

Sample Resume – Psychology Major

Abbey Road

100 High Street, Apt. 30
Farmington, ME 04938

207-778-5555
abbey.road@maine.edu
www.linkedin.com/in/abbeyroad

Education

University of Maine at Farmington (UMF), Farmington, Maine
B.A. Psychology with a minor in History, anticipated May 2015
3.51 GPA, Dean's List Recipient
Eligible for MHRT/C certification upon graduation

Social Service and Mentoring Experience

Mental Health Rehabilitation Technician Intern, January 2016 - present
Community Correctional Alternatives, Farmington, Maine

- Provide one-to-one support for adult clients with various mental illnesses, including borderline personality disorder, schizophrenia, bi-polar disorder, and anxiety disorders
- Support each client's goal of developing life skills and working toward independent living
- Attend weekly clinical counseling meeting to discuss client progress and affect
- Document daily activities with clients and progress toward meeting goals

Assistant Director, Summers 2014 and 2015

Growing Opportunities Summer Camp, Howland, Maine

- Organized and implemented outdoor recreational activities for boys age 9 to 15 with a variety of behavioral issues
- Worked one-on-one with campers during "time-out" sessions for inappropriate behavior, frequently de-escalating conflict between campers
- Gained an understanding of common medications associated with depression and ADD/ADHD and the general emotional and physiological implications of medications
- Taught team- and self-esteem building skills related to camping and outdoor recreation

Mentor, PALS Program, 2013-2014

Mountain Valley High School, Rumford, Maine

- Trained to work one-on-one with children ages 8 to 13 on academic and social issues
- Provided structure for and assistance with homework assignments
- Socialized children in therapeutic recreational activities
- Modeled and reinforced appropriate behaviors
- Taught weekly swing dancing lessons at Rumford Teen Center for middle school students
- Trained other PALS mentors in behavior modification techniques

Coaching and Athletic Experience

Softball Coach, Summer 2016

YMCA Youth Soccer, Camden, Maine

- Taught fundamentals, injury prevention strategies, team work, and field positions to children ages 6 to 12
- Communicated informally with parents about their child's progress and behavior
- Organized practices and scrimmages for teams of 11 children

Striker, Women's Soccer Team, UMF

- Played the position of striker for 3 years
- Participated and won the NCAA North Atlantic Conference Champions in 2012, the NAIA Regional Champions in 2013, and the Maine Athletic Conference Champions in 2013

Research Experience

Delivered a presentation on the efficacy of an anti-smoking campaign (The TRUTH) on college students. The original research focused on whether or not these advertisements raised the viewers' heart rate as a measure of significant influence. The results were presented through PowerPoint at a campus-wide symposium on student research before an audience of 30 students and faculty. Invited to deliver "The Effects of the TRUTH Campaign" at a state-wide conference on undergraduate research at Colby College in Waterville, Maine.

Course Highlights

Family Theory and Psychopathology, Introduction to Counseling and Personality, Death and Dying, Adulthood and Aging, Child and Adolescent Development, Abnormal Psychology, and Foundations in Human Behavior, Crisis Intervention and Stabilization and Research Methods in Psychology

References

Dan Seabold, Professor of Psychology, University of Maine at Farmington 207-778-7382 (office) or seabold@maine.edu

Susan Anzivino, Professor of Psychology, University of Maine at Farmington 207-778-7384 or anzivino@maine.edu

Bill Tanner, Jr., Vice President, Community Correctional Alternatives 207-778-6300