



Sample Resumes by Type

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NAME

Address
Phone
Email

OBJECTIVE (optional)

Your objective statement should be brief and tailored to the position you are applying for. It can also briefly highlight the skills you can offer the organization.

EDUCATION

Institution Name, City, State

Degree Title and Major(s)/Minor(s)

Graduation Date

Cumulative/Major GPA: ??/4.0

(Month, Year)

Academic Honors: List any honors

Related Coursework: List any courses that highlight unique skills or knowledge

Previous Institution Name, City, State (if applicable)

Degree

Date

RELATED EXPERIENCE

Job Title

Date(s)

Organization, City, State

- Describe responsibilities and skills obtained in order of importance
- Start each bullet point with an action verb, then add skills and abilities developed while performing the task

Job Title

Date(s)

Organization, City, State

- Quantify experiences when possible
- Focus on key skills and qualifications highlighted in a job description and match your bullet points to those listed

OTHER HEADINGS (additional experiences categorized into appropriate sections)

Job Title/Position

Date(s)

Organization, City, State

- Continue listing appropriate bullet points for experiences and skills gained

COMMUNITY SERVICE

Organization, City, State

Date(s)

CERTIFICATIONS AND PROFESSIONAL MEMBERSHIPS

Certification/Professional Association, Organization, City, State

Date(s)

SKILLS

Proficient/knowledgeable in _____

Experience working with _____

(Use margin and font size adjustments, spacing, and headings to get your resume to one full page. Margins should be between .5" and 1". Font size should be between 10-12 point, except for the header and section headings, which should be in larger font.)

REGGIE REDBIRD

1857 Illinois State University Drive
Normal IL 61790
309-438-1857
reddbird@nonisue-mail.com

OBJECTIVE

To obtain an internship as a fitness assistant in a health and fitness environment

EDUCATION

Illinois State University, Normal IL

Bachelor of Science in Recreation Management

May 2015

Cumulative GPA: 3.4/4.0

Academic Honors: Dean's List, Fall 2012

Related Coursework: Fitness in the Recreational Environment, Advanced Recreation Programming, Recreation Leadership

Heartland Community College, Normal IL

Associate in Science

May 2012

RELATED EXPERIENCE

Fitness Volunteer

Spring 2013

Fallview Fitness Center, Normal IL

- Assisted supervisor with exercise fitness program operation for 20 hours per week
- Led and instructed 27 aerobics participants and integrated exercise knowledge into classes

Practicum Experience

Spring 2013

Advocate BroMenn Wellness Center, Normal IL

- Coordinated and led group exercises including warm ups and cool downs
- Assisted with fitness testing and recommended exercise plans
- Presented educational seminars on stress management

Strength and Conditioning Assistant

Fall 2011-Spring 2012

Youth Training Center, Bloomington IL

- Developed conditional programs for youth ages 12-17
- Assisted conditioning coach with supervision of speed and endurance programs
- Recorded and maintained strength and conditioning data

WORK EXPERIENCE

Sales Representative

Fall 2010-Present

Read's Sporting Goods, Normal IL

- Train new employees in day-to-day operations
- Complete store opening and closing procedures
- Contribute to increased customer sales through extensive product knowledge
- Provide quality customer service to patrons

COMMUNITY SERVICE

YWCA Volunteer, Normal IL

Fall 2012-Present

CERTIFICATIONS AND PROFESSIONAL MEMBERSHIPS

CPR and First Aid Certification, American Red Cross, Normal IL

Fall 2012-Present

Leaders In Fitness Education Club (LIFE), Member

Spring 2012-Present

REGINA R. REDBIRD

1400 University St. · Anytown IL 55555 · (555) 555-5555 · rredbird@nonissue-mail.com

SUMMARY OF QUALIFICATIONS

- Highly skilled personnel manager with 10 years experience hiring, training, and managing diverse teams
- Professional written and interpersonal communication skills developed through weekly report writing, supervision, and training of staff
- Strong organizational and problem solving skills
- Successful ability to simultaneously manage multiple tasks

