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School Counselor

Soon to be graduate offering excellent educational credentials and a passion for working with students in a counseling role. Committed to providing the highest level of services to address each students' unique academic, social, personal, and career exploration needs. Able to provide comprehensive, proactive, and developmentally appropriate programs that engage parents, educators, and all stakeholders in fostering equal learning opportunities for all students — regardless of race, cultural differences, or socioeconomic background.

Education

ST. CLOUD STATE UNIVERSITY *Graduate Program, School Counseling, Estimated Graduation: May 2020, GPA 3.64*
Bachelor of Arts – Communication Studies, Psychology, St. Cloud, MN, May 2018

Extracurricular Activities: Waconia Varsity Show Choir, Waconia Varsity Track and Field, Team USA Gymnastics

Certifications: Certified Yoga Instructor, Dec 2019
Qualified Civil Mediator, St. Cloud State University, March 2018
Qualified Family Mediator, St. Cloud State University, May 2018
Certified Personal Care Assistant, ACE Resource Center, May 2016

Professional Experience

SCHOOL COUNSELOR INTERNSHIPS, Sept 2019 to Present

High School, Wayzata, MN (200 hours completed) Sept-2019-Dec 2019

- Worked with several different age groups, provided individual student planning and responsive, supportive services.
- Met with high school students individually to help them identify reasons and solutions for poor academic performance; developed individualized achievement strategies to plan and prepare for post-secondary options.
- Helped students apply for college, wrote letters of recommendation, and accurately documented all information.

Middle School West, Shakopee, MN (200 hours in progress) Sept 2019 -June 2020

- Worked with middle school groups on issues of anxiety, and building/maintaining friendships.
- Counseled individuals dealing with social, emotional issues (depression, anxiety, behavior issues) and helped students with poor academic performance to improve study habits, organizational skills, and deal with crisis.
- Actively involved in facilitating classroom presentations on career exploration and planning.

Twin Lakes Elementary, Elk River, MN (200 hours in progress) Dec 2019 -June 2020

- Created own lesson plans for kindergarten, and taught prepared lesson plans utilizing the “Second Step” program.
- Helped students learn self-discipline and how to regulate their behaviors.

LEAD/SENIOR CAMP COUNSELOR AND KIDS ACADEMY, Lifetime Fitness, Chanhassen, MN, Apr 2016-Present

- Took a lead role in creating harmony and smooth operations while leading children through a variety of fun activities.
- Entrusted to supervise in the absence of the summer camp supervisor.

FRONT DESK RECEPTIONIST, SALES - STA-FIT Athletic Clubs, St. Cloud, MN, Aug 2016-Dec 2018

- Greeted and welcomed guests ensured members were treated to a premier experience.
- Increased sales through building positive rapport with all customers.

PERSONAL CARE ASSISTANT, Ace Resource Center, Waconia, MN, May 2015-Aug 2016

- Assisted clients with personal needs and provided emotional support and companionship.
- Developed highly therapeutic relationships and catered to each person's specific disabilities.

GYMNASTICS COACH, North Crest Gymnastics, Sauk Rapids, MN, Sep 2015-Apr 2016

- Trained gymnasts and help them achieve their goals.
- Provided mentoring, support, and constructive feedback.

SERVER'S ASSISTANT/HOSTESS, Lola's Lakehouse, Waconia, MN, Jan 2012-Mar 2015

- Served cuisine to customers in a graceful manner. Ensured a positive customer experience.