

License

Initial I School Counselor License with K-12 counseling endorsement from Teacher Standards and Practices Commission (TSPC) Oregon.

Education

09.2011–06.2014 **M.S, School Counseling**, Portland State University - Oregon, GPA 3.94.

06.2006–04.2008 **M.A, Counseling Psychology**, Maharaja Sayajirao University, Baroda, India.

06.2003–04.2006 **B.A, Psychology**, Gujarat University - India.

Counseling Experience

10.2013–06.2014 **School Counseling Intern, Cedar Park Middle School (6-8 grade levels), Beaverton School District, 2 days/week.**

- Action Research on career awareness and post-secondary planning for Latina students
- Interventions on issues such as bullying, diversity inclusion, transition, identity and race, friendship, social skills, and peer conflicts
- Initiated the development of after-school Student Support Club

08.2013–06.2014 **School Counseling Intern, Cedar Mill Elementary School (K-5 grade levels), Beaverton School District, 1 day/week.**

- Classroom guidance lessons based on needs assessment
- Other duties included lunch groups; attending 504, IEP and RTI meetings

04.2013–03.2014 **Clinical Mental Health Experience, PSU Community Counseling Clinic.**

- Counseling for anxiety, depression, trauma, self-image, divorce, self-care plan and co-parenting
- Techniques: Cognitive Behavioral Technique (CBT), Emotion Focused Therapy (EFT), Mindfulness, Motivational Interviewing

Previous Teaching Experience

01.2009–04.2011 **High School Teacher, Eklavya School, Ahmedabad - www.eklavya.org, India.**

- Taught Psychology in grade 11 and 12 (two years)
- Taught History in grade 9 (one year)

Multilingual

Fluent: English, Hindi, Gujarati

Community & Volunteer Work

Oregon Food Bank (Volunteer) with Khiwanis club

IRCO Immigrant and Refugee Community Organization - in home tutor

World Mental Health Week Creating awareness about mental health

Certified Courses & Projects

MI - Motivational Interviewing in Schools

ASIST - Applied Suicide Intervention Skills Training

CGCP - Model Comprehensive Guidance & Counseling Program for middle school
as per ASCA guidelines

Yoga Training at MS University

Student Teaching Experience

10.2011–08.2012 **Teacher Aide**, *Helen Gordon Child Development Center, Portland.*

- Infant-toddler section with an emphasis on Reggio Emilia approach

10.2011–03.2012 **Student Teacher**, *Beverly Cleary, Portland Public School, Portland.*

- Taught a class of 30 students in grade 4 as a standard student teacher

Mentoring experience

09.2012–06.2014 **Graduate Mentor for General Ed. Sophomore level regular and online classes**, *University Studies, Portland State University.*

- Teaching research and writing process, group facilitation, community building, and retention

07.2012–12.2013 **International Student Peer Mentor**, *Portland State University.*

- Mentoring international students during their initial school term for smooth transition in United States