PROFESSIONAL EXPERIENCE

Human Resources Associate Director 20xx-present

ABC Company, Schaumburg IL

- Manage personnel, finance, and automated systems activities
- Establish goals and objectives and set priorities for accomplishing overall organizational functions
- Assist supervisor in establishing and implementing unit and individual training goals and objectives
- Review completed personnel actions to ensure all policies and procedures are closely followed
- Assist department director with strategic planning and establishment of unit action plans
- Process background checks, coordinate drug screenings, and expedite preparation of files

Regional Human Resources Manager 20xx-20xx

XYZ Company, Chicago IL

- Managed HR functions for 15 office locations and collaborated with corporate office to implement core programs
- Prepared and processed personnel files and payroll; maintained records and files
- Established performance management system for sales and recruitment process guidelines
- Served as principal administrator responsible for performance of a variety of technical, analytical, advisory, and coordinating duties for the director
- Served as key point of contact regarding recruitment and retention for the region
- Implemented new training program which streamlined training staff by more than 60%

EDUCATION

Bachelor of Science in Business Administration May 20xx

Illinois State University, Normal IL

CONTINUING EDUCATION

- Certificate – Innovation and Change Management – Northwestern University School of Continuing Studies
- Attended multiple seminars on management and leadership through the Management Association including goal-setting, conflict resolution, and mentoring

PROFESSIONAL AND COMMUNITY AFFILIATIONS

Human Resources Management Association of Chicago, 20xx-present

Management Association, 20xx-present

Boys and Girls Club of Chicago, Board Member, 20xx-present

City of Chicago Neighborhood Economic Development Award, 20xx

SKILLS

Computer: Proficient in Microsoft Office, SPSS, PageMaker, and Dreamweaver

Language: Conversational Spanish

Tom Smith

1212 College Ave. • Normal, Illinois 61761 • (309) 309-3093 • tdsmith@nonissue-mail.com

OBJECTIVE

To obtain an internship that utilizes knowledge and skills in information technology with a focus on security

EDUCATION

Illinois State University, Normal, Illinois

Bachelor of Science in Information Systems, May 2013

Sequence: Information Assurance and Security

Cumulative GPA: 3.68/4.0

Illinois Central College, East Peoria, Illinois

Associate in Arts and Science, May 2010

SKILLS

- Security:** Proficient in securing Windows and Linux-based networks, hardening Windows-based desktops against physical and remote tasks
- Systems:** Deploying Windows and Linux-based desktops with heightened security requirements
- Coursework:** Systems development, data communication, telecommunications-focused programming with J2EE, three-tier server programming, backend program design, Java-based graphic user interface design and programming
- Communication:** Communicate clearly on technology-based problems and solutions to a broad audience

RELATED IT EXPERIENCE

Freelance Computer Repair and Training - Peoria and Normal, Illinois (2008-Present)

Training - Train computer literacy to the general community and professionals on a one-on-one basis

Repair - Repair simple to complex hardware failures

Systems Analysis and Design - Proposed and implemented complete system infrastructure for a small business from analysis to support phase (2011)

Chi Alpha Normal Chapter - Normal, Illinois (2009-2010)

Computer and Network Design - Handled technical troubleshooting within a small business environment including system crashes, system design, and analysis

ACTIVITIES

Illinois State University - Normal, Illinois

- Association of International Technology Professionals member (2010-Present)
- Information Security Club member (2010-Present)
- Enterprise Computer Club member (2010-Present)

ROCKY ROAD

12345 South Reggie Avenue, Normal IL 61761 • (123) 321-1234 • jkdoe@nonissue-mail.com

EDUCATION

Illinois State University Normal IL
Bachelor of Science, Public Relations Minor: English May 2012
Cumulative GPA 3.5/4.0, Dean's List: Four semesters

PRE-PROFESSIONAL EXPERIENCE

After School Program, Thomas Metcalf School, Illinois State University Normal IL
Public Relations Intern Spring 2012

