

MARIAH R. SMITH

62 Evergreen St. Kingston, MA 02364

(781) 413-4557

MRSMITH5@PLYMOUTH.EDU

Objective

Community Outreach Specialist - Prevention Wellness Trust Collaborative

Summary of Skills

- Proficient in program development, implementation, marketing and promotion
- Highly skilled with communicating and motivating individuals
- Microsoft Office, Excel, PowerPoint proficiency
- Hands on experience in collecting and analyzing data
- Collaborating with local communities initiate substance abuse prevention coalitions

Education & Coursework

Plymouth State University
May/Oct 2014

YOG:

Bachelor of Science: Health Education

Option: Health Promotion

Minor: Professional Communications

Coursework

Wellness skills

Psychology

Organizational
Behavior

Community
Health

Nutrition

Health Fitness
Programs

Evaluation and
Research

Disease Education

Stress Management

Experience

**Youth Health Connection Intern -South Shore Hospital MAY 2014 -
CURRENT**

- Planned and implemented the fourth annual Prevention of Underage Drinking & Substance Abuse Conference took place on 9.23.14
- Developed weekly newsletter articles, created an 8 page resource guide for substance abuse which included parent support groups, treatment centers, prevention educational tools etc.

**Teachers Aide - South Shore Community Action Council MAY 2013 -
CURRENT**

Monitored indoor and outdoor classroom activities

- Taught students basic educational and life skills
- Prepared and implemented daily lessons
- Effectively communicated parents, guardians and faculty members
- Enforced safety policies

Recreation Assistant - Plymouth State University SEP. 2012 - CURRENT

- Maintained and operated a safe fitness facility.
- Providing equipment orientations to new attendees.
- Promoted and marketed healthy alternatives for on campus students.

**Program Assistant - UNH Cooperative Extensions Nutrition Program JAN.
2014 - FEB. 2014**

- Working with clients with low incomes and qualify for WIC services on healthy eating.

Body Fair Coordinator - FEB. 2014
Plymouth State University

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Wellness Fair Coordinator - OCT. 2014

Plymouth State University

Activities & Certifications

Eta Sigma Gamma

First Aid & CPR Certified

Tobacco Cessation

Biometric Screening

Vice President of Administration for Enactus

QPR Suicide Prevention