

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 2023

GPA: 3.6/4.0

HIGHLIGHTS OF QUALIFICATIONS

- 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
- Exceptional time management skills; currently balancing 18 credits, an internship and campus involvement while maintaining a noteworthy academic ranking
- 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 2022 – 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 2021 – December 2021

- 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 2021 – September 2021

- 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 2020 – February 2021

- 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 2022 – February 2022

- 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)

Expires: January 2025

- Certified Nursing Assistant

Expires: April 2025

HONORS/VOLUNTEER

- Father Carr's Place 2B *Volunteer* – Oshkosh, WI

September 2020 – Present

- UW Oshkosh Dean's List – Oshkosh, WI

Fall 2020

- UW Oshkosh Honor Roll – Oshkosh, WI

Fall 2019 – Spring 2022

WORK EXPERIENCE

Mary's Midtown Restaurant

De Pere, WI

Hostess/Waitress

January 2019 – 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

February 2020 – Present

- UW Oshkosh Circle K *Secretary* – Oshkosh, WI

September 2022 – May 2022

UNIVERSITY OF WISCONSIN
OSHKOSH

CAREER &
PROFESSIONAL
DEVELOPMENT