- Developed and executed marketing plan including website, brochures, and fliers
- Worked independently to complete all projects in a timely manor
- Publicized monthly newsletter for clients
- Arranged summer program field trip logistics; coordinated overnight events and activities
- Maintained relationships with supervisors and clients

WZND Radio, Illinois State University Normal IL
Public Relations Volunteer Fall 2010

- Edited and researched news releases; conducted interviews
- Collaborated with staff on planning promotion events
- Worked directly with public relations department; observed business activities

Related Coursework

Senior Public Relations Seminar, Post-it Advertising Campaign Spring 2012

- Developed media plan and managed budget for campaign
- Demonstrated effective skills in persuasion
- Measured expected outcome of campaign
- Conducted surveys and analyzed results for research

LEADERSHIP AND WORK EXPERIENCE

Public Relations Student Society of America at Illinois State University Normal IL
Treasurer August 2011 - May 2012

- Managed \$2,000 annual budget, including accounts receivable/payable; reported financial status monthly

Martin J. & Sons Cleaners Normal IL
Lead Customer Service Representative June 2009 - Present

- Promoted to current position from entry-level customer service representative role within three months of hire
- Frequently serve as store supervisor in manager's absence
- Train new employees in day-to-day operations
- Complete store opening and closing procedures
- Resolve customers' complaints effectively and efficiently
- Provide excellent customer service by phone and in person

ISULeads Leadership Certificate Program, Illinois State University Normal IL
Graduate May 2012

- Developed leadership skills in the areas of civic engagement and global perspectives

VOLUNTEER EXPERIENCE

Public Action to Deliver Shelter (PADS Homeless Shelter) Bloomington IL
Volunteer Kitchen Worker September 2010 - Present

JANE SMITH

jsmith8@nonissue-mail.com • 123-456-7890 • 123 Mockingbird Lane, Normal IL 61761

EDUCATION

Illinois State University Normal IL
Bachelor of Science in Marketing May 2013
Cumulative GPA: 3.8/4.0 Dean's List: Fall 2009-Fall 2011
Robert G. Bone Scholarship Award nominee Spring 2012

Leicester University, England - Study Abroad Program Jan. 2011-May 2011

INTERNSHIP EXPERIENCE

Country Financial Bloomington IL
Marketing Intern May 2012-Present

- Work independently and within teams to plan, develop and implement a variety of marketing and training-related projects including social media strategies and print materials
- Assist with manual and administrative tasks such as meeting minutes, campaign mailings, and meeting preparation

LEADERSHIP & ACTIVITIES

Alpha Kappa Psi, Professional Business Fraternity Normal IL
Founding Member Fall 2009-Present

- Helped fraternity evolve and grow from 15 members to over 80 members
- Attend professional speaker events to broaden perspective in field of business
- Sustain interactive involvement within the fraternity

Service Chairman Spring 2012

- Planned and organized events for members to volunteer time
- Met with Service Committee on bi-weekly basis to gain insight
- Planned and organized blood drive by partnering with the American Red Cross
- Arranged events at the Midwest Food Bank, Habitat for Humanity, and Adopt-a-Street

Business Week Mentor Spring 2012

- Nominated by State Farm Hall of Business Faculty
- Served as role model and pre-professional coach for underclassmen

Salvation Army Canteen Run for Homelessness Chicago IL
Event Planner Aug. 2011

- Organized and led fundraiser for partnering against homelessness that raised \$538
- Promoted fundraiser through radio, television, newspaper, church bulletins, and email

Travel Planner March 2011

- Planned five-week backing trip across Europe for group of three people
- Led group to Amsterdam, Netherlands by arranging transportation, accommodations, site-seeing, and other activities

COMMUNITY SERVICE & VOLUNTEER WORK

Brain Injury Association of Illinois State University Normal IL
Volunteer June 2011

- Visited with campers and assisted during meals and activities
- Learned to understand and communicate with people with disabilities

