

RESUME GAPS

People may have a gap in their resume if:

- 1) They ever took a long pause between jobs.
- 2) They have too many experiences and have removed some to condense their resume.

While in the past career gaps were seen as “bad,” nowadays career gaps are more common and accepted. Though not every organization will be open minded, many social work spaces likely will be.

As for how you write about your career gap, you have many options.

Not Addressing the Gap

Sometimes people choose not to address the gap at all, especially if it was a shorter one.

Don't forget that your resume is a record of your many experiences. A gap is not going to erase or discount your other relevant experience.

Addressing the Gap

Some people choose to directly include the gap. This allows you to frame the narrative behind why you took the gap or how you spent the gap.

You can treat this the same as writing about any of your other job experiences. Include a title, dates, and bullet points describing what you did during that time.

Career Gap – Professional Development (May 2020 – May 2021)

- Completed Marketing Essentials Certificate at Austin Community College
- Volunteered at GirlStart

Parenting (May 2020 – May 2021)

- Full time care of my new infant child
- Managed household budget to ensure responsible spending
- Taught child basic life skills through planned activities

Career Gap – Health and Wellbeing (May 2020 – May 2021)

Career Gap – Travel (May 2020 – May 2021)