

## **Education**

### **University of Wisconsin- Green Bay**

Bachelor of Science, December 2017

Double Major in Psychology and Spanish with minor in Human Development

### **Universidad de Deusto, Bilbao, Spain**

CIDE (Centro Internacional de Español) Study Abroad Program, Fall 2015- Spring 2016

QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Certified

Institutional Review Board Certified

## **Related Experience**

### **Board Member of Depression Bipolar Support Alliance of Brown County, WI**

June 2016- Present

- Provide small group support groups throughout the Brown County area
- Educate public with seminars, activities, and resources within the community
- Fundraise to support the foundation

### **Intern/Camp Counselor for Camp Lloyd, Green Bay, WI**

January 2017-Present

- Provide emotional support, lead group activities, organize and facilitate events
- Relating to children ages 6-14 suffering from trauma and grief
- Receive in-depth grief and trauma support training prior to camp

### **International Representative for La Universidad de Deusto, Bilbao, Spain and Green Bay, WI**

August 2015-Present

- Present presentations on benefits of international travel and study, speak at informational sessions, promote the university in conjunction with the Office of International Education and UWGB professors

### **Intern for The Gathering Place, Green Bay, WI**

August 2015-December 2015

- As Outreach Coordinator, planned promotional and educational events, and presented to universities and the community about mental health
- Helped write grants, fundraised
- Led support groups, provided support in coping and rehabilitation from mental illness, working with people with a broad range of mental illness
- Worked with the Aging and Disability Resource Center to provide mental health resources to transitional age adults and to put support groups in Brown County Jail

## **Assistantships (Academic Advancements)**

### **Research Assistant**

“Advertising and Memory”, Spring 2017

- Studied the effects of digital and paper advertising on memory
- First author

“Effects of Aging and Depression on Self-Other Comparison on Dementia Symptoms”, Spring 2017

“Influences of Aging and Depression on Dementia Symptoms”, Spring 2017

- First author
- Competed in Adulthood and Aging Competition: Innovation in Aging: Hey! I’ve Got an Idea; Created “Medicode” product- Medical record bracelet
- Presented work at UWGB Academic Excellence Symposium, April 2017

### **Teaching Assistant**

Introduction to Psychology, Spring 2017

- Tutor students
- Run informational review sessions

### **Research Team**

“Sense of Community in the Online Classroom”, Spring 2017

- Second author
- Presented work at the Midwestern Psychological Association in Chicago, IL, April 2017

“Hearing Normative Experiences of Mental Illness: the effects on stigma”, Fall 2016

- Winners of the UWGB research method research competition for best overall presentation, professionalism, and content

## **Involvement**

Volunteer at St. John’s Homeless Shelter, Green Bay, WI

Fall 2016

- Prepared beds, worked on construction and prepared

Volunteer at St. Vincent’s DePaul, Green Bay, WI

Fall 2014- Fall 2016

- Sorted, prepared, and transported food

Volunteer for YMCA Y-Night, Green Bay, WI

Fall 2016

- Led group games, activities, and organized events for 30-40 youth each session
- Communicated with YMCA staff and families about events

Volunteer for Brown County Library Super Summer Reading Program , Green Bay, WI

Fall 2010-Fall 2014

- Educated families about the library summer reading program
- Ran the event booth at the library
- Organized prizes and awards

Vacation Bible School Group Leader, Green Bay, WI

Fall 2010-Fall 2014

- Oversaw group events and games for 20+ children

## Honors/Awards

Fall 2017

- Winner of the Chancellor Medallion for outstanding academic excellence, impactful service within the community, and potential for future achievement and commitment to personal growth

Fall 2016

- Member of Phi Kappa Phi Honor Society for being in the top 7% of class

Fall 2016

- Member of Psi Chi Member Honor Society Member for being in top 30% of class
- Recipient of Midwestern Psychological Travel Grant

Fall 2016

- Member of PsychHD club: Psychology and human development club

Fall 2015

- International Travel Scholarship

Fall 2014

- Phi Eta Sigma Member
- Highest honors

Fall 2014

- UW Green Bay Chancellor Scholarship for outstanding academic excellence and strong leadership qualities

Fall 2014

- Altrusa Scholarship for outstanding women in pursuit of leading better lives for themselves and others

Fall 2014

- William and Loise Lemke Family Scholarship

## Additional Experience

Eye Care Advisor for LensCrafters, Green Bay, WI

March 2014-Present

- Perform pre-exam optical medical tests, including the wave-front aberometer and tenometer
- Specialize in digital CLARIFY eye exam

- Design lenses within a computer system according to customer measurements, needs, and Rx
- Assisted customers in choice of product and purchase

### Private English Tutor, Bilbao, Spain

Fall 2015-Spring 2016

- Coordinated with schools and families to teach English to native Spanish speaking children ages 6-14
- Operated one-on-one and small group English class sessions
- Organized and founded independent tutoring business

### Skills

- Bilingual in Spanish and English
- Experience in teaching and providing volunteer assistance to orphanages and underprivileged schools in Nicaragua, Guatemala, and Belize
- Leadership and organizational skills as a small group and one-on-one leader and teacher
- Communication skills
- Problem solving
- Collaboration
- Strong work ethic
- Time management
- Critical thinking
- Self-confidence