a listing of jobs held, in reverse chronological order, educational degrees, in reverse chronological order.

Jobs listed include a title, the name of the firm, the city and state of the firm, and the years employed. Jobs earlier in a career can be summarized and extra part-time jobs can be omitted. If no educational degrees have been completed, it is still expected to include some mention of education (professional study or training, partial study toward a degree, etc.) acquired after high school.

It is targeted. First you should get clear what your job goal is, what the ideal position would be. Then you should figure out what key skills, areas of expertise or body of experience the employer will be looking for in the candidate. Gear the resume structure and content around this target, proving these key qualifications.

**Strengths are highlighted / weaknesses de-emphasized.** Focus on whatever is strongest and most impressive. Make careful and strategic choices as to how to organize, order, and convey your skills and background.

**Use power words.** For every skill, accomplishment, or job described, use the most active impressive verb you can think of (which is also accurate). Begin the sentence with this verb, except when you must vary the sentence structure to avoid repetitious writing.

**Show you are results-oriented.** Wherever possible, prove that you have the desired qualifications through clear strong statement of accomplishments

Writing is concise and to the point. Keep sentences as short and direct as possible.

**Make it look great.** Use a laser printer or an ink jet printer that produces high-quality results. A laser is best because the ink won't run if it gets wet. It should look typeset. Use a standard conservative typeface (font) in 11 or 12 point. Use off-white, ivory or bright white 8 1/2 x 11-inch paper, in the highest quality affordable. Use absolutely clean paper without smudges, without staples and with a generous border.

**Shorter is usually better.** Your resume should be just long enough to keep the reader's interest, and create psychological excitement that leads prospective employers to pick up the phone and call you.

**Telephone number that will be answered.** Be sure the phone number on the resume will, without exception, be answered by a person or an answering machine Monday through Friday 8-5pm.

#### WHAT NOT TO PUT ON A RESUME

- The word "Resume" at the top of the resume
- Fluffy rambling "objective" statements
- Salary information
- Full addresses of former employers or names of supervisors
- Reasons for leaving jobs
- References



These verbs have been generously provided by Wendy Enelow and Louise Kursmark Founders of The Resume Writing Academy www.resumewritingacademy.com

### Favorite Verbs For Your Resume

Originally "Our Favorite Resume Verbs" by Wendy Enelow

Accelerate Collaborate Differentiate Expand Accentuate Collect Diminish Expedite Accomplish Command Direct Experiment Accommodate Commercialize Discern **Explode** Achieve **Explore** Communicate Discover Acquire Compare Dispense Export Adapt Compel Display Facilitate Compile Distinguish **Finalize** Address Advance Complete Distribute Finance Advise Compute Diversify Forge Advocate Conceive Divert Form Align Conceptualize Document Formalize Alter Conclude **Dominate** Formulate Analyze Conduct Double Foster Found Anchor Conserve Draft **Apply** Consolidate Drive Gain **Appoint** Construct Earn Generate Govern **Appreciate** Consult Edit Architect Continue Educate Graduate Arrange Contract **Effect** Guide Articulate Control Elect Halt Ascertain Convert Elevate Handle Assemble Convey Eliminate Head Coordinate Assess **Emphasize** Hire **Assist** Correct **Empower** Honor Augment Counsel Hypothesize Enact Identify Author Craft Encourage Authorize Create Endeavor Illustrate Critique Endorse **Imagine** Balance Crystallize Endure Implement Believe Curtail Energize Import Brainstorm Cut **Enforce Improve** Brief **Budget** Decipher Engineer Improvise Build Decrease **Enhance** Increase Calculate Define **Enlist** Influence Capitalize Delegate Enliven Inform Capture Deliver Initiate Ensure Catalog Demonstrate Equalize Innovate Centralize Deploy Eradicate Inspect Champion Derive Inspire Establish Change Design **Estimate** Install Chart Detail Evaluate Instruct Clarify Detect Examine Integrate Classify Determine Exceed Intensify Close Develop Execute Interpret Coach Devise Exhibit Interview



