"The TMI of the Resume"

In this Internet-driven world, where access to information means anyone can know anything about you, resumes are becoming a kind of workplace confessional. People begin to see the resume as a way of conveying information that a potential employer might one day find out before they discover it on an Internet search or after a discussion with coworkers. Though this has led to very meaty resumes with lots of personal information, there is a point where resumes can include too much information, information that can place them straight in the trash.

When writing your resume, use common sense and remember there are questions that employers are prohibited to ask you in a job interview. This includes information about your race or ethnicity, your sexual orientation, your marital status, and you're reproductive history or family planning practices. Professional resume writing companies have experiences with employee rights and what should and should not be included in a resume.

Remember when providing snippets about your interests or your hobbies that you can provide information that can bias a viewer's perspective. For example, refrain from noting participation in controversial organizations in general resumes, for example: "Gun toting member of the NRA." Make sure the information you provide represents you, but do not give them a reason to discard your resume or exclude your application. Rule of thumb: If they can't ask it, don't provide it!