

# 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)

Oshkosh, WI

*Peer Educator Intern*

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

Oshkosh, WI

*Educational/Behavioral Assistant*

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

De Pere, WI

*Certified Nursing Assistant*

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

Oshkosh, WI

*Advisor: Dr. Edward Reese – University of Wisconsin Oshkosh*

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