

EDUCATION

- 2016-Present **B.A. Psychology**
University of Maryland, College Park
Minor: Professional Writing
- GPA: 3.6
Major GPA: 3.5
- 2017 Study Abroad Program: *Following Freud's Footsteps*
Vienna, Austria

HONORS & CERTIFICATIONS

- 2018 University of Maryland, College Park Dean's List for Academic Excellence
2018 Psi Chi Honor Society
2018 Cardiopulmonary Resuscitation (CPR) & First Aid Certification
2018 'Recognizing Child Abuse and Neglect' Montgomery County Public Schools course completion
2017 University of Maryland, College Park Dean's List for Academic Excellence
2017 Certified Peer Educator

SPEAKING ENGAGEMENTS

- 2019 Education Abroad Panelist, Department of Psychology
2018 Real Talk and Resources Panelist, PSA (Preventing Sexual Assault)
2018 Training Weekend Panelist, HELP Center

RESEARCH EXPERIENCE

Research Assistant

Maryland Psychotherapy Clinic and Research Lab
Department of Psychology
University of Maryland, College Park
2018-Present

Responsibilities:

I assist Dr. Clara Hill with various research projects relating to counseling psychology and psychotherapy. My specific responsibilities include coding for unique behaviors during videotaped psychotherapy sessions, setting up the pre and post measures for the clients, and conducting intake sessions with clients.

Research Assistant

Interpersonal Relationships Lab

Department of Psychology
University of Maryland, College Park
2017

Responsibilities:

I assisted Dr. Edward Lemay with a study on guilt expression. My specific responsibilities included running participants through Qualtrics surveys and activities in order to study their amount of guilt in a romantic or platonic relationship.

PROFESSIONAL EXPERIENCE

Ten Women Plan Facilitator

Department of Fraternity and Sorority Life, Sexual Assault Prevention Unit
University of Maryland, College Park
2019-Present

Responsibilities:

I lead weekly meetings that revolve around Sexual Assault Prevention and Bystander Intervention to a group of sorority women. We talk about subjects such as rape culture, victim response, how to help a friend, services on campus, and more. I regularly check-in with group members to ensure that they are comfortable having these potentially delicate conversations.

Crisis & Counseling Peer Counselor

The HELP Center
University of Maryland, College Park
2017-Present

Responsibilities:

My specific responsibilities include keeping up with mental health and self-care practices through workshops and lectures in addition to participating in a four-hour interactive shift each week. This shift entails training to learn proper procedures to help other students in need. We help students from issues regarding roommate disagreements to crisis calls such as immediate rape and suicidal ideation.

Psychotherapy Intern

Expressive Therapy Center
North Potomac, MD
2018

Responsibilities:

I monitored the behavior and thought process of young children during group therapy sessions and through an intensive two-week summer camp geared at developing social skills and behavior/emotion regulation.

Intern Detective

Montgomery County Police Department, Major Crimes Division, Cold Case Unit
Gaithersburg, MD
2018

Responsibilities:

I analyzed case files and current major crime investigations in order to follow leads to solve and/or close cases. I worked with two nationally awarded detectives who allowed me to learn the patterns of perpetrators and to be able to predict their actions.

Student Advisory Board Editor

Student Health 101
Westborough, MA
2017-2018

Responsibilities:

I assisted college health advocates in creating content for college students nationwide. I used my knowledge and experience as a college student to suggest content relevant to the current college population. I then revised articles and critiqued them using my professional writing minor and my passion for health education to provide top grade articles for students.

Psychotherapy Intern

Kentlands Psychotherapy
Gaithersburg, MD
2015-2016

Responsibilities:

I familiarized myself with the behind the scenes aspects of a private group psychotherapy practice while developing my communication skills with clients and the providers at the practice. I administered the Alpha Stim technology treatment on clients to treat anxiety, insomnia, and depression, along with writing blogs on behalf of the practice geared towards helping the community parents better understand their young child or adolescent.

WORK EXPERIENCE

Medical Receptionist

Active Family Chiropractic
Gaithersburg, MD
2018-2019

Responsibilities:

I performed administrative tasks to ensure the efficiency of this doctor's office. I scheduled appointments and collected payments for the practice. I also answered the phone system and explained the basics of this practice to prospective patients.

Content Intern

Auxilium Technology

Rockville, MD

2014-2018

Responsibilities:

I assessed blog posts and created user friendly content for various of websites and clients to increase Google attention and Search Engine Optimization (SEO) ratings. I attended networking conferences and represented the company in good terms.

Nanny

Potomac, MD

2017

Responsibilities:

I was assigned to care for the physical and emotional well-being of two children who required special care to function during their everyday lives. I coordinated with the parents to allow the children to have a fun and exciting summer break while still maintaining structure, consistency, and visits to their doctors and health professionals.

