# JANE DOE

# CONTACT

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Proven communicator with a knack for creating supportive environments. Experienced crisis counselor with a passion for supporting women through difficult life circumstances.

## **EDUCATION**

#### Master of Arts, Counseling

School Counselor Track Lindenwood University Expected December 2018

#### **Bachelor of Arts, Psychology**

*Minor in Sociology*Southern Illinois University Edwardsville
May 2015

# **ACTIVITIES**

#### St. Charles Crisis Nursery

2017 - Present

- Supervise children ages 2-4 years
- Cook healthy meals for 5 children

#### St. Louis Humane Society

2016 - Present

- Clean and sanitize kennels
- Assist in meet and greets

#### **Alpha Phi International Sorority**

- Formal Recruitment Chair, Fall 2017
- Alumni Relations Chair, Spring 2017

# PROFESSIONAL EXPERIENCE

## Missouri Baptist Children's Home

**Bridgeton, MO**June 2018 – Present

Intern

- Taught life skills course to 4 teen mothers in the Pregnancy Services Division
- Aided house parents with mentally ill clients to re-establish routines and introduce healthy habits
- Provided listening experiences for each girl

### St. Louis Crisis Nursery

St. Louis, MO

Intern

Aug. 2017 – June 2018

- Received up to 10 crisis calls per day, giving the caller resources, safety plans, and validating their feelings
- Helped the developmental director by visiting, calling, or writing personalized letters to 10 St. Louis businesses per day informing them of fundraising opportunities

## **WORK EXPERIENCE**

#### **Lindenwood University**

Community Advisor

St. Charles, MO

March 2016 - Aug. 2016

- Monitored the well-being of 32 students while building personal connections with them
- Organized 2 events per semester of varying themes
- Facilitated multiple roommate conflicts and incidents in order to maintain a peaceful atmosphere

#### **Drury Inn & Suites**

Kitchen Attendant/Hostess

St. Charles, MO

Sep. 2015 – March 2016

- Prepared and served hot meals to 80-500 guests during events
- Bussed tables and cleaned dishes each night
- Assisted guests with any questions or concerns regarding food or restaurant needs

#### **Lindenwood Career Services**

St. Charles, MO

Student Worker

May 2015 – Aug. 2015

- Assisted in organization and implementation of Career and Internship fair for over 300 students
- Contacted more than 10 vendors for various services
- Provided feedback regarding students' resume and cover letters
- Posted and approved over 100 jobs in Handshake online job board each day