Humane Society, Local Nursing Home, Relay for Life 2010-2012

WORK EXPERIENCE

Logan's Roadhouse Normal IL
Team Leader and Waitress Nov. 2011-Present

- Develop and enhance interpersonal and communication skills
- Direct and manage up to seven staff members as a closing lead staff member
- Further develop leadership skills including time management, organization, and delegation of duties

Josie Smith

123 South Main Street • Anytown, IL 61234 • (555) 555-1234 • josiesmith@nonissue-mail.com

Objective

Obtain kindergarten position at XYZ School; willing to assist in arts and drama events

Education

Illinois State University Normal IL
Bachelor of Science in Education, Early Childhood May 2013

License: Professional Educator License

Endorsements: Bilingual, English as a Second Language

Pre-Professional Experience

Professional Development School, Bloomington District #87 Bloomington IL

Intern/Student Teacher August 2012 – May 2013

George L. Evans Elementary School

- Prepared, presented and implemented daily standard-based lesson plans to 24 third grade learners
- Implemented Smartboard into everyday classroom activities
- Modified materials for different learning styles and IEPs
- Graded assessments; completed daily tasks on Skyward
- Created environment where students were safe to express emotion, creativity and questioning skills
- Assistant Director, annual third grade variety show

Related Experience

University College, Illinois State University Normal IL

Peer Tutor August 2011 – May 2012

- Tutored college students at various levels of English proficiencies
- Worked with diverse student population; personalized teaching style to each student

Leadership and Service

Kappa Delta Epsilon, Illinois State University Normal IL

President August 2012 – May 2013

- Designed, proposed and implemented Get-Reading program between Kappa Delta Epsilon members and five 17 year-old students in Mexico
- Led executive board meetings and all-member meetings

Phi Sigma Sigma, Illinois State University Normal IL

Vice-President August 2011 – May 2012

- Managed and organized sorority functions, including 20 committee head leaders

Work Experience

Culver's Naperville IL
Cashier Summers 2010 – 2012

Subway Bloomington IL
Sandwich Artist August 2010 – May 2011

STEVEN A. SPIELBIRD

(309) 555-5555 • saspriel@nonissue-mail.com • Shark Street Apt. #8 • Normal, Illinois 61761

PROFESSIONAL SUMMARY

- 7 years of practice in front-of-house theatre operations
- Extensive experience working with the public in large and small venues
- Committed to cooperative teamwork in order to accomplish successful events
- Dependable and conscientious with ability to thrive with minimal supervision

EDUCATION

Illinois State University

Normal, Illinois

Bachelor of Fine Arts

May 2014

Major: **Theatre Studies - Theatre Management**

Cumulative GPA: 3.7/4.0

THEATRE EXPERIENCE

Blue Man Group Chicago

Chicago, Illinois

Ticket Sales Representative

2011 - Present

- Complete telephone and walk-up ticket sales using client relation skills
- Work directly with customers at will call window just before show time
- Resolve discrepancies between patrons and ticket suppliers efficiently and professionally
- Collaborate with upper management on ways to run more efficiently while cutting costs

Beaver Productions/Atlanta Theatre of the Stars/Jam Productions

Memphis, Tennessee

Production Assistant

2008 - 2012

- Tended to immediate needs of artists
- Helped prepare for each tour by creating checklists and compiling necessary items
- Aided well-known acts such as Dave Matthews Band and Willie Nelson
- Executed stage preparation for large casts including Beauty and the Beast (national tour)

2nd Stage Theatre

New York, New York

Box Office Representative

Summer 2012

- Handled daily and advanced ticket sales
- Operated subscription-based ticketing program to handle the functions of multiple shows
- Maintained tickets sales reports and communicated profits to general manager

ORGANIZATIONS & ACTIVITIES

University Programming Board, Illinois State University

Fall 2012 - Present

Event Production Manager

- Lead, encourage, and motivate volunteers and paid staff to create an inviting environment
- Direct and coordinate all logistics of preplanning, set up, and execution during events

Illinois State University Theatre Association (ISUTA)

January 2012 - Present

Vice President

- Promote events targeted toward individuals from a wide variety of backgrounds

Minnie A. Mouse

555-555-5555

789 Clubhouse Dr., Normal IL 61761

mamouse@nonisu-email.com

Objectives and Strengths

Seeking GIS and remote sensing-oriented employment that will utilize background in biology and geographical research including experimental design, statistical analyses, grant writing, professional scientific presentations and publications while building collaborative networks.

