

How to showcase examples of hobbies and interests on your resumé

Don't think a hobby is worth adding to your resumé? While they aren't necessary, your passion projects can lend valuable insight into you as a person. They're a great way to add some personality to your resumé, show how you [balance work and life](#) and add dimension to you as a person, not just an applicant.

Your hobbies reveal what's important to you, like how you keep fit, let your creativity flow, or commit to self-development. They paint you as [a well-rounded person](#). Sometimes, they can be key factors to support your suitability to the role you're applying for. But is it always okay to add hobbies to your resumé? And if so, which do you choose?

In this article, we give you examples of interests for resumé and CV applications, and outline the hobbies you can include on your resumé to benefit both you and the hiring manager. Use these tips and your [resumé will stand out](#) from the rest and hopefully lead to a job that's just right for you.

Why you should include hobbies and interests on your resumé

The interests to put on a resumé should in some way relate to the role, even if it's not obvious at first. This way, you're showing what you're passionate about while highlighting relevant skills. For example, say you're in the tech industry and you love gaming and building PCs. You should include this in your hobbies as it shows you have a passion for technology and hardware, and demonstrates practical skills in setting up IT systems. You'll stand out from other candidates who have the same qualifications and experience, but no proof of their interest in the field outside of a professional setting.

How to choose the right activities for a resumé

You probably enjoy doing a wide range of different things in your own time – but some are more suited to your resumé than others. So which are the right activities for a resumé?

Start by looking at the job you're applying for and consider which of your interests, hobbies or activities may be relevant. Think about the skills and qualities the employer is looking for, especially the ones directly referenced in the job ad. For example, they may say there is heavy lifting involved. If you regularly go to the gym or do weight training, this may be something you add to showcase your suitability.

It should go without saying that you avoid mentioning any controversial, political or risky hobbies and interests. It's best to appear as neutral as possible, unless those hobbies are especially relevant to the role you're going for.

How to format interests and hobbies for a resumé

Picking hobbies for [bolstering your resumé](#) is just the first step. Next you need to properly format them so they flow well with the rest of your application.

Where to include your hobbies and interests on a resumé

There are two places you would typically place your hobbies and interests on a resumé:

1. As a list in its own section at the bottom of the resumé, underneath the [work history](#), education and skills sections.
2. In a brief [career objective](#) at the top of your resumé, included in two to three sentences about why your hobbies and passions make you ideal for the role.

Keep the hobbies listed brief, and ideally in bullet points if used in a section of their own. They should add to your resumé, not distract from it.

How to write a brief description of each hobby or interest

You may have space to add a few words about your hobbies and interests for [resumé applications](#), especially if you're still at the start of your career. Keep descriptions brief and try to connect them to the job, explaining how your hobby-related skills are a benefit to the company. Start by listing what the hobby or activity is, then

provide a little more detail about it before linking it back to the role.

For example, you could say you play soccer to keep fit, an important part of jobs in landscaping, emergency services or construction. If you're a copywriter, you could mention the genre of books you read, any personal blogs you keep, or writing clubs you belong to that show that you are passionate about your craft.

Examples of hobbies and interests for a resumé

If you're stuck on what interests to include in your resumé, take a look at these examples to see what may work for you and the role you're applying for.

Sports and fitness activities

Mentioning sports and fitness activities on your resumé can be a good way to demonstrate you are fit, healthy and disciplined. They can be handy to add to resumé or applications for physically demanding jobs, like [removalists](#), construction [trades](#), [personal training](#), teaching and more.

Instead of putting these interests in a bullet list on your resumé, you can mention sports and fitness activities as a hobby in your [cover letter](#). You can include examples of hobbies in cover letters in one or two sentences, for example: *I love to run in the early morning each day. I find it keeps me energised and mentally focused so that I can bring my best to work.*

Creative pursuits such as painting, writing or music

Creative hobbies like painting, writing or playing a musical instrument can demonstrate to a hiring manager that you not only have creative skills but also have passion and self-motivation. They show you are a person who can probably think outside the box and find creative ways to solve a problem.

Applications for creative roles like [graphic designers](#), [art therapists](#), [writers](#) and content marketers could all benefit from listing creative pursuits. But you could also add them to other non-creative job applications too.

For instance, a [teacher](#) may say in their cover letter: *I enjoy the whole process of teaching and am committed to continuous learning. This is another reason why I love to play the violin. Often while I'm playing I come up with fun new ideas to bring to the classroom.*

Volunteer work and community involvement

[Volunteer work](#) and community involvement should be added to your resumé, as long as it's relevant. It shows your passion for helping people (or animals or the environment), your sense of community and your empathy – traits most companies highly regard.

Let's say you're a carpenter who has donated time to help repair homes in disadvantaged communities. This addition to your resumé shows a personal, caring side to you, and gives you a point of difference that should stand out in the mind of the interviewer. Your experience could have been something more casual; you may have donated your time to work behind the counter at a charity shop, which demonstrates your altruism alongside customer service and cashier skills.

