

Paul Beggs

📍 1600 Washington Ave., Conway, AR ✉ paulbeggs03@gmail.com ☎ (573)587-9258 in paul_beggs
🌐 PaulBeggs

Education

Hendrix College

Bachelor of Arts in Mathematics and Psychology

Conway, AR

Expected May 2026

- GPA: 3.4/4.0
- *Selected Coursework:* Linear Algebra, Statistics, Brain & Behavior, Cognitive Psychology, and Research Methods.

Work Experience

Licensed Pharmaceutical Technician

CVS Health

Cape Girardeau, MO

February 2022 – Present

- Work closely with patients that have chronic illnesses to ensure they receive the correct medications.
- Learn new medical-specific terminology to effectively communicate with patients and other healthcare professionals.
- Advocate on behalf of patients for insurance claims, and work with insurance companies to ensure patients receive the correct medications.

Certifications & Training

Applied Suicide Intervention Skills Training (ASIST)

LivingWorks Education [🔗](#)

Conway, AR

August 2024

- Participated in an intensive program specifically catered in intervening for people who are suicidal.
- Practiced the *Pathway for Assisting Life* (PAL) Model in depth:
 - **Connecting with Suicide:** Notice, evaluate, and act on suicidal behavior. This involved explicitly asking if the person was considering suicide. (With emphasis on using the word “suicide.”)
 - **Understanding Choices:** Let them lead the conversation. Engage in empathetic listening, and ascertain the reason(s) for why they are suicidal. Do not assume or interject, always ask clarifying questions, and allow silence. Silence is crucial for self-evaluation of the current conversation.
 - **Assisting Life:** After listening, analyze the motivation behind their suicidal thoughts. Ask questions, and guide them to identify the factors that are contributing to an overwhelming feeling of hopelessness. Address these feelings. Make a safety plan by establishing attainable goals to work toward a resolve. The goal is not to *solve* their problem, but to keep them safe until you can get them to a long-term professional.

CPR & AED Certified

American Red Cross

Conway, AR

August 2024

- Completed training in CPR and AED for adults, children, and infants.
- Proficient in recognizing and responding to life-threatening emergencies.
- Learned how to provide immediate care until advanced medical personnel arrive.

NARCAN® Certified

Addiction Studies at University of Central Arkansas

Conway, AR

August 2024

- Completed training in the administration of NARCAN® nasal spray for opioid overdose reversal.
- Learned how to recognize the signs of an opioid overdose and quickly move the person into the recovery position.

Mental Health First Aid

National Council for Mental Wellbeing [🔗](#)

Conway, AR

August 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.

Volunteer Experience

Sexual Assault Crisis Intervention Training

RAINN [↗](#)

Virtual

February 2024 – July 2024

- Completed 80 hours of RAINN training on trauma-informed communication and support techniques for survivors of abuse.
- Practiced active listening, crisis intervention, and de-escalation strategies.
- Learned how to provide resources and referrals to survivors of sexual assault.

Leadership & Involvement

Student Mentor

Student Outreach Additional Recourses (SOAR) [↗](#)

Conway, AR

August 2024 – Present

- Mentor students by providing resources, addressing emotional or social concerns, and ensuring their safety.
- Facilitate discussions on topics such as loneliness, anxiety, mental health, and suicidal thoughts.

Member

Hendrix College Psychology Club

Conway, AR

August 2024 – Present

- Participate in discussions on current research in psychology and mental health.
- Network with peers and faculty to learn about research opportunities and internships.

Member

Kappa Delta Pi International Honor Society [↗](#)

Conway, AR

May 2024 – Present

- Recognition for academic excellence and commitment to education.

Technical Skills

- **Software:** Microsoft Office Suite, Google Workspace, Adobe Creative Suite, and R.
- **Data Analysis:** Experience with data visualization, statistical analysis, and machine learning.
- **Research:** Proficient in conducting literature reviews, data collection, and data analysis.