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Resume writing for the stay at home parent

By Stephanie Foster

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Maybe your children are now in school and you'd like to go back to work. Or maybe finances are tight and you want to contribute. Or maybe you just really need adult interaction.

Whatever the reason, many stay at home parents do eventually decide to return to work. They face tremendous disadvantages, however. They may not have held a job ever previously. Their skills in the field they worked in before staying at home may be out of date. Whatever the situation, writing a resume after staying home with the kids can present a special challenge.

As with any resume, first take a look at your work and educational history. If you have spent several years at home, you will probably want to do a functional resume, that is, one which emphasizes your skills rather than a timeline, as the traditional chronological resume does. However, be upfront and honest when asked about the fact that you spent time at home with your kids. You do not want to be afraid to admit to it.

If you have professional skills, make sure you are up to date on them. This may mean taking a class in whatever your area of expertise is. Show potential employers that you take your skills seriously and are keeping yourself current. If you're behind on the technology or techniques, you will not find many employers willing to hire you.

You can put "Homemaker" on your resume and list the skills you used as a homemaker if you like. These include handling bills, scheduling, cooking, cleaning and so forth. Find a way to express these in ways that are relevant to the job you want, and be ready to explain as necessary in the interview. You might feel funny about doing this, but what employer is going to challenge you when you assert that this was a real job? Certainly not one you would want to work for!

Be ready to deal with questions as to how you will handle childcare issues when you get to the interview. Know what you will do when your child needs to stay home because they are sick, have a doctor's appointment and so forth. You may not be asked about this during an interview, but it is simply practical to be prepared for situations that always come up.

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For writing your resume, remember to use active words, such as managed, scheduled, designed and so forth. These sound far more interesting on your resume than more passive words.

If this is your first job, do not be afraid to list your education, emphasizing those skills which are relevant to the jobs you are applying for. If your GPA was high, it is good to list it; otherwise do not bother. You do not need to include your date of graduation, especially from high school.

It is a big decision to transition from a stay at home parent to a working parent, but there are many good reasons to do so. Be honest, relate your at home skills to the job you want and emphasize your skills.

Stephanie Foster is the owner of Home with the Kids, a resource that knows that there's more to staying home with your family than just business. From money saving tips to parenting and marriage tips, to work at home jobs and businesses, you can get information and support here. You can visit the site at <http://www.homewiththekids.com>

Resume Writing and Preparation is Free Online

By Donna Monday

Creating a strong resume is a very important part of applying for a job, either online or off line. There are many resume writing services that will help you build an impressive resume for job interviews.

You can also learn how to write a resume for free by surfing the Internet for resume writing help. Many sites will show you tips and advice on choosing a resume style that works best for you.

You can also find samples of resumes, resume templates, resume software, and examples of resume cover sheets or letters.

Whether you're looking to create a business resume, marketing resume, military resume, electronic resume, accounting resume, nursing resume, acting resume, sales resume, teacher resume, executive resume, student resume or a customer service resume, you can find great advice online with a little research.

When preparing your resume, keep in mind that employers use resumes for several purposes:

Screen Applicants - Most employers will only look at a resume for about 30 seconds to determine whether or not an applicant is a good fit for their organization.

Develop Interview Questions - Statements on your resume can be used to formulate questions they may ask during an interview.

Communication Skills - Employers want to see how well you express yourself.

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Qualifications - Employers will reference your resume when making hiring decisions based on how closely your qualifications match their needs.

Writing a resume isn't easy, but by studying various tips and advice, you can learn to create a type of resume that will get you one step closer to your ultimate goal of finding a great job.

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Donna Monday writes employment related articles for

Resume Writing and Preparation is Free Online
Tips For Writing Your Winning Resume
7 Tips for Writing Winning Resume Cover Letters
If Your Resume Is The Cake, Your Cover Letter Is The Icing.
Sample Resumes

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101 tips to stay fit and live longer.



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