

# Paul Beggs

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🌐 PaulBeggs

## Education

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### Hendrix College

Currently Enrolled, Junior

Aug 2022 – May 2026

Conway, AR

- **Majors:** Mathematics, Psychology.
- GPA: 3.4
- **Relevant Courses:** Linear Algebra, Statistics, Cognitive Psychology, Brain & Behavior, and Research Methods.

### Notre Dame Regional High School

Cum Laude

Aug 2017 – May 2021

- GPA: 3.5
- **Competencies:** College level courses in Calculus, Physics, Biology, Chemistry, and Composition.

## Certifications & Training

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### Licensed Pharmaceutical Technician

CVS Health

Cape Girardeau, MO

Feb 2022 – Present

- Worked closely with patients that have chronic illnesses to ensure they receive the correct medications.
- Learned new medical-specific terminology to effectively communicate with patients and other healthcare professionals.
- Advocated on behalf of patients for insurance claims, and worked with insurance companies to ensure patients received the correct medications.

### Applied Suicide Intervention Skills Training (ASIST)

Center for Suicide Prevention

Conway, AR

Aug 2024

- Participated in an intensive 2-day program specifically designed for intervening for people who are suicidal.
- Practiced the *Pathway for Assisting Life* (PAL) Model in depth:
  - **Connecting with Suicide:** Techniques for initiating sensitive, non-triggering conversations and establishing trust.
  - **Understanding Choices:** Proficiency in guiding individuals through their choices while respecting autonomy and addressing complex emotions.
  - **Assisting Life:** Skilled in providing structured support, exploring safety plans, and fostering a commitment to life, enhancing readiness for psychiatric research involving vulnerable populations.

### Mental Health First Aid

National Council for Mental Wellbeing

Conway, AR

Aug 2024

- Trained in recognizing the signs and symptoms of mental health and substance use challenges.
- Learned how to offer initial help and guide a person toward appropriate care.
- Practiced the *ALGEE* action plan.

### RAINN Sexual Assault Crisis Intervention Training

Feb 2024 – July 2024

- Completed RAINN training on trauma-informed communication and support techniques for survivors of abuse, emphasizing sensitive language use, active listening, and empathetic engagement.

## Extra-Curricular Associations

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### SOAR Mentor

Aug 2022 – Present

- Mentored first-year students in their transition to college life, providing guidance with an emphasis on social matters.
- Facilitated group discussions on topics such as time management, study skills, and mental health.