These verbs have been generously provided by Wendy Enelow and Louise Kursmark Founders of The Resume Writing Academy www.resumewritingacademy.com

### Favorite Verbs For Your Resume

Originally "Our Favorite Resume Verbs" by Wendy Enelow

Raise

Ratify

Realign

Rebuild

Rate

Introduce Organize Recapture Solve Orient Invent Receive Spark Speak Inventory Originate Recognize Investigate Outsource Recommend Spearhead Specify Judge Overcome Reconcile Standardize Justify Overhaul Record Launch Oversee Recruit Steer Lead Participate Recycle Stimulate Lecture Partner Redesign Strategize Streamline Perceive Reduce Leverage Perfect Regain Strengthen License Listen Perform Regulate Structure Locate Persuade Rehabilitate Study Substantiate Lower Pilot Reinforce Maintain Pinpoint Succeed Reiuvenate Pioneer Manage Remedy Suggest Manipulate Plan Render Summarize Manufacture Position Renegotiate Supervise Supplement Map Predict Renew Market Prepare Renovate Supply Support Master Prescribe Reorganize Mastermind Present Report Surpass Maximize Preside Represent Synthesize Measure **Process** Research **Target** Mediate Procure Resolve Teach Mentor Produce Respond Terminate Merge **Program** Restore Test Minimize **Progress** Restructure Thwart Model Project Train Retain Moderate Promote Transcribe Retrieve Propel Transfer Modify Reuse Monitor Propose Transform Review Motivate **Prospect** Revise Transition Prove Revitalize **Translate** Navigate Negotiate Provide Trim Satisfy Network Publicize Schedule Troubleshoot **Nominate** Purchase Secure Unify Normalize Purify Select Unite Obfuscate Qualify Separate Update Obliterate Quantify Serve Upgrade Observe Question Service Utilize

Orchestrate

Obtain

Operate

Optimize

Offer

Shepherd

Simplify

Slash

Sold

Solidify

Verbalize

Verify

Win

Work

Write



### **Accomplishments and Skills Worksheet**

Use this worksheet as a spring board to organize your work history and personal interests for your resume. Include all successes in your life! You have valuable talent, skills and traits to share. Remember: there are no wrong answers.

### Examples--

- Shipped an average of 40 packages per day for 4 years with fewer than 3% damage in shipping.
- Volunteered at the Humane Society every Tuesday evening for 2.5 years. Walked, bathed and groomed dogs.
- Organized a fund-raising event for Fair Shake, generating over \$8300. Organized silent auction donations, secured entertainment and food and assembled volunteers.
- Managed a household of four on \$900 per month.
- Restored a 1961 Volkswagen Beetle to original condition.
- Successfully planted, nurtured and harvested an annual garden (8 years running!) and canned, froze or dried the harvest to provide nearly half of our family's dietary requirements.

### **Occupational Titles**

Job titles to start your brainstorming when considering job goals.

Accountant	Graphic Designer	Manufacturer
Assembler	Grounds Keeper	<b>Operations Manager</b>
Carpenter	Inspector	Painter
Cashier	Lab Technician	Programmer
Chef / Cook	Librarian	Salesperson
Clerk	Machine Operator	Secretary
Data Entry	Mail Carrier	Snow-maker
Director	Maintenance	Teacher
Editor	Massage Therapist	Tree Trimmer
Engineer	Manager	Veterinarian
Firefighter	Mason	Welder

### Job Skills

The following is a short list of job skills. (There are literally thousands of job-specific skills.) You will have to research the job skills specific to your occupation

Accounting	Drill Press Operation	Payroll / Accounting
Advertising	Driving	Planning
Auditing	Editing	Public Speaking
Brake Alignments	Electronic Repair	Researching
Building Maintenance	Filing	Sign Language
Carpet Laying	Hammering	Scheduling
Cleaning	Interviewing	Soldering
Cooking	Keyboarding	Technical Writing
Correspondence	Management	Telemarketing
Counseling	Marketing	Typing

CounselingMarketingTypingCustomer ServiceMechanical DraftingWeldingDetailingMetal FabricationWriting



