

## Are you in job jail?

Written by  
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The phenomenon of underemployment affects nearly twice as many Americans as unemployment, and the underemployment rate for Americans has leapt from just under 10% in 2007 to nearly 18% in 2010. According to the U.S. Bureau of Labor Statistics, underemployment is a category that includes, but is not limited to, people who are unemployed, or who have a job but still cannot make ends meet.

Now Audrey LeGrand, a human resource expert has authored guide called **How To Get Out of Job Jail: Eight Ways To Have The Career You've Always Wanted**

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[www.audreylegrand.com](http://www.audreylegrand.com)  
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LeGrand believes the resume is the first line of defense for preventing being incarcerated in the "job jail" of underemployment. "Your resume could be landing in the recycle bin across corporate America because it was not thought out, laid-out, or carried out correctly," she says.

"Job Jail is a particularly sneaky trap, because many of us land in it without ever realizing it. Whether our hours have been shaved from full time to part time, or we've struggled just to get two low-paying jobs to replace the one higher-paying job we once had, it can be almost impossible to escape once you've been locked in that cell".

The first thing to do is to take a new look at the resume. LeGrand's tips for resume health include:

*Appearance:* Check for typos, grammatical errors. Use spell check and ask someone else to read it. Human resources professionals will many times summarily dismiss a qualified candidate because their resumes were rife with simple grammar and spelling errors. Take extra care to be articulate and informative.

*Size:* Don't use difficult to read font size. If the background is big, fill the two pages wisely.

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*Ethics:* Don't fudge dates of employments, degrees earned or career accomplishments.

*Target your audience:* Don't just email your resume to every electronically posted position. Narrow your search for exactly what you want and what you're qualified for.

*Tell them why you are the best choice:* Don't just copy your current job description. Show what you have accomplished in your previous position and why you are more qualified than the competition for the positions you are seeking.