

Valerie Volunteer

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Communication • Learner • Relator • Activator • Adaptability

EDUCATION

University of Wisconsin Oshkosh
Bachelor of Science in Psychology
Minor: Spanish

Oshkosh, WI
Anticipated Graduation Date: June 2021
GPA: 3.6/4.0

HIGHLIGHTS OF QUALIFICATIONS

- Exceptional time management skills; currently balancing 18 credits, an internship and campus involvement while maintaining a noteworthy academic ranking
- Excellent communication abilities showcased by presenting mental health topics to groups of 150 students in English and Spanish
- Leadership and teamwork skills developed through collaboration with mental health professionals
- Two years' experience connecting clients with community organizations and resources in the Fox Valley
- Familiar with referencing the DSM-5 for a greater understanding of mental health conditions
- Proficient in Microsoft Word, Excel, PowerPoint, and Publisher as well as Google and Apple platforms

PROFESSIONAL EXPERIENCE

CARE (Campus for Awareness and Relationship Education)

Peer Educator Intern

Oshkosh, WI
January 2019 - Present

- Present to student groups on issues of domestic violence amongst students on college campuses
- Advocate for survivors of domestic abuse by providing referrals to campus and community resources
- Design marketing materials including brochures, posters and campus television slides to educate over 1,000 students on issues of sexual assault and harassment

Winnebago Mental Health

Educational/Behavioral Assistant

Oshkosh, WI
September 2018 - December 2019

- Assessed needs of 10 patients per week through behavioral observations and clinical intake process
- Facilitated individual/group therapy sessions using trained animal companions to reduce stress and accelerate recovery
- Connected clients with local agencies for outpatient care and to enhance independent living skills

Ledge View Nursing Center

Certified Nursing Assistant

De Pere, WI
May 2017 – September 2018

- Communicated in Spanish with families of multiple clients to deliver accurate medical information
- Recognized for strong work ethic and demonstrating initiative such as volunteering to work additional shifts, collaborating with team, charting accurately, and delivering consistent care

RESEARCH EXPERIENCE

Undergraduate Collaborative Research—Mental Health Attitudes in First-Year Students

Advisor: Dr. Edward Reese – University of Wisconsin Oshkosh

Oshkosh, WI
September 2019 – February 2020

- Administered a survey tool completed by 60% of qualifying students
- Coordinated a research project which examined changes in behaviors among first year college students with focus on disassociation and distress
- Analyzed and presented findings at the UW Oshkosh Celebration of Research and Scholarship event

GLOBAL PROFILE

Gender, Poverty, and Activism in Nicaragua

Granada, Nicaragua

Community Change Agent Volunteer

January 2020 – February 2020

- Gained appreciation for diverse cultural practices in both rural and urban settings
- Collaborated with a rural community to initiate a sustainable water management program ensuring supply to crops and homes
- Acquired knowledge to create service learning projects through grassroots activism

CERTIFICATIONS

- First -Aid, CPR, and Automated External Defibrillator (AED)
- Certified Nursing Assistant

Expires: January 2021

Expires: April 2022

HONORS/VOLUNTEER

- Father Carr's Place 2B *Volunteer* – Oshkosh, WI
- UW Oshkosh Dean's List – Oshkosh, WI
- UW Oshkosh Honor Roll – Oshkosh, WI

September 2017 – Present

Fall 2019

Fall 2018 – Spring 2019

WORK EXPERIENCE

Mary's Midtown Restaurant

De Pere, WI

Hostess/Waitress

January 2017 – Present

- Established strong leadership and teamwork skills through training 12 new employees
- Demonstrated flexibility, adaptability, and problem-solving skills to meet customer needs

ACTIVITIES

- UW Oshkosh Spanish Club *Member* – Oshkosh, WI
- UW Oshkosh Circle K *Secretary* – Oshkosh, WI

February 2017 - Present

September 2017 - May 2018

UNIVERSITY OF WISCONSIN
OSHKOSH

CAREER &
PROFESSIONAL
DEVELOPMENT