### Self-Management Skills

Follow instructions Get things done Punctual Get along well Honest Responsible

### Personality traits

Articulate Enthusiastic Sensitive Assertive **Emotionally strong** Sincere Assume responsibility Flexible Sociable Communicative Friendly Tactful Competitive Highly motivated **Tolerant** Creative Integrity Tough Decisive Quick thinker Trusting Dependable Self-motivated Understanding

Detail-oriented Sense of direction Willing to learn

Diplomatic Sense of humor

### Physical skills

Agile Flexible Precise Assembling Grinding Set standards Balancing, juggling Hammering Strong Crafts Keyboarding, Typing Thorough Manual dexterity Counting Restoring Drawing, painting Mechanical Sandblasting Driving (CDL?) Modeling, remodeling Sewing

Endurance Observing, inspecting Sorting Finishing, refinishing Operating machines Weaving

### People Skills

Caring Empathy Mentoring
Comforting Encouraging Motivating
Communicating Group Facilitating Negotiating
Conflict Management Helping Others Outgoing
Conflict Resolution Inspiring Trust Problem Solving

Counseling Inquiry Respect
Consulting Instructing Responsive
Developing Rapport Interviewing Sensitive

Developing Rapport Interviewing Sensitive
Diplomacy Listening Sympathy
Diversity Mediating Tolerance

### **Data Sorting Skills**

Analyzing Cost Analysis Following instructions
Auditing Counting Investigating
Averaging Detail-oriented Inventory

BudgetingEvaluatingInterrelateCalculating, ComputingExaminingLogicalChecking for accuracyFinancial or fiscalOrganizingClassifyingAnalysisRecording facts

Comparing Financial management Research Compiling Financial records Surveying



### Leadership Skills

Brainstorm Integrity Risk Taker Competitive Judgment Run Meetings Self-Confident Coordinating Manage, Direct Others Decisive Mediate Problems Self-Directed Delegate Motivate People Self-Motivated Direct others Multitasking Sets an Example **Negotiate Agreements** Solve Problems Evaluate Strategic Planning Goal setter Organization

Influential Planning Supervision
Initiate new tasks Results-Oriented Work Schedules

### **Artistic Skills**

Artistic ideas Imaginative Play an instrument

Dance, Aerobic Inventive Rendering
Designing Mechanical drawing Singing

Drawing, Painting Model-making Visualize shapes

Handicrafts Perform Visualizing
Illustrating, Sketching Photography Writer / Editor

### Descriptive Words to Use in Your Resume

Able Considerate Efficient Accurate Consistent Effortlessly **Empathetic** Active Constructive Energetic Adaptable Continuous Contributions Enterprising Adept Enthusiastic Administrative Cooperative Advantageous Creative Excellent Aggressive Curious Exceptional Alert Experienced Decisive

AmbitiousDedicatedExpertAnalyticalDeliberateExpertlyArticulateDependableExtensiveAssertiveDetailedFair

Farsighted Astute Detail-oriented Attentive Determined Fast learner Authoritative Diligent Flexible Bilingual **Diplomatic** Forceful Disciplined Broad minded Friendly Calm Discreet Generalist

Candid Diversified Hard-working Capable Driven Honest Cheerful **Imaginative** Dynamic Committed Eager Increasingly Competent Easily Independent Comprehensive Easygoing In-depth Confident **Economical** Initiative Conscientious Effective Innovative

**Vigorous** 



### **Descriptive Words (Continued)**

Insightful Significantly Precise Instrumental Sincere Problem-solver Inventive Productive Skilled Knowledgeable Professional Skillful Leadership **Proficient** Solid Logical Profitable Sound Specialized Loyal Progressive Specialist Major Proven Stable Punctual Qualified Strategically

Mature Meaningful Methodical Quality conscious Strong Meticulous Quick learner Substantial Motivated Realistic Successful Multilingual Recent Superior Objective Reliable Systematic Open-minded Tactful Repeatedly Optimistic Resilient Talented Orderly Resourceful Team player Organized Respectful Technical Outstanding Responsible Thorough

