

GUIDELINES FOR CREATING A 7-SECOND RESUME

HR MANAGERS SPEND AN AVERAGE OF 7 SECONDS REVIEWING A RESUME. LET'S MAKE YOURS COUNT.

GET SPECIFIC



What is the one thing you can only say about yourself?

GET PERSONAL



Tell us something you learned in life that you can bring to the workplace.

KEEP IT SHORT



7 seconds isn't a lot of time.

DON'T FORGET

STORY: Your 7-Second Resume should show employers how one of your life experiences translates into a business benefit. This includes work ethic, multitasking, determination, etc. Spend time writing and crafting the perfect resume that truly sums up who you are. It's important not to rush this step.

PRACTICE: Practicing your story with a stopwatch before filming will help you appear more professional on camera.

ATTIRE: Wear professional business attire when recording your 7-Second Resume.

LENGTH: Your video should only be 7 seconds.

DELIVERY: Make sure you sound confident and look poised.

BACKGROUND: Find a simple, uncluttered background for your video. The less distractions in the background the better.

LIGHTING: Make sure the area you're filming in is well lit. Natural light from a nearby window can be helpful.

SOUND: Make sure the place where you're filming is quiet. Try your best to minimize any background noise.

UPLOAD: [CLICK HERE](#) to upload your video to the 7 Second Resume website

EXAMPLE OF A 7-SECOND RESUME



I worked 12 hour shifts at the recycling company with my dad, who's 72. That taught me a work ethic that I carry with me every day.

