**Summary**

Empathetic and research-focused psychology professional with a solid foundation in human behavior, psychological theory, and data analysis. Currently pursuing a Master of Arts in Psychology to develop advanced skills in clinical assessment, research design, and therapeutic intervention. Proven ability to conduct ethical research and communicate complex findings to diverse audiences. Seeking a role in a research lab, clinical setting, or non-profit organization focused on mental health.

**Education**

**Master of Arts in Psychology** | Expected May 2026

Governors State University | University Park, IL

* *Relevant Coursework:* Advanced Research Methods, Psychopathology, Developmental Psychology, Cognitive-Behavioral Therapy (CBT), Group Dynamics, Ethics in Psychological Practice

**Bachelor of Science in Psychology** | May 2024

University of Illinois at Chicago | Chicago, IL

* *Relevant Coursework:* Abnormal Psychology, Social Psychology, Statistics for the Behavioral Sciences, Personality Theory

**Experience**

**Research Assistant** | August 2024 – Present

Governors State University Psychology Department | University Park, IL

* Supported a faculty research project on the effects of social media on adolescent mental health.
* Assisted with study design, participant recruitment, data collection, and statistical analysis using SPSS.
* Presented preliminary findings at a departmental research symposium.

**Behavioral Health Technician** | June 2024 – August 2024

Outpatient Mental Health Clinic | Chicago, IL

* Assisted licensed therapists with administrative tasks and client intake procedures.
* Monitored and documented patient behavior, providing support in a structured therapeutic environment.

**Projects**

**M.A. Capstone Project: Efficacy of Mindfulness Interventions in Stress Reduction** | May 2026

Governors State University | University Park, IL

* Designed and implemented a small-scale study to measure the effectiveness of a brief mindfulness program on stress levels in college students.
* Analyzed pre- and post-intervention data and wrote a comprehensive report on the findings.

**Literature Review: The Impact of Early Childhood Trauma on Adult Attachment Styles** | November 2025

Governors State University | University Park, IL

* Conducted an extensive literature review on the long-term psychological effects of early childhood trauma.
* Synthesized findings from over 50 academic articles and presented a coherent analysis of current research trends.

**Awards & Certificates**

* **Psi Chi International Honor Society in Psychology:** Member (2023-Present)
* **Dean's List:** University of Illinois at Chicago (Fall 2022, Spring 2023)

**Volunteer Work**

**Crisis Hotline Volunteer** | September 2023 – Present

Local Mental Health Support Center | Chicago, IL

* Provided confidential, empathetic, and non-judgmental support to individuals experiencing emotional distress.
* Completed 40+ hours of training in crisis intervention and active listening techniques.

**Peer Mentor** | January 2023 – May 2023

University of Illinois at Chicago | Chicago, IL

* Mentored a first-year psychology student, helping them navigate coursework and academic challenges.
* Organized study groups and connected students to university resources.

**Skills**

* **Research Methods:** Qualitative & Quantitative Research, Statistical Analysis (SPSS, R), Research Design, Literature Review
* **Clinical Skills:** Active Listening, Empathy, Confidentiality, Crisis Intervention, Intake Procedures
* **Communication:** Technical Writing, Public Speaking, Report Writing, Client-Centered Communication
* **Software:** Microsoft Office Suite, Google Workspace, SPSS, R, Qualtrics