Research interests include community-based conservation, GIS and Remote Sensing and applied science. Would particularly like to incorporate the use of technology to solve local conservation issues. Previous work has incorporated African conservation, field work and lab-based research.

Education

Illinois State University, Normal IL

May 2013

Master of Science in Biology, School of Biological Sciences

- **Biology Geographic Information Systems (GIS) Graduate Certificate**
- Coursework: Advanced Statistics, Biostatistics, Conservation Biology, Geographic Information Systems, Remote Sensing Independent Study
- GPA: 4.0/4.0

University of Delaware, Newark DE

May 2010

Bachelor of Science in Wildlife Conservation, Biology minor

- Honors Degree with Distinction
- Study abroad in Tanzania (2009); Coursework included Community-based Conservation and Conservation of African Wildlife
- Cumulative GPA: 3.8/4.0

Instrumentation Experience/Skills

- Geographic Information System software (ArcMap and ArcCatalog)
- Remote Sensing software (ERDAS and ENVI)
- SAS software
- **Conversational in Spanish**

Professional Academic Experience

Biology Undergraduate Independent Study

Fall 2012

- Coached student through project implementation, literature review, scientific writing

GIS Workshop, Mapping of Resources for Development-RCMRD, Nairobi, Kenya

November 2012

- Collaborated with African students and developed professional contacts within the African GIS and conservation community

Geometric Morphometrics Workshop, Berkeley, California

July 13-17, 2011

- Learned use and application of morphometrics in biological research

Publications

- Online discussion forums to supplement in-person collaboration to enhance African and American research ties. In prep: African Geographical Review.
- Feasibility of using spot pattern to identify individual long-tailed salamanders. 2012. Mouse, M., J. L. Bowman, and N. Nazdrowicz. In review: Herpetological Review.

Research Experience

Illinois State University, Normal IL

2010-2013

Thesis title: Fluctuating asymmetry as an indicator of anthropogenic impact across the Albertine Rift of East-Central Africa

- Quantified environmental stress in *Lophuromys aquilus*, the dark-colored brush-furred rat, in an area of high biodiversity and conservation interest in order to assess effect of anthropogenic impact

Minnie Mouse, Page 2

- University of Delaware, Newark DE Summer 2009-Spring 2010
- Assisted in design and execution of songbird surveys
- University of Delaware, Newark DE Summer 2008-Spring 2009
- Assisted with salamander mark-recapture field work and data management

Work Experience

- Teaching Assistant, Ecology** Fall 2010-present
- Instruct laboratory and field components of course (one or two sections per semester) for sophomores, juniors and seniors
 - Assisted in redesign of laboratory syllabus, including introduction of one new lab and modifications for several others
- Teaching Assistant, Molecular and Cellular Biology** Fall 2011
- Laboratory instructor (two sections per semester)
 - Introduction to university-level biology lab-based experiments and exercises for freshmen
- Peer Mentor, University of Delaware** Fall 2009
- Taught class that mentored freshmen on university life
 - Acted as liaison between students and university personnel, and informed students about available resources and facilities
- Technology Assistant, Pearson Computing Site, University of Delaware** Fall 2007-Spring 2009
- Supervised computer lab for students and provided technical support for classes

Selected Posters

- Mouse, M., J. Kostelnick, and S. Loew. 2012. Fluctuating asymmetry as an indicator of anthropogenic impact across the Albertine Rift of Africa. Symposium on Biomathematics and Ecology Education and Research, Normal IL
- Mouse, M., J. Kostelnick, and S. Loew. 2012. Fluctuating asymmetry as an indicator of anthropogenic impact across the Albertine Rift of Africa. AAG Annual Meeting, Washington D.C.

