

EDUCATION

Nova Scotia Community College, eCampus —

IT Programming Diploma // Sept 2022- Expected: May 2024

Saint Mary's University, Halifax —

Bachelor of Science Honours in Psychology // Sept 2012-May 2018

WORK EXPERIENCE

Colchester Residential Services Society, Truro, NS —

Support Worker (Part Time) // Jan 2022-Aug 2022

Support Worker (Casual) // Nov 2021-Jan 2022

- Worked with a variety of adults who needed extra support with their daily lives.

Regional Residential Services Society, Dartmouth, NS —

Counsellor Assistant // July 2021-Oct 2021

Relief Counselor // Apr 2021- Jul 2021

Counsellor Assistant // Nov 2020-Apr 2021

Counsellor // May 2020-Nov 2020

Counsellor Assistant // Sept 2016-May 2020

Relief Counselor // Mar 2016- Sept 2016

- Assisted adults, with a complex mix of mental health issues and intellectual disabilities, to ensure they live a healthy and fulfilling life.
- Tracked patterns in sleep and daily behaviour by recording the required data. Communicated observed trends with various professionals.
- Handled different crises which have happened at work.
- Became a trusted member of staff for a client who struggled to trust people.

Metro Community Housing Association, Halifax, NS —

Community Inclusion Facilitator // April 2021-June 2021

- Worked with an individual with mental health issues, supporting them in their life and encouraging independence.
- Responsible for assisting with community access.

Dalhousie Agricultural Campus, Truro, NS —

Summer Poultry Technician // May 2014-Aug 2014

- Proven ability to pay attention to detail while recording information for research purposes and observing the poultry.

SKILLS

- Demonstrated ability to work with an interdisciplinary team in a variety of settings.
- Excellent oral and written communication skills demonstrated throughout my work.
- Proven attention to detail throughout my career.
- Developed excellent observation and problem solving skills.