

How to Explain Gaps in Work History During a Job Interview

Over the last five years or so many of us have experienced a lay off from a job or had to close a business. We have gaps in our work history. How do we explain them? The first thing is to be honest. Keep your answer simple. If possible, include relevant volunteer and other experience on your resume. In your time off it is important to stay current with trends in your industry. Employers want honest employees who understand the marketplace.

1. Avoid gaps in your work history by volunteering. Your resume isn't just history of your paid work; it may include relevant volunteer and internship opportunities. If you are a stay at home parent returning to the workplace, for example, include volunteer work in the community and at your children's school.
2. Staying current on trends in your industry is especially important when there is a gap in employment. An employer wants to know you will fit the company culture as well as the industry culture. They want employees who are relevant and up to date on current trends. This can be illustrated to them by researching blogs, news and trends and using that information in interview answers.
3. Be honest about your work history. Hiring managers and recruiters are going to check your work history so lying really isn't a smart option. The fact of the matter is a lot of people were laid off over the last five years so it isn't exactly new to have gaps in work history. It is important how you deliver your answer. Be truthful and don't say negative things about former employers, only the facts.

Be yourself and be truthful and you will be able to easily explain gaps in work history in a job interview.