Selected Presentations

- Mouse, M. Rwanda Travel 2012. Africa Council Presentation, Field Museum of Natural History, Chicago IL
- Mouse, M., Loew, S. 2011. Fluctuating asymmetry as an indicator of habitat degradation across the Albertine Rift of East-Central Africa. BEES Brown Bag, Normal IL

Selected Fellowships/Grants

- Association of American Geographers Fellowship (AAG-MyCOE), Fall 2011-Summer 2012. NSF- funded fellowship that provided travel and housing stipend to support three months of research in Africa. Goal was to increase African geographic knowledge and provide the tools and technology to facilitate local biodiversity initiatives. Achievements included increasing GIS and remote sensing capacity, restructuring avian monitoring protocol and facilitation of data entry and statistical analysis.
- African Council Grant, co-PI with SS Loew. Field Museum, Chicago. Fall 2011. Amount received: \$2500

Awards/Societies

- University of Delaware Honor student, Entomology and Wildlife Ecology Faculty Award
- University of Delaware Dean's List (2006-2010)
- Phi Sigma, Sigma Xi (national biological honor societies)
- Association of American Geographers, The Society for Conservation GIS, Society for Integrative and Comparative Biology

Academic Service, Activities and Volunteer Work

- BEES Brown Bag Seminar Coordinator, Illinois State University (Fall 2012-Spring 2013)
- Expanding Your Horizons Conference Volunteer (January 31, 2011) - focus on encouraging involvement of women in science

PHIL N. BETTER

Phil.Better@nonisue-mail.com • 309-555-5555 • PO Box 555, Normal IL 61761

EDUCATION

Illinois State University

Normal IL

Master of Science, Hydrogeology

December 2013

GPA: 3.9/4.0

Thesis: Evaluating the removal of nitrate from a low gradient third order agricultural stream

University of Wyoming

Laramie WY

Bachelor of Science, Physical Geography

May 2011

PUBLICATIONS

Better, P.N., Peters, R.L. (2013), "Evaluating the Role of Sinuosity in Nitrate Removal from Little Kickapoo Creek," Geological Society of America Abstracts.

RELATED WORK EXPERIENCE

Department of Geography - Geology, Illinois State University

Normal IL

Teaching Assistant

2011 - 2013

- Instructed and prepared weekly principles of geology laboratory for up to 90 students
- Explained geologic concepts to students on an individual basis

Field/Research Experience

- Gathered and investigated field data for use in construction of conceptual models
- Collected and interpreted stream gauging, aquifer and slug test data
- Prepared, conducted, and tested laboratory analysis of water samples

Rockford Map Publishers

Belvidere IL

Customer Service Representative

2009 - 2011

- Addressed customer calls regarding plat book errors; organized and maintained copyright licensing database

Analytical Surveys Inc.

Colorado Springs CO

Geographic Information System Specialist

2007 - 2009

- Executed data capture and attribution from source documents

Task Lead

- Led training of new employees in software and project specifications
- Oversaw quality control for a division of 120 employees including training sessions
- Communicated staff technical issues

Geographic Information System Technician

- Prepared documents for conversion into a GIS

PROFESSIONAL MEMBERSHIPS

The Illinois Groundwater Association, Geological Society of America, National Ground Water Association

SOFTWARE

MODLFLOW

Phreeqc

ESRI-Arc GIS

SigmaPlot

OTIS

AQTESOLV

Aquachem

Surfer

Canvas

MS Office

EQUIPMENT

Hydrolab MiniSonde 4a

Water level indicators

Dionex Ion Chromatograph

Nikon pulse laser

Total Station

Flomate Flometer

Pressure transducers

Data loggers

Submersible pumps: Grundfos 2, 4 and Redi Flo Variable Frequency Drive

Water quality meters: YSI Model 63, 85, 6600 and 5000

Regina T. Redbird

456 College Avenue • Normal IL 61761 • (456) 888-0000 • rtredb2@nonisue-mail.com

EDUCATION

Mennonite College of Nursing, Illinois State University, Normal IL

Bachelor of Science in Nursing, May 2012

Cumulative GPA: 3.8/4.0 Dean's List - 5 semesters

RELATED EXPERIENCE

Midwest Heart Foundation, Edward Hospital, Naperville IL Summer 2011
Clinical Research Intern

