

Skills

- Social perceptiveness
 - Photoshop and Lightroom
 - Art conceptualization
 - Photography
 - Anti-carceral psychiatry
 - Lived experience of mental health diagnosis and treatment
 - Visual arts courses taken in the areas of photography, digital tools and methods, intermedia, sculpture, ceramic hand-building, art history, among others.
 - Psychology courses taken in the areas of Industrial/ Organization psychology, educational psychology, Psych of Adulthood, food/eating psychology, abnormal psychology, research and clinical psychology, multi-cultural psychology, social psychology among others.
- Interpersonal Communication
 - Empathy
 - Direct Patient Care
 - Medication Administration
 - Direct Patient Care
 - Medication Administration
 - Direct Patient Care

Summary

Radical, intentional, and anti-carceral psychology and visual arts double major studying at Roger Williams University. Interdisciplinary artist working around themes of abolition, intimacy, and trauma. Future arts educator and art therapist. Current caregiver for seniors with memory disorders. I am passionate about creating spaces of safety and intentionality within educational spheres, personal relationships, and art.

Education and Training

- Bachelor of Arts: Psychology & Visual Arts, 05/2023**
Roger Williams University - Bristol, RI
- Member of Psi Chi (the International Honor Society in Psychology)
 - GPA: 3.72
 - Thomas E. Fitzgerald Jr. Scholarship Recipient, Spring 2022 (Department of Visual Arts)
 - Dean's List Spring 2021, Fall, 2021, Spring 2022

- High School Diploma: 05/2018**
North Kingstown High School - North Kingstown, RI

Experience

- Summer Arts Intern** , 07/2022 to 08/2022
Helping Hands Home Care Nw – City, STATE
- Established and maintained strong relationships with students through active listening and one-on-one attention.
 - Encouraged students to embrace creativity when painting and drawing.
 - Created positive educational climate to promote student learning.
 - Earned positive feedback from parents regarding classroom instruction and student learning success.
 - Managed student behavior in classroom with appropriate behavior strategies.
 - Planned field trips to museums, galleries and art exhibitions.
 - Created displays of students' work in classroom areas and other school spaces.
 - Mixed paint, distributed drawing materials and cleaned up spills, enabling teacher to focus on classroom instruction.
 - Encouraged student creativity with motivation, positive feedback and constructive criticism.
 - Planned, prepared and delivered instructional activities related to various art mediums.
 - Assisted lead teacher in administering art lesson plans and activities, oftentimes working 1-1 with students who struggled.

- Caregiver for an Autistic Teenager** , 02/2021 to 06/2022
Private Home – City, STATE
- Hands-on experience with neurodivergent teenagers.
 - Acted in the capacity of a peer support for a neurodivergent teenager.
 - Arranged transportation to and from residential school and to appointments.
 - Helped to de-escalate in times of high sensory stimulation or anxiety.
 - Gave medicine following parent instructions and medication dosing information.
 - Communicated positively with guardians.
 - Fostered close relationships by discussing school, friends and hobbies.

- In-Home Caregiver**, 01/2020 to Current
Home Instead Senior Care – City, State
- Received "Caregiver of the Month" award in October 2021.
 - Cared for clients with diagnoses of Alzheimer's Disease and dementia as well as associated mental health diagnoses such as psychosis, depression, and anxiety.
 - Verbally de-escalated clients in crisis situations.
 - Assisted clients with dressing, grooming and feeding needs, helping to overcome and adapt to mobility restrictions.
 - Coordinated daily medicine schedules and administration to help clients address symptoms and enhance quality of life.
 - Offered clients and families emotional support and instruction in preparing healthy meals, independent living and adaptation to disability or illness.
 - Traveled to clients' homes to complete healthcare services and promote continuity of care.
 - Offered support for client mental and emotional needs to enhance physical outcomes and overall happiness.
 - Provided clients with assistance in completing daily tasks, reducing daily burden on family members.
 - Increased medication and medical terminology knowledge through research and continuing education.
 - Kept close eye on behavior and emotional responses of clients to address concerns and protect each person from harm.
 - Checked vital signs on daily basis and contacted supervisor regarding patient health concerns or behavioral changes.
 - Interacted empathetically with clients and families and displayed positive, outgoing attitude, resulting in establishment of long-term, professional relationships.
 - Developed rapport to create safe and trusting environment for care.
 - Provided transportation and appointments management.