Responsive Patient Timely Perceptive Risk-taker Uniform Persistent Routinely Universal Personable Satisfactorily Up-to-date Valuable Personally Scope Persuasive Self-confident Varied Pertinent Self-controlled Versatile

Self-reliant

Positive Self-starter Well-educated Practical Sharp Well-rounded

Pleasant



### **Cover Letter**

Many employers today want to read a letter of introduction, or cover letter, when they review a resume. A cover letter should tell the employer which position you are interested in, why you think you are qualified for the position. Some information in your cover letter may also be on your resume; overlapping information emphasizes skills and characteristics. Read your cover letter carefully, check for spelling, grammar, and punctuation errors, then have another person proofread it one more time before you print it or press 'send'.

January 5, 2012

Alex Wikstrom Sun Dog Manufacturing 123 Swiggum St. Westby, WI 54667

Dear Mr. Wikstrom:

I am interested in the Shipping Manager position advertised in the Westby Times this week. I believe I would be a great fit for this position and welcome the opportunity to talk with you to find out more about the job and your company.

### Your Requirements:

- Computer literate; able to learn software programs
- · Compare multiple shipping criteria
- Self-motivated
- Friendly; work well with others

### My Qualifications:

- I am experienced in shipping with USPS, Fed Ex and UPS and their software programs.
- I understand that each shipper offers different services. I can learn what I need to know for the safe delivery of products to the customer and the most cost-efficient route for the company.
- I enjoy my work and take pride in a job well done. I find this very motivating.
- I encourage you to follow up on my references as I am sure you will see that I am a 'team player' and understand how to recognize company culture and enhance the work environment.

I enjoy playing an important role in enhancing a customers' experience. I also enjoy balancing the technical skills, physical skills and social skills that are required to do a great job in this position. I take pride and ownership in my work and consider the perspective of the customer when packing an order.

My resume is attached for your review. I'm interested in talking with you and learning more about the position and Sun Dog. I read the mission statement and feel I really can get behind it.

Thank you for your time and consideration. I'm looking forward to hearing from you.

Sincerely,

Signature Here

Sue Kastensen

For more examples, check out **Best Resume's & Letters for Ex-Offenders** by Wendy Enelow and Ronald Krannich, *or* simply search for 'cover letter examples' in your favorite search engine.



### Thank You Letter

Writing a thank you letter allows you the opportunity to share your reflections from interview including topics that were discussed and your decision to accept the job if it is offered to you. If you do not want the job you can write a short thank you letter stating that you wish to withdraw your application. If you do want the job, restate the qualifications and social skills you possess related to the requirements of the position and culture of the company. Be sure to send your thank you letter within a day of your interview.

Sue Kastensen PO Box 63 Westby, WI 54667 608-634-6363 sue@gmail.com

January 20, 2012

Alex Wikstrom Sun Dog Manufacturing 123 Swiggum St. Westby, WI 54667

Dear Mr. Wikstrom:

Thank you for taking the time to meet with me about the Shipping Manager job opening yesterday. I appreciate the opportunity to interview for this position.

Upon reflection, I believe I am a good fit for the Shipping Manager position and also for the company. I bring four years experience in shipping and receiving and I am familiar with nearly all of the tools you showed me. I learn quickly and will be able to master each of the computer shipping programs easily. My personality is well-suited to accommodate the variety of employees who will bring items to be shipped, and also the freight handlers that I will interface with.

Thank you for listening to me describe my past and what I have learned from my incarceration. Be assured that I have reflected upon, learned from, and moved beyond all types of criminal behavior. I am ready and willing to be a reliable benefit to Sun Dog Manufacturing.

I'm very interested in working with you and your team. I am a dedicated worker and can commit to supporting Sun Dog Manufacturing well into the future. Please feel free to contact me if you would like further information. My cell phone number is 608-634-1234

Thank you again for your time and consideration.

I'm looking forward to hearing from you.

