

# —○ PARISA OSTOVARI ○—

## Contact

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Carlsbad, CA

## GitHub:

[github.com/parisa-ostovari](https://github.com/parisa-ostovari)

## LinkedIn:

[linkedin.com/parisa-ostovari](https://linkedin.com/parisa-ostovari)

## Portfolio:

[parisa-react-heroku-portfolio.herokuapp.com/](https://parisa-react-heroku-portfolio.herokuapp.com/)

## Education

Full Stack Developer  
Certificate

March 2022

UC San Diego Extension

Physical Therapist  
Assistant, A.S.

May 2018

San Diego Mesa College

Psychology, B.A.

May 2015

UC Merced

## Skills

JavaScript  
MongoDB  
GraphQL  
Express.js  
Node.js  
React.js  
Handlebars.js  
MySQL

Sequelize  
HTML  
Tailwind CSS  
Bootstrap CSS  
Bulma CSS  
Guitarist  
Volleyball

## Summary

Self-motivated software developer transitioning from a career as a physical therapist assistant. Having years of experience on the client side, with the use various bio-tech documentation programs and physically rehabilitating patients with disabilities, the importance of accessibility and UI integration with applications is where I excel. Eager to utilize my ability to adapt and learn quickly, along with my leadership and communication skills, I hope to help pave the way for more women in tech.

## Projects

**Rate My Portfolio** | <https://github.com/parisa-ostovari/RateMyPortfolio> | <https://floating-fjord-17758.herokuapp.com/>

- A social media application that allows the user to create an account and upload, rate, comment, and follow various developer's portfolios.
- Technology: GraphQL, Express.js, React.js, Node.js, Tailwind CSS

**Covid Travel Guide** | <https://github.com/parisa-ostovari/CovidTravelGuide> | <https://intense-mesa-45226.herokuapp.com/>

- An application helps navigate the user through various covid entry restrictions, mask requirements and documents needed, for any country they wish to travel to.
- Technology: JavaScript, Node.js, MySQL, Sequelize, Axios, Handlebars.js, Bootstrap

**Git Cooking** | <https://github.com/parisa-ostovari/GitCooking> | <https://nmbeilke.github.io/Git-Cooking/>

- A website generating and save recipe and drink pairings
- Technology: JavaScript, Edmam API, Cocktail DB API, Bulma CSS

## Experience

### Physical Therapist Assistant

GlenBrook Health Center / Seacrest Village / Carlsbad, CA / Aug 2018 – Present

- Managed up to 14 patients a day, within 2 separate facilities, while maintaining a productivity standard of 91%.
- As the most senior therapist, gained leadership experience through transitioning a therapeutic team through 3 different companies, mentoring multiple new rehab directors, physical, occupational and speech therapists, on the practices and implementation of therapeutic treatments for the senior living buildings.
- Lead as interim rehab director and transition coordinator at a moment's notice; managing the interdisciplinary team, while collaborating with doctors, nurses, social services, and assisted living/independent living directors, all to allow the continuation of fostering high standards of practice.
- Implemented a new system of therapeutic patient treatments, to help decrease the spread of a virus, secondary to the ever-changing environment caused by covid-19.
- Rehabilitated hundreds of patients, within a geriatric population, specializing in individualized direct-patient care for Alzheimer's and neurological diagnoses.

### Behavioral Therapist

Behavior Frontiers / San Diego, CA / Aug 2016 – Sep 2017

- Utilized applied behavior analysis therapy for children ages 3 to 8, within the autism spectrum disorder.
- Created treatments specific to each home environment and for an expansive range of high functioning to low, non-verbal, children with autism.
- Collaborating extensively with parents, therapists, and medical professionals, to teach time-sensitive self-care, play and communication techniques.