



FROM MY STRENGTHS TO MY RESUME

Your Roadmap

We will move through five small steps. You do not have to write a perfect resume all at once.

1	KNOW MY STRENGTHS	What do I do well?
2	READ THE JOB	What does the employer need?
3	FIND THE MATCH	Where do my strengths connect?
4	FIND MY EVIDENCE	When have I actually done this?
5	WRITE THE BULLET	How do I say it on a resume?

A useful mindset

Do not just claim a strength - show evidence.

Instead of "I am detail-oriented," show what you did: "Reviewed circuit measurements, identified wiring errors, and verified correct operation."

Evidence from: School projects, labs, volunteer work, hobbies, personal technical projects, clubs, and previous jobs can all provide evidence.

Activity 1 | What Am I Good At?

Check any statements that sound like you. Then choose your TOP 3. There is no 'right' set of strengths.

Choose	Statement
☐	I notice small details, differences, or errors.
☐	I like figuring out why something is not working.
☐	I like following a clear process or set of steps.
☐	I can stay focused on a technical task for a long time.
☐	I am comfortable repeating a task carefully and consistently.
☐	I like organizing information, materials, or data.
☐	I enjoy numbers, patterns, measurements, or trends.
☐	I like testing whether something works correctly.
☐	I enjoy fixing, building, or improving things.
☐	I like making a process more accurate or efficient.
☐	I am reliable about following rules, procedures, or safety steps.
☐	I like documenting what I did and keeping records.
☐	I enjoy learning a technical system deeply.
☐	I like using tools, equipment, software, or code.
☐	I am persistent when solving a difficult problem.

My Top 3 Strengths

1. _____
2. _____
3. _____

Activity 2 | Become a Job Description Detective

Read the employer language below. Mark the phrases that sound like something you are good at, have practiced, or want to build.

Company (Link)	Internship / Role	Location
TSMC Arizona	Summer 2027 Engineering Internships — Process, Yield Excellence, Equipment, Quality, Product Engineering, etc.	Phoenix, AZ
GlobalFoundries	Advanced Manufacturing Process Engineering Intern — Summer 2027	Essex Junction, VT
GlobalFoundries	Advanced Manufacturing Equipment Engineering Intern — Summer 2027	Essex Junction, VT
Micron Technology	DRAM Test Structure Design & Layout Engineering Intern	Boise, ID
Micron Technology	Mask Technology Intern	Boise, ID

Employer language to notice

Yield / Quality: defect inspection • root-cause analysis • failure analysis • quality • yield

Process: data-driven analytics • systematic problem-solving • experimental design • precision control • statistical methods • continuous improvement

Equipment: maintain tool performance • resolve equipment/process issues • ensure quality production

Manufacturing / Automation: accurate wafer transfers • optimize cycle time • process monitoring • predictive analytics

Copy 5 phrases that connect to you

1. _____
2. _____
3. _____
4. _____
5. _____

TIP

You do not need to match every qualification. Look for the tasks and skills where you can provide honest evidence.

Source used for this activity: TSMC Arizona Summer 2027 Engineering Internship posting, dated Aug. 30, 2026.

Activity 3 | Translate My Strength Into Employer Language

Connect everyday language about yourself to language that appears in technical jobs. These are examples, not labels that apply to every autistic person.

My everyday language	Possible employer language
I notice small differences or mistakes.	attention to detail; inspection; verification; quality control; defect detection
I want to know why something failed.	troubleshooting; root-cause analysis; failure analysis; problem-solving
I like clear steps and systems.	systematic problem-solving; standardized procedures; process control
I can repeat careful tasks consistently.	repeatability; testing; characterization; process monitoring; quality assurance
I like numbers and patterns.	data analysis; trend analysis; process monitoring
I like making things work better.	continuous improvement; optimization; yield improvement; efficiency
I like documenting details.	technical documentation; reporting; recordkeeping; methodology documentation

My 3 Matches

My strength	Words from the job	Why they connect

Activity 4 | Find Evidence From My Experience

A strength becomes more convincing when you can point to a specific example.

Where can evidence come from?

Class project • lab • capstone • previous job • internship • volunteer work • club • hobby • personal project • home/repair project • coding project

- ☐ Have I found an error that others missed?
- ☐ Have I tested, measured, inspected, or verified something?
- ☐ Have I debugged code, a circuit, hardware, or a process?
- ☐ Have I followed a detailed procedure or safety protocol?
- ☐ Have I repeated tests or tasks while keeping results consistent?
- ☐ Have I organized or analyzed data?
- ☐ Have I documented results or written a technical report?
- ☐ Have I improved a process, reduced errors, or made something more efficient?

Evidence Builder

Job phrase / skill	
Situation or project	
What I actually did	
Tool / method I used	
Result / purpose	

Activity 5 | Turn Evidence Into a Resume Bullet

THE FORMULA

ACTION VERB + WHAT YOU DID + TOOL / METHOD + RESULT OR PURPOSE

Example 1 | Troubleshooting

Rough version: "In my electronics class, I checked our circuit many times and found some mistakes."

Resume version: Tested and troubleshot electronic circuits using a multimeter, identifying wiring errors and verifying proper circuit operation.

Example 2 | Data analysis

Rough version: "I used Excel for a class and looked at a lot of data."

Resume version: Analyzed experimental data in Excel to identify patterns and compare performance across test conditions.

Example 3 | Consistency / procedures

Rough version: "I followed instructions to make the same thing several times."

Resume version: Followed standardized procedures to perform repeated tests and documented results for consistency and accuracy.

Useful action verbs

Analyzed • Tested • Inspected • Verified • Troubleshot • Measured • Documented • Monitored • Built • Programmed • Automated • Organized • Improved • Optimized • Maintained • Investigated

Write Your Own

Bullet 1: _____

Bullet 2: _____

Bullet 3: _____

My Resume Starter Pack

Before you leave, complete this page. This is your starting material for a targeted semiconductor resume.

1. My Top 3 Strengths

2. Employer Keywords I Can Honestly Use

3. My Best Evidence Examples

4. My Strongest Resume Bullet

5. One Role I Want to Explore

FINAL CHECK

- ☐ Is every claim accurate? ☐ Did I use employer language where it fits? ☐ Did I show evidence instead of only naming a trait? ☐ Did I include tools/methods when relevant? ☐ Is the bullet easy to understand?