A curriculum vitae (CV) is a document that details your professional experiences and qualifications. The basic foundational ideas are the same between these documents: you want to highlight your strengths, quantify and qualify your experience content, and create an easy-to-read format.

**You might use a CV when:**

**APPLYING TO:**
- Graduate school or professional programs
- Internships or full-time jobs in academia, research, or consulting industries
- Fellowships, grants, or other funding proposals

**SUBMITTING INFO FOR:**
- Annual or tenure review for an employer
- Professional conferences or organizations for which you are presenter
- Academic journals or publishers where you are sending a manuscript or research

**The differences between a CV and a résumé include:**

<table>
<thead>
<tr>
<th>CV</th>
<th>RÉSUMÉ</th>
</tr>
</thead>
<tbody>
<tr>
<td>A comprehensive biographical statement emphasizing professional qualifications and activities</td>
<td>An individually designed summary of personal, educational and experience qualifications</td>
</tr>
<tr>
<td>No page limit</td>
<td>1-2 pages</td>
</tr>
<tr>
<td>Intends to demonstrate entire history of professional experiences</td>
<td>Intends to demonstrate fit for a particular position or type of position</td>
</tr>
<tr>
<td>Focuses on individual’s lengthy and diverse professional experiences</td>
<td>Focuses on individual’s strongest qualifications targeted to a particular position</td>
</tr>
</tbody>
</table>
## WHAT TO INCLUDE IN YOUR CV

### Contact Information
- Name (18-24 pt. font)
- Address
- Phone Number
- Email
- Professional links/sites (i.e. LinkedIn, online portfolio, website, etc.)

### Education
- Degree Title
- College/University
- Location (City/State or City/Country)
- Date of Completion for your Degree
- Areas of Specialization
- GPA (optional)
- Title of your Thesis/Dissertation (if applicable)

If you have taken any continuing education, add:
- Title of courses
- College/University/Institution
- Location (City/State or City/Country)
- Date of Completion

### Relevant Work Experience
- Job Title/Position
- Department
- Institution/Organization/Company
- Location (City and State)
- Description of Duties (use bullet points starting with action verbs to describe responsibilities & skills developed)

### Presentations
- Presenter Names
- Title of Presentation
- Name of Conference/Event
- Date and Location

### Professional Association Memberships
- Current Memberships Only, in alphabetical order
- Dates of membership

### Professional Service
- Position title
- Name of Association
- Dates Held
- Responsibilities

### Recent and Current Research
- Short Description of Research, including type and purpose of research

### Grants Received
- Name of Grant
- Granting Agency
- Date Received
- Title/Purpose of the Project

### Special Awards & Honors
- Purpose of Award
- Date of Award

### Publications Authored/Edited
- Author Names
- Date of Publication
- Title of Article
- Journal Name
- Other relevant information

### Additional Competencies
- Language Skills
- Software Skills
- Lab or Research Skills
- International Experiences
- Other relevant skills

### Community Involvement
- Brief Description of Responsibilities
- Name of Organization
- Dates of service

### References
- Name/Title
- Department/Organization
- Contact Information
STUDENT SAMPLE
(573) 737-7428 • student@mail.missouri.edu

EDUCATIONAL BACKGROUND

Master of Arts in Counseling Psychology
University of Missouri; Columbia, Missouri
Graduation Date: May 20__
Cumulative G.P.A. 3.9/4.0

Bachelor of Arts in Psychology, Cum Laude
University of Toledo; Toledo, Ohio
Graduation Date: May 20__
Cumulative G.P.A. 3.82/4.0

Continuing Education
Criminal Justice Training and Education Center, Toledo, Ohio
• Basic Corrections Academy, 120 hrs. March 20__
• Treatment Planning, 8 hrs. August 20__

PROFESSIONAL EXPERIENCE

Counselor, Counseling and Health Services, Westminster College
Fulton, Missouri
August 20__ – Present
• Provided individual counseling services on an appointment basis to undergraduate students with presenting concerns
  including area of academics, family, college adjustment, and substance abuse.
• Maintained accurate notes on clients’ presenting problems and progress throughout counseling.
• Created a structured assessment procedure for students referred for substance abuse concerns.
• Performed assessments of substance use for referred students.
• Designed and implemented qualitative and quantitative research on the substance use habits of the student body.