Travel and cultural experiences

Including travel as an interest to put on a resumé can give you an advantage for many roles. If the job ad mentions specific [language skills](#), travel requirements or knowledge of other countries or cultures, then travel-related hobbies and experiences may increase your chances of getting a callback.

For example, say you're vying for a [sales role](#) that services a wide geographic area. These often involve travel of some kind and may see you pitching to businesses in other countries. Any experience with that country or culture could help increase your chances of securing an interview.

For example: *I love travelling and meeting new people. I spent six months in eastern Europe and picked up some local language skills. I gained an understanding of the various cultures there, which I feel would be beneficial for this role.*

Professional development and continuing education

Every company benefits from their team bringing new skills to the table. If you're currently studying or are interested in developing your skills, then this is something an interviewer would want to see on your resumé. Good education-related activities for resumé include skills you would put in an [objective statement](#).

[Digital marketing](#) and technology roles are always evolving. These are just two fields where you could benefit from highlighting your dedication to ongoing development. For example, you may write something like: *As someone who loves working in the digital space, I'm always making time to upskill wherever I can. Currently, I'm working through Google's online certificates, so I'm always up to date on their changes.*

Personal projects and hobbies that demonstrate skills relevant to the job

If you're passionate about the work you do, it's likely your career and your hobbies somewhat overlap. Tradespeople, [decorators](#) and [real estate agents](#) might renovate and flip houses in their spare time, while a [content writer](#) may write novels. If you have a personal project or hobby that demonstrates skills you can bring to the job, include them in your hobbies on your resumé. Just be prepared to elaborate on them in your interview.

Common mistakes to avoid when including hobbies and interests for a resumé

Before deciding on hobbies and interests for a resumé, there are important details to consider. Here are some of the most [common mistakes](#) people make when adding their hobbies to their resumé:

- **Including irrelevant or unimpressive hobbies and interests.** If it's not relevant to the role, it's best to leave it out or find more suitable options. Watching movies or going out with friends are not pastimes worth including.
- **Being too vague or generic in your descriptions.** For example, 'painting' may mean one of many things. Do you paint walls? Are you a pro at portraits? Be as specific as possible.
- **Including controversial or risky hobbies and interests.** Avoid mentioning hobbies or interests that could conflict with the culture of the workplace or are politically charged.
- **Overemphasising hobbies and interests at the expense of your professional experience.**

If you don't have space on your resumé for hobbies, don't delete information about your [technical skills](#), work experience or qualifications to fit them in. Your cover letter may be a better place to include them if you feel they're relevant and could help you stand out.

In general, hobbies aren't a priority on your resumé, but they are nice to have if they add value – just ensure they don't raise questions or doubts.

How to talk about your hobbies and interests in an interview

If you add hobbies and interests into your resumé, you'll probably be asked about them in your interview. To prepare for [these questions](#), make sure you consider how they would benefit your role in the company and why it's something you prioritise in your life.

When speaking about your hobbies and interests, show your passion for them. Enthusiasm is always a desirable quality in an employee. Keep your explanation positive and connect your passions back to your work and the job requirements. For example, you're a graphic designer who paints landscapes as a hobby. You could say that by painting in traditional mediums helps you learn more about shadows, light and texture, which you apply into your digital work to add depth and interest.

Adding your hobbies and interests to a resumé can add a unique touch to your application. It's a different way to stand out from the crowd, showing passion for what you do or unique skills you have that may not be obvious by reading your work experience or education. It's all about how you connect your hobbies and interests back to the job.

To most effectively showcase your hobbies and passions, be concise on your resumé and be ready to provide more explanation in your interview. Show your passion, discipline and the extra skills you've picked up, and you've got a winning combination to land the role you want.

FAQs

Should I include hobbies and interests on my resumé if they're not directly related to the job?

Adding hobbies and interests on your resumé that aren't directly connected to the job can be beneficial in more social or relaxed roles (and where you have space on your

résumé). It's best to leave them off if that space could be better filled with [technical skills](#) or work experience.

How many hobbies and interests should I include on my résumé?

To keep your résumé short, only include two or three relevant hobbies or interests on your résumé. Choose skills or traits that are relevant to the job or demonstrate a well-rounded personality.

Can I include hobbies and interests that I don't actively participate in anymore?

It's generally better to include hobbies and interests on your résumé that you currently engage in, as they demonstrate your ongoing passion and skills. If your past hobbies are highly relevant to the job or showcase valuable skills, you can mention them. Just be prepared to discuss them if asked in the interview and explain how they still apply to the role.

Should I include hobbies and interests that are controversial or potentially offensive?

No, you should not include controversial or potentially offensive hobbies and interests on your résumé. It's important to maintain a professional image in your job application. Including such hobbies can create a negative impression and may hurt your chances of being considered for the position. Stick to safe and relevant hobbies that add value to your application.

How should I prioritise my hobbies and interests on my résumé?

Prioritise your hobbies and interests on your résumé by relevance. Start with those directly related to the job, followed by activities that demonstrate transferable skills. Highlight unique or standout interests to grab the recruiter's attention, but keep the list concise, focusing on two or three hobbies that best represent your qualifications and align with the job requirements.