

First Name Last Name

St. Paul, MN • 651-638-0000 • student@bethel.edu • LinkedIn URL

EDUCATION

Bachelor of Arts in Sociocultural Studies

Expected Completion: May 2023

Bethel University, St. Paul, MN

GPA 3.04

Experience

Intern, Neighborhood House | St. Paul, MN

May 2021 – Present

- Assists in conducting client intake to identify current barriers and develop individualized goal plans to drive success in the program
- Researched community organizations and developed new folder of community resources counselors and staff could share with individuals within Neighborhood House programs
- Spearheaded campus/community-wide food drive for organization's food shelf by developing campaign promotional materials, setting goals, and recruiting volunteers resulting in 20% increase of donations to the food shelf

Resident Assistant, Bethel University | St. Paul, MN

September 2020- May 2021

- Promoted the wellbeing of 30 freshman and 10 sophomore women by providing weekly drop-in hours where personalized counseling was provided
- Observed and assessed the spiritual, social, educational, and physical needs of residents and collaborated with or made referrals to on-campus resources to facilitate wellbeing and academic success
- Utilized motivational interviewing techniques to de-escalate high-stress or emergency situations which led to decrease in disruptions to residence life

Program Coordinator, ACR Homes | St. Paul, MN

September 2020- July 2020

- Supervised 15 developmentally disabled residents with daily living activities such as bathing/grooming, dressing, and eating to promote health and wellbeing
- Conducted daily checks of vital signs and administered medications while charting in resident's file to ensure all members of the care team were up-to-date on resident's health status
- Answered patient call lights, anticipated basic needs, and made rounds to assigned patients, increasing patient satisfaction by 35%

Volunteer Youth Leader, Hope Church | St. Paul, MN

May 2019- May 2020

- Facilitated group discussions on spiritual and social issues topics leading to students self-analyzing their perspectives on these topics and getting their questions answered
- Prepared and taught Sunday School lessons to 20 junior high students weekly designed to strengthen their faith and learn how to confront social issues

Activities

Member, Bethel Student Government

September 219- Present

Volunteer, Feed My Starving Children

Monthly, September 2019- Present

Cross Cultural Experience

Youth Advisor, Teen Ministries | Cape Coast, Ghana

June 2019- August 2019

- Led and directed two small groups of 10 teenage students which consisted of providing daily outline of ministry and activities schedule in addition to conducting daily debriefs to determine any needs
- Conducted 1:1 check-ins with each member of the teams to provide team unity and an optimistic spirit in the midst of challenging living conditions and circumstances
- Served as liaison between teams and host organization to communicate issues and receive assistance in knowing how to handle certain issues in a culturally sensitive manner