

# Lucy Hart

Monument, Colorado | 719-232-8084 | 15lucyhart@gmail.com | www.linkedin.com/in/lucille-hart

## Professional Summary

Graduate student dedicated to pursuing a master's in clinical Mental Health Counseling and School Counseling with a specialization in Trauma and Crisis. Experienced mentor, athlete, and community volunteer with strong interpersonal, leadership, and listening skills. Passionate about supporting youth and individuals through personal growth, stress management, and emotional challenges. Brings a background in coaching, teamwork, and service that fosters empathy, resilience, and trust in diverse environments.

## EDUCATION

### Professional Science Master's

Expected May 2027

Ecosystem Science and Sustainability

Concentration in Carbon Management

Colorado State University, (CSU) Fort Collins, CO

### Bachelor of Applied Arts and Sciences

May 2025

Concentration in Coaching and Exercise Science

GPA: 3.89/4.0

Texas State University, (TXST) San Marcos, TX

Magna Cum Laude

## PROFESSIONAL EXPERIENCE

### Rocky Mountain Ski and Sport | Sales Associate and Technician | Colorado Springs, CO | August 2025- Current

- Deliver personalized, sustainability-focused gear recommendations by matching customers with high-quality used and repaired equipment, improving satisfaction and promoting reuse.
- Perform waxing, edge sharpening, and safety inspections on skis and snowboards to extend equipment life cycles and ensure customer safety.
- Manage retail operations including sales, inventory, and fittings. Contribute to waste reduction, streamlined efficiency, and repaired equipment, improving satisfaction and promoting reuse.

### Babysitting Connection | Nanny/Childcare Provider | Austin, TX | January 2024- May 2025

- Provided safe, structured care for children, promoting social-emotional learning and consistency.
- Cultivated trust and stability through compassionate communication and patience.
- Oversaw daily routines including meal preparation, school pickups, homework assistance, and bedtime routines, creating a nurturing environment that balanced structure, care, and learning.

### Discovery Canyon Campus | Strength and Conditioning Coach Intern | Colorado Springs, CO | May 2024-July 2024

- Mentored student-athletes, focusing on self-confidence, perseverance, and mental well-being.
- Fostered a motivational environment that encouraged both physical and emotional growth.

- Planned, demonstrated, and executed workout sessions for over 100 athletes, ensuring safety, engagement, and effective skill development across multiple teams.

**Cable's Pub & Grill | Server/Waitress | Greeley, CO | October 2021-December 2023**

- Delivered attentive service while managing multiple tables in a fast-paced restaurant/bar.
- Supported guests' needs through clear communication, active listening, and problem-solving.
- Collaborated with team members to maintain an efficient, positive, and welcoming atmosphere.

**The University of Northern Colorado and Texas State University | NCAA Division-1 Athlete | Greeley, CO and San Marcos, TX | August 2021- May 2025**

- Balanced academic excellence (3.89 GPA, Dean's List every semester) with NCAA Division-1 athletics.

Recognized on the 2023-2024 Academic All-District Team for the Sun Belt Conference and the 2021-2022 All-Conference Team for the Big Sky Conference

## **VOLUNTEER EXPERIENCE**

**Fountain Creek Watershed District | Community Outreach Volunteer | Colorado Springs, CO | Aug 2025Present**

- Contribute to the district's monthly newsletter with upcoming features, including eco-friendly holiday and winter practices, minimizing environmental impacts during winter, and suggested low-impact excursions.
- Draft seasonal content on watershed health, such as fall ecosystem features tied to recreation and community awareness campaigns.
- Collaborate with watershed staff and volunteers to strengthen public outreach and promote sustainable use of local resources.

**International Youth Conservation Coalition | Field Research Student & Outreach Volunteer | Edwards, CO and Osa, Peninsula, Costa Rica | January-August 2021**

- Educated recreational users on trail closures, effectively communicating conservations policies to promote ecosystem recovery and reduce human impact.
- Collaborated with Colorado-based conservation leaders on youth-led initiatives to strengthen community engagement in sustainability.
- In Costa Rica, partnered with local researchers on reforestation, regenerative agriculture, and biodiversity projects in one of the most biodiverse ecosystems on Earth.
- Strengthened cross-cultural communication, adaptability, and environmental awareness through direct collaboration with international conservation partners.

## **LEADERSHIP & COMMUNITY ENGAGEMENT**

- **Strength and Conditioning Intern** | Discovery Canyon Campus | 2024
- **Soccer Team Captain** | Pine Creek High School and Pride ECNL | 2019-2021
- **Vice President, Earth Club** | Pine Creek High School | 2019-2021
- **Volunteer** | Humane Society, Pride Panthers, Youth Conservation Coalition | 2017-2021