- Worked one-on-one with cardiac clinical research nurses
- Conducted patient office visits, assessments, EKGs, Holter Monitors, six-minute walk tests
- Collected data required for each study; documented and processed research findings
- Completed weekly hospital rotations in Cath Lab, Cardiac OR, Cardiac Diagnostics, Cardiopulmonary Rehab; Shadowed cardiology APNs

McLean County Disaster Drill Participant 2011

Heritage Manor Nursing Home Volunteer 2009 - 2010

Mexico Mission Trip - performed home healthcare visits 2008, 2009

CLINICAL EXPERIENCE

OSF St. Joseph Medical Center, Bloomington IL Spring 2012

Leadership Management Clinical - Cardiovascular Stepdown

- Responsible for multiple patients; worked with nurse preceptor

Advocate BroMenn Medical Center, Normal IL Fall 2010 - Spring 2012

ICU, CVCU, Intermediate Care, Surgical, Mother Baby, Mental Health

St. John's Medical Center, Springfield IL Spring 2011

NICU

McLean County Health Department, Bloomington IL Fall 2011

Public Health - WIC program

OSF St. Francis Medical Center, Peoria IL Fall 2011

General Pediatrics Unit

The Baby Fold (Hammit School), Normal IL Fall 2011

Psych/Mental Health - Residential Pediatric Behavioral Health

Bloomington High School, Bloomington IL Fall 2011

- Implemented "Choices" Health Fair - Recruited nine community organizations targeting teen pregnancy prevention and promoted healthy relationships

Heritage Manor Nursing Home, Normal IL Fall 2010

- Conducted an insulin education in-service program for nursing staff

ACTIVITIES, ORGANIZATIONS AND AWARDS

Sigma Theta Tau International Honor Society of Nursing, Xi Pi Chapter

Student Nurses Association - Relay for Life Team Leader

Scholarship Recipient - Mennonite College of Nursing, Star for Nursing Education 2011

Honors Program Member

ADDITIONAL EXPERIENCE

Einstein Brother's Bagels, Normal IL Aug. 2010 - May 2012

- Provided customer service, food preparation

The Smith Group, Naperville IL May 2010 - Jan. 2012

- Research Intern - Conducted phone and online research

SKILLS AND CERTIFICATIONS

Proficient in Meditech and Epic hospital software

Basic Life Saving certification for Healthcare Providers, 2012

REILLY REDBIRD

rredbird@nonisue-mail.com
456 Main Street
Any Town IL 12345
309-111-5555

OBJECTIVE

To obtain a sales position with XYZ company where sales-related experience and interpersonal skills may be utilized

EDUCATION

Illinois State University Normal, IL
Bachelor of Arts May 20XX
Major: Public Relations Minor: Spanish Cumulative GPA 3.0/4.0

- Contributed 80% of college tuition and expenses by working full-time while taking classes

SALES SKILLS

- Contributed to increasing the average dollar sales at retail organization through product knowledge, demonstration, and point-of-sale recommendations
- Participated in group project to prepare promotional materials and advertising for the purpose of recruiting new members into the university's Student Alumni Association

COMMUNICATION SKILLS

- Created and edited press releases for Pittsburgh-based hospital; composed feature, sports, and editorial pieces for the ISU student newspaper; worked with Student Orientation Staff
- Conducted weekly meetings and presentations with sorority representatives and Greek Life Coordinator in preparation for Panhellenic Rush involving several hundred students

ORGANIZATIONAL AND MANAGERIAL SKILLS

- Handled purchases and returns, prepared in-store marketing for a national retail corporation, trained new employees, performed business transactions, and provided effective customer service at a restaurant
- Worked directly with Greek Life Coordinator for one year to coordinate and carry out sorority recruitment
- Effectively acclimated a community of 20 freshmen women to college life through regular interpersonal and group contact, educational and social programming, and enforcement of college policies

