

Jane Doe

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EDUCATION

Specialized Honours Bachelor of Science Degree in Psychology

2012

York University, Toronto

Seminar Presentations

Marital Conflict and Therapy

March 2012

- Prepared a presentation on marital conflict and its causes, with an emphasis on marital conflict reduction and/or avoidance
- Interviewed therapists practicing different types of marital therapy; Was commended on my paper by a therapist where he expressed what a great job I had done
- Gained a solid understanding of marital conflict and the ways different therapies can be applied in couples therapy

Rehabilitation for Veterans with PTSD

November 2011

- Examined the different types of therapies that exist for veterans with Complex Post Traumatic Stress Disorder with an emphasis on the rehabilitation outcome of those therapies

Emotion Focused Therapy for Couples

March 2011

- Will conduct an analysis on Emotion Focused Therapy for couples to examine the etiology of human difficulty from the EFT perspective, what is targets to promote, as well as what the roles are of the client and the therapist in EFT therapy

Mock Counselling Assignment

March 2011

- Will be completing a mock counselling session thus enabling me to practice to be a professional helper and to establish an alliance with the client by listening carefully, non-judgementally, and empathetically

Research Projects

Honours Thesis Project

September 2011- April 2012

The impact of race-based pre-trial questioning on jurors' commitment to impartiality

- Conducting an independent research project on jury decision making in the area of psychology and law
- Prepared a proposal on the research topic of interest that was accepted by the thesis supervisor with minor changes to be made
- Effectively put together the stimuli for the study along with testing 180 participants in 6 different conditions
- Independently input all of the participants responses' into SPSS and will be conducting statistical analysis to determine any statistical significance

Intermediate Research Methods Project

January 2009 – May 2009

Odour Effects on Memory Recall

- Performed an independent research project on how odour effects memory recall in the area of sensation and perception
- Learned the concepts of research design, conducting a study as well as writing, which resulted in a final grade of an "A" in the course along with success in conducting the research study

RELEVANT EXPERIENCE**Distress Helpline Volunteer**

November 2010 - Present

Spectra Community Support Services, Brampton, ON

- Provide attentive listening to 6-8 callers per 4 hour shift by displaying empathy and patience to all types of callers who are in distress as well as having the ability to explore options with the caller
- Make outbound calls to elderly clients, giving medication reminders along with conversing with them on various topics during for which many clients have expressed gratitude

Tutor Volunteer

September 2010 – April 2011

York Students Offering Support, York University, Toronto

Successfully tutored students in an Introductory Psychology course in addition to a Psychology Statistics course

- Assisted students with their assignments and preparation for their exams and offered study tips which they successfully utilized
- Prepared a 3 hour PowerPoint presentation on specific chapters relevant to the exam; cumulatively received the highest rating on student evaluations
- Supervisor indicated that I gave exceptional examples for specific and tough concepts while presenting the information in an organized and patient manner on performance assessment

Research Assistant Volunteer

September 2010 - Present

Psychology and Law Lab, York University, Toronto

Work in a lab which examines the motivations of individuals to be unprejudiced when rendering their verdicts or making case evaluations in a stereotypical situation

- Recruited participants and ran 4 conditions of the study by following ethical guidelines as well as successfully entering the data into SPSS
- Hired after volunteering for 2 months where I demonstrated commitment and reliability
- Surpassed my job responsