**CV Hobbies and Interests: Dos and Don’ts**

***The hobbies and interests section helps prove that you are a well-rounded candidate. It also helps a hiring manager to connect with you and see whether you will be a good culture fit for their company.***

*What is the difference?*

*A* ***hobby*** *is a pleasurable activity you do regularly in your spare time.*

**Examples include:**

Sports, e.g., football, rugby, cricket, hockey, or badminton

Music, e.g., playing an instrument, singing, playing in a band or orchestra

Artistic pursuits, e.g., drawing, painting, photography

Crafts, e.g., embroidery, knitting, scrapbooking, pottery

Outdoor activities, e.g., hiking, camping, skiing, surfing, horse riding, water sports

Cooking or baking

Writing, blogging, being part of a book group

*An* ***interest*** *is an area, genre, or pursuit you’re particularly passionate about.*

**Examples of personal interests include:**

Travel

Fashion

Sci-fi

Jazz

True crime

Anime

**Examples of the best hobbies and interests to include:**

**Individual and team sports** (tennis, football, basketball, marathon running, swimming, etc.) - individual sports demonstrate commitment, discipline, and the ability to handle pressure, whilst team sports show you are a team player.

**Blogging or writing** - being able to write is a great transferable skill that shows creativity and communication. Won an award for your poetry? Include it! Write for a school newspaper? This shows you can work to tight deadlines. Started your own blog? That shows real initiative. Bonus points if you write about something related to the job you are applying for!

**Coding** - in these modern times the ability to code is an invaluable skill. As well as being useful in various professional roles, it can also show problem solving skills, a willingness to learn and a desire to create new things.

**Yoga or meditation -** these both show you are disciplined and have a good level of mental resilience.

**Tutoring, coaching, or mentoring** - tutoring a younger student in a specific subject or language exhibits excellent communication, organisation and listening skills. This kind of experience can also prove your knowledge in a certain area. Coaching or leading a club is a great way to demonstrate leadership.

**Volunteering** - do you volunteer at a charity shop or help at the local food bank? Volunteering is a hobby that shows empathy, communication, and teamwork. Volunteering is an excellent interest to put on a CV if you are applying for a role in the third sector.

**Certificates or training** - Certification in a specific hobby (e.g., scuba diving) shows a hiring manager you are disciplined, dedicated and knowledgeable of a specific topic or area.

**HOBBIES AND INTERESTS CV EXAMPLES: TIPS AND TRICKS**

When it comes to listing hobbies and interests on your CV, it’s important to:

*Make it relevant to the job you’re applying for*

*Include details of what the hobby or interest entails*

*Add how the activity will benefit you professionally, if possible*

*Simply listing a sport, society or club does not add much to your CV. Remember, this section is supposed to add interest in you as a person as well as value to the application.*

If you are a member of a society, expand on what your membership has added to your unique skill set.

***For example:***

***I am an active member of The Vegetarian Society, improving my organisation and communication skills by helping put on local talks and events and taking minutes at monthly meetings.***

If teamwork is an integral part of the role you are applying for, you will want to mention a hobby in which working as a team is highly valued.

***For example:***

***Basketball - played on the local basketball team; organised weekly training and arranged matches, team-building exercises and socials.***

It is clear from the above example that basketball has been a key part of your personal development, teaching you to work well within a team and improving your communication skills.

If you are applying for a job as a content writer or social media manager, running your own poetry Instagram account is a highly relevant hobby. Detail your experience, referring to the transferrable skills you’ve gained.

***For example:***

***For the past two years, I have run a poetry Instagram account, posting weekly poems on themes including identity, family, and loss. In doing so I have learnt to write to self-imposed deadlines and become proficient in social media, amassing more than 2000 followers.***