

Does Your Resume & LinkedIn Pass the **7-Second** Skim?

Recruiters spend an average of **7 seconds** deciding whether to keep reading or move on. If your resume and LinkedIn **don't grab attention instantly**, you're not even in the running.

Find out where you **stand**.

At 24 Hour Search, we've placed over 1,100 professionals across industries.

We know **exactly** how hiring teams scan, skim, and screen candidates.

This **7-Second Skim Scorecard** shows you **what recruiters are looking** for in the top third of your resume and LinkedIn profile.

Run your materials through this checklist to see if you're passing — or **losing opportunities** before you even get started.

7-Second Skim Scorecard.

Read each item. Mark Yes if your resume/LinkedIn meets the criteria, No if it doesn't.

Yes = 1 point. No = 0 points.

Add your points for a total score out of 10.

Checklist Item	Yes	No
1. Role Clarity My headline and top summary make it crystal clear what role/function I'm targeting.		
2. Industry Keywords The job title, function, and core industry terms appear above the fold (no scrolling).		
3. Quantified Wins At least one measurable achievement is listed in the first bullets (e.g., "increased revenue by 20%").		
4. Scope & Seniority The scale of responsibility (team size, budget, client type, geography) is visible quickly.		
5. Easy to Scan The format is clean and scannable — short bullets, white space, clear hierarchy.		
6. Target Match Language mirrors the roles I'm applying to (same words hiring managers use).		
7. No Jargon Avoids internal acronyms or company-specific language no outsider would understand.		
8. Contact Basics Essential info (location, email, phone, LinkedIn) is easy to find without clutter.		
9. LinkedIn Consistency My LinkedIn headline + About section reinforce the same story as my resume.		
10. Skim Test When I hand my resume to a friend/colleague for 7 seconds, they can say: • What I do • What level I am • One thing I've achieved		

- 8–10 points: Strong — likely passes recruiter skim.
- 5–7 points: At risk — needs improvement to consistently land interviews.
- 0–4 points: Weak — resume/LinkedIn is holding you back from interviews.



24 HOUR SEARCH
NEW YORK

How did you **do?**

- **8–10 points:** You're in strong shape — you'll still benefit from a professional polish, but you're interview-ready.
- **5–7 points:** You're at risk — some quick fixes will boost your chances of landing interviews.
- **0–4 points:** Your resume and LinkedIn are blocking you — recruiters are skimming and passing.

If your score is below 8, your resume/LinkedIn is **costing you opportunities**. This is exactly what 24 Hour Search's Career Coaching Program fixes — from resume to LinkedIn to interview prep.

That's where we come in. At 24 Hour Search, we help you get noticed and hired with:

- Resume & LinkedIn optimization
- Personal branding that fits your goals
- Interview preparation & coaching
- Career transitions and long-term strategy

Take the **next step.**

Book a complimentary 15-minute consultation by scanning the QR code to learn more. Kristin only takes on **5 clients at a time**, so spots are limited. Whether you're refining your career story or preparing for a new opportunity, we'll build a plan that moves you forward with purpose.

Testimonials:

"After seven months of applying to jobs with no traction, I decided to work with Kristin. Within days of updating my resume and LinkedIn, I had two interviews lined up with global firms. By the end of the week, I had an offer to lead a national practice."

"I went from 0 recruiters looking at my profile to 15! Your work is magic!"

"I have no words...[my new resume] makes me look like a true professional!"



Kristin Taylor, MBA, SPHR, CDR

Founder, 24 Hour Search



NOTABLE 2022 HR LEADERS