WORK HISTORY

Allegheny University Hospitals Pittsburgh PA Summer 20XX
Communications Intern
Bath & Body Works Bloomington IL September 20XX - May 20XX
Sales Associate
Illinois State University Normal IL Fall 20XX - Spring 20XX
Resident Assistant
Lou's Restaurant Reese IL September 20XX - April 20XX
Manager

LEADERSHIP/SERVICE

National Social Sorority, Illinois State University Spring 20XX - Present
• Chair, Public Relations and Executive Board, Panhellenic Council
Passages - Student Orientation Staff Fall 20XX - Present

John Redbird

123 Main St. (309) 555-5555
Normal IL 61761 jtredbi@nonisue-mail.com

OBJECTIVE

To obtain an internship using values-based work ethic and organizational and leadership skills

PROFILE

- Outstanding achievement record coupled with the ability to motivate & develop others to maximum potential
- Proficient at problem analysis and resolution
- Innovative thinker and rapid learner; team-oriented with valued loyalty

EDUCATION

Illinois State University, Normal IL
Bachelor of Science in **Criminal Justice Sciences**, May 2013
Major GPA: **3.94/4.0** Cumulative GPA: **3.8/4.0** Dean's List (4 semesters)

MILITARY EXPERIENCE

Veteran's Preference: 10 Point Preference
Security Clearance: SECRET (Expires 2014)

Team Leader - US Army Rangers, U.S. Army Special Operations Command 2004 - 2008

- Gained valuable characteristics of leadership while interacting with and taking direction from many high profile officials
- Trained superiors, peers and subordinates on combat operational procedures
- Selected above peers for promotion to Non-Commissioned Officer
- Rewarded by superiors for leadership and tactical expertise in training and combat
- Recognized by leadership for ability to learn quickly and consistently perform above standards
- Deployed 4 times in support of Operations Iraqi & Enduring Freedom conducting specialized joint operations
- Participated in over 75 classified direct-action special operations missions and continually trusted by unit officials to uphold mission confidentiality
- Trained and executed missions with government agency operatives
- Selected by chain of command to attend rigorous academic and tactical courses in order to develop individual skill and diversify team ingenuity
- Received accolades from the Ranger Battalion Physician Assistant for emergency medical proficiency
- Acted as Ranger Fire Team Leader, Fast Rope Master, Team Advanced Breacher, Squad Emergency Medical Technician

Squad Leader - Illinois National Guard 2008 - 2010

- Commended by chain of command for excellence in physical fitness
- Supervised safety, logistics and training of day and night shooting range operations for over 200 soldiers
- Coordinated and led training in evasive vehicle maneuvers, urban combat tactics, and emergency medical procedures

Rifleman - 101st Airborne Division 2002 - 2004

- Gained vast knowledge on how to become an effective leader by first learning how to follow
- Learned the importance of a team and gained an appreciation for the significance of loyalty
- Developed fundamentals instrumental to surpassing peers; received recognition from superiors
- Selected as platoon honor graduate by drill sergeants in basic training

HONORS & AWARDS

Iraq Campaign Medal, Afghanistan Campaign Medal, Overseas Ribbon, Army Achievement Medal, Army Commendation Medal (three awards), Good Conduct Medal, Joint Meritorious Unit Award, Expert Infantryman Badge, Combat Infantryman Badge, Expert Marksman Badge, Air Assault Badge, Australian Jump Wings, Parachutist Badge, Ranger Tab

PROFESSIONAL EXPERIENCE

Technician/Unit Clerk - Emergency Department 2009 - Present

OSF St. Joseph Medical Center, Bloomington IL

- Enhance and improve emergency medical skills as an EMT
- Apply teamwork and leadership skills to assist physicians and nurses in trauma situations
- Recognized by ER staff for maintaining a calm attitude and effectively performing under extreme duress
- Selected among peers to train and supervise new incoming technicians, clerks and EMT/paramedic students