Medical Receptionist & Insurance Coordinator

Ultima Medical & Aesthetics

Germantown, MD

2014-2016

Responsibilities:

I provided patients with insurance information to help them make a more informed decision about choosing a medical provider. I verified insurance plans with the providers and the insurance companies. I also helped the nurses with scheduling and paperwork tasks.

Teacher's Aid

Temple Beth Ami

Rockville, MD

2012-2015

Responsibilities:

I aided in the development of young children and children with special needs in order to enhance their education, social skills, and religious knowledge. I worked closely with teachers and parents to create a safe and inclusive environment for all the children.

Learning Instructor

Nanda Learning Center

Rockville, MD

2014

Responsibilities:

I supervised the education and social development of children ranging from infancy to five-year-olds. I handled disputes between children and reinforced positive behavior with rewards and attention. I taught these children basic reading skills and familiarized them with interacting with adults and other children in a learning environment.

CAMPUS INVOLVEMENT

Executive Board Member - Secretary

Preventing Sexual Assault (PSA)
University of Maryland, College Park
2018-Present

Responsibilities:

I attend weekly PSA general body meetings and weekly PSA Executive Board meetings and take attendance and detailed notes of the meetings. I also send out weekly emails to inform members of meetings and upcoming events. I work with the University of Maryland's Student Government Association (SGA) to update our status as an organization on campus.

Peer Leader

University Health Center
University of Maryland, College Park
2018-Present

Responsibilities:

The Peer Leader program includes educating the Peer Educators about the programs and presentations that they will be responsible for during the school year. I work with other Peer Leaders in order to plan large-scale wellness programs on campus. My specific responsibilities include lecture twice a week, giving presentations to first year students and student groups on campus, and planning 3-5 programs throughout the course of the school year.

Active Member

Psi Chi Honor Society
University of Maryland, College Park
2018-Present

Responsibilities:

I stay active and involved in the Psychology community by attending regular meetings and guest lectures relevant to current Psychology and future career paths. I also get to network with professionals and other college students about their experiences and career ideas.

Sexual Assault Prevention Undergraduate Intern

Department of Fraternity and Sorority Life, Sexual Assault Prevention Unit
University of Maryland, College Park
2019-Present

Responsibilities:

I expanded my knowledge of Sexual Assault Prevention using a Public Health lens to analyze and critique the Greek community at University of Maryland, and nationwide on how Sexual Assault is handled and prevented on college campuses. I worked closely with Greek chapters, graduate students, and other Department of Fraternity and Sorority Life (DFSL) staff members. I gave presentations and developed programs specifically addressing prevention efforts of Sexual Assault on campus.

Executive Board Member - Director of Resources

The HELP Center
University of Maryland, College Park
2018-2019

Responsibilities:

I worked closely with the Health Center and the Counseling Center in order to allow the HELP Center to be accessible to college students. My specific responsibilities included weekly meetings with the other executive board members, updating the master resource board and binder, and replacing broken or used items within the HELP Center headquarters.

Health & Wellness Committee Member

Student Government Association
University of Maryland, College Park
2018-2019

Responsibilities:

I worked with other committee members and the larger Student Government Association in order to make the University of Maryland campus safer by listening and implementing student concerns. My specific responsibilities included weekly meetings with the other committee members and working on projects and campaigns, such as promoting vaccination during flu season and promoting mental health awareness during final exams.

Sexual Assault Prevention Liaison

Sigma Delta Tau Sorority
University of Maryland, College Park
2018-2019

Responsibilities:

I assisted the chapter and executive board members with maintaining the physical and emotional wellbeing of each chapter member. My specific responsibilities included sending out emails about Sexual Assault Prevention resources, workshops, and activities

that are going on around campus. In addition, I was the person to come to if any chapter member had concerns about Sexual Assault or Prevention measures.

Academic Peer Mentor

College of Behavioral and Social Sciences (BSOS)
University of Maryland, College Park
2018

Responsibilities:

I presented graduation planning information to first semester students in the College of Behavioral and Social Sciences. I answered questions and examined reports of students' academic schedules. I also arranged for students to meet with a professional academic advisor when necessary.

Peer Educator, Alcohol and Other Drugs Unit

University Health Center
University of Maryland, College Park
2017-2018

Responsibilities:

I assisted the University Health Center by educating students about bystander intervention, and drug safety information. My specific responsibilities include attending content specific lectures, intersectional lectures, giving presentations to freshmen and student groups on campus, and tabling at large-scale events.

Ten Women Plan Member

Sigma Delta Tau Sorority
University of Maryland, College Park
2017

Responsibilities:

I analyzed rape culture on college campuses and compared it to how it is on the University of Maryland campus. I worked with other members of this group to develop ideas on how to shift the college culture away from rape culture. We established these mentalities by assessing articles, videos, and personal testimonials of college students' experiences of rape culture on campus.

PROFESSIONAL AFFILIATIONS

2018-Present Student member of Psi Chi Honor Society