Sincerely,

Signature Here

Sue Kastensen

\*\*\* For many more examples, Search the Internet for Thank You Letter Examples \*\*\*



### **Self-Employment**

CAUTION: Entrepreneurship is NOT for the weak!

The idea of owning a business is attractive to many types of people. Some are drawn to 'be their own boss', to work closer to where they live, or to provide a product or service to an area where it is needed. Some people feel they can take more pride in their work and also be recognized for their efforts, still others feel they can have greater job security and may even be able to sell their business or pass it on to their children. Our shared *American Dream* features a 'rags to riches' story that includes a plucky protagonist that pulls her- or himself up with their bootstraps to achieve financial and social success.

One of our basic human needs is to feel we have the power to determine our destiny. Owning your own business is certainly one way to take control. Unless the start-up is handled cautiously, intelligently and with a long-term commitment, however, a person can drive their dream right into the ground.

This brief document will only cover the very basics (mostly using bullet points!) of things to consider in starting a business. It is merely a check list to assess if this is the right path for you, and also to consider some of the many things you'll need to address to get started...and then to keep it running.

### Let's begin with some simple questions to ask yourself:

- What kind of business do I want to start? Will I provide a product or a service?
- Where will my business be located? What type of community supports my business? (examples: neighborhood, city, state, internet)
- Who are my customers? What makes them different from other consumers?
- How must I organize my company: What regulations must I follow? Does this business require special licensing or permits? How should I incorporate? (examples: LLC, S Corp, B Corp, non-profit)
- Where and how will I advertise or otherwise communicate to my customers?
- Does my business benefit all of the members of the community in which it is located?
- What is the name of my business and what is my 'tag line' or 'elevator speech' to describe it?
- How will I explain my business to my grandmother? (good practice; even if she is no longer with us)
- Can I tolerate book-keeping or am I able to pay someone who can?

### Are you willing and able to:

- Start organized and stay organized?
- Follow legal procedures (including lots of paperwork!)?
- Ask for help?
- Pay taxes willingly?
- Be flexible, creative and responsive when things don't go as planned?



### Now let's look at some difficult things to consider in starting a business:

- Can I handle a lot of rejection and nay-sayers?
- Will I feel jilted or jaded when my friends are not willing to be my customers or backers?
- Can I live with little to no income for at least 1 year and up to 3 years?
- Am I willing to sacrifice much of my leisure time or social life for up to 3 years as well?
- Do I have a super-strong moral base? (The temptation to cheat can be powerful for many.)
- Can I provide clear proof I will be able to succeed and that I am a worthwhile risk to small business loan officers?
- Do I have solid back-up plan for repayment?
- Am I comfortable with risk or will I worry?
- Am I physically strong enough to endure hard work, stress and exhaustion?
- What aspects about running a business matter most to me?
- Am I a 'people person' and if not, can I hire this person, or how will I communicate with customers?
- What are my 'competitors' doing? What do I do similarly or differently to what they are doing?
- How long will it take to start my business before any money begins to come in? Can I start it while I work at another job?
- Am I willing and able to trademark, copyright or patent my name, logo, written or recorded material or invention?

### Some possible snags or ways to fail at starting a business:

- Need others to do work or research for you to get started.
- Blame others or 'the system' when things get difficult
- Require more resources from outside investors than you are willing to contribute yourself.

#### A couple of resources for entrepreneurial hopefuls:

**SCORE:** https://www.score.org/

Small Business Administration: https://www.sba.gov/

US Patent and Trademark Office: http://www.uspto.gov/

How to Write a Business Plan: http://articles.bplans.com/how-to-write-a-business-plan/

Free Government Publications: The Consumer Information Catalog lists approximately 200 free and lowcost publications available to you from various federal agencies. The publications cover topics such as money, health, employment, housing, federal programs, travel, small business, and education. To write for your free catalog, send your request and address to: Federal Citizen Information Center

Also ask for "How to Write a Business Plan Pub #173 Attn: Catalog Pueblo, CO 81009

Please share your thoughts, ideas, questions and concerns. Your questions, suggestions and ideas will help me improve this page to better serve our future business owners!