Adolescent Support Worker, Center for Adolescent Psychology and Learning, State of Missouri
Jefferson City, Missouri
May 20__ – August 20__
• Provided one-on-one services to adolescents referred by the state’s Social Rehabilitative Services.
• Counseled youth in assessing strengths and needs in developing personal goals and achievement strategies.
• Actively participated as a team member in the Social Rehabilitative Services reviews to devise treatment plans.
• Provided crisis counseling, behavior modification, life skills education, and acted as a positive role model of healthy
  relationships.

Career Specialist, Career Services, University of Toledo
Toledo, Ohio
August 20__ – May 20__
• Provided individual career services consultation and resources to both undergrad and grad students on a walk-in basis.
• Reviewed resumes, conducted mock interviews, and assisted students with career exploration job searching.
• Administered and processed career assessments including CliftonStrengths, Self-Directed Search, and Myers-Briggs
  Type Indicator to students based on individual concerns and needs.

SUPERVISION EXPERIENCE

Counseling Psychology Practicum, University of Missouri
Columbia, Missouri
August 20__ – May 20__
• Provided weekly individual supervision to two Masters level graduate students (one in each semester) participating in
  Career Counseling practicum.
• Assisted in the conceptualization and development of treatment plans for students’ clients.
• Facilitated students’ professional development and counseling skills through individual and group consultation sessions.
• Graded students’ progress and overall counseling skills.
• Accumulated 22 hours of direct supervision.

Counseling Methods and Practice, University of Missouri
Columbia, Missouri
January 20__ - May 20__
• Provided live supervision to two Masters level students participating in counseling skills course.
• Observed individual counseling sessions from one-way mirror and intervened in the counseling session when required.
• Facilitated students’ professional understanding and growth through feedback and individual supervision.
• Received nine hours of group supervision focusing on professional development and ability as supervisor and provided
  17 hours of live supervision.
RESEARCH EXPERIENCE

Educational, School, and Counseling Psychology Department, University of Missouri
Columbia, Missouri August 20__ – Present
Self-Perception of Physical Well-Being Scale,
- Worked as part of research team, led by Dr. Margaret Smith, in creation of a scale designed to measure college students’ perception of their physical well-being.
- Involved in defining concepts like physical well-being, creating scale and scale items, administering scale to participants, running factor analysis of the data, and writing research proposal and results.

Career Development of Women August 20__ – January 20__
- Involved in a group research project, led by Dr. Lisa Knight, examining the impact of a summer physics academy on female high school students’ career development through qualitative interviews and analyses.

TEACHING EXPERIENCE

Co-Instructor
ESCP8000 Measurement of Interest and Personality, University of Missouri
Columbia, Missouri August 20__ – December 20__
- Planned and presented lectures and activities on the Minnesota Multiphasic Personality Inventory (MMPI-2), Strong Interests Inventory, Myer-Briggs Type Indicator, and NEO–PI, as well as writing assessment reports, ethical considerations of testing, and clinical interviewing.
- Constructed and graded tests and assessment report assignments.

Teaching Assistant
A354 Introduction to Educational Statistics, University of Missouri
Columbia, Missouri January 20__ – May 20__
- Led help sessions for students taking intro level statistics course, graded all homework assignments and tests.
- Maintained accurate records of grades on computerized database.

PROFESSIONAL PRESENTATIONS

Career Centers for the Future, University of Missouri
Columbia, Missouri February 20__
Potential Additive Benefits of Using “My Vocational Situation” and “Hope” Scale in Career Centers
- Presented poster session discussing the benefits of using the “My Vocational Situation” and “Hope” Scale together as diagnostic assessments to increase the potential of effective client treatment. The presentation stimulated interesting discussion among the participants who are career center staff of many universities.

PROFESSIONAL ORGANIZATIONS

American Psychological Association, University of Missouri
Columbia, Missouri August 20__ – Present
Student Affiliate: Division 17-Counseling Psychology Division 14-Society for Industrial and Organizational Psychology

ACTIVITIES

Counseling Psychology Student Organization, University of Toledo
Toledo, Ohio January 20__ – January 20__
President
- Led committee and organized activities together with other offices. Facilitated monthly committee meetings. Planned and implemented departmental orientation program for incoming students.

Editor, Journal of Contemporary Counseling August 20__ – January 20__
- Coordinated process of gathering, selecting, editing and printing articles.
- Edited articles for content and adherence to APA format.
- Communicated with authors on changes required and desired.

PUBLICATIONS