Valerie Volunteer

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Online Portfolio: ValarieVolunteer.folio21.com/portfolio [1]

EDUCATION

University of Wisconsin Oshkosh Oshkosh, WI
Bachelor of Science [2] Anticipated Graduation Date: May 2013
Major: Psychology [3a/3b] Overall GPA: 3.6/4.0
Minor: Spanish

SKILLS

- Exceptional time management skills; currently balancing 18 credits, an internship and campus involvement while maintaining a 3.6 GPA
- Excellent communication abilities as demonstrated by [4a] mental health topic presentations to groups from two to 250 people
- Leadership and teamwork skills developed through [4b] collaboration with seasoned mental health professionals
- Two years experience connecting clients with community organizations and resources
- Understand how to reference DSM-IV for greater understanding of mental health conditions
- One year research experience on mental health and first-year college students
- Proficient in [5] Microsoft Word, Excel, PowerPoint and Publisher

PROFESSIONAL EXPERIENCE [6]

CARE/MenCARE (Campus for Awareness and Relationship Education) Oshkosh, WI
Intern [7] January 2012 – present

- Present to 15 campus groups [8a] annually on topics of domestic violence and harassment in a college setting
- Advocate for survivors of domestic abuse by providing referrals to campus and community resources
- Designed marketing materials including brochures, posters and campus television slides to educate over 1,000 students [8b] on issues of sexual assault and harassment

Circle K – University of Wisconsin Oshkosh Oshkosh, WI
Secretary September 2011 – May 2012

- Increased [9] efficiency of communicating to over 60 club members [8c] by creating and implementing a new recordkeeping system
- Fostered leadership and morale through writing nominations leading to over 15 awards for current members and faculty advisors
- Participated in four to seven service projects per semester that benefit non-profit organizations throughout Wisconsin

University Hospital Oshkosh, WI
Educational/Behavioral Assistant September 2009 – December 2011

- Assessed the needs of 10 patients per week through clinical interviews and behavioral observations
- Directed patient and family interaction while facilitating individual, group and classroom interventions
- Supervised a team of three peers in the completion of a training manual for new employees
- Connected clients with local agencies for outpatient care and to enhance independent living skills

RESEARCH EXPERIENCE

Undergraduate Collaborative Research – Mental Health Attitudes in First-Year Students Oshkosh, WI
Advisor: Dr. Edward Reese – University of Wisconsin Oshkosh Fall 2011

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

GLOBAL PROFILE [10]

Gender, Poverty, and Activism in Nicaragua Granada, Nicaragua
Community Change Agent Volunteer January 2012

- Collaborated with rural community and initiated a sustainable water management program
- Gained appreciation for diverse cultural practices in both rural and urban settings
- Sought knowledge to create service-learning projects applying grassroots activism

WORK EXPERIENCE

Mary's Midtown Restaurant De Pere, WI
Hostess/Waitress January 2009 – August 2011

- Established strong leadership and teamwork skills through training 12 new employees
- Demonstrated flexibility, adaptability and problem solving skills [11a] to meet customers' needs

Ledge View Nursing Center De Pere, WI
Housekeeper [12] Summers 2008 – 2010

- Provided environmental services for entire facility and maintained regulatory standards; documented safety concerns and inventoried equipment and furniture on a monthly basis
- Recognized for strong work ethic and initiative [11b] demonstrated by consistently volunteering to work on-call shifts and cover for absent employees

ACTIVITIES

- Career Development Association *Member* – Oshkosh, WI Spring 2011 – present
- Humane Society *Volunteer* – Oshkosh, WI Fall 2010 – present
- MDA Bowl-A-Thon *Volunteer* – Appleton, WI 2011
- Fox Cities Community Health *Volunteer* – Menasha, WI 2010

HONORS (University of Wisconsin Oshkosh)

- Psi Chi (National Honor Society in Psychology) Spring 2011 – present
- College of Letters and Science Dean's List Fall 2010, Fall 2011
- Chancellor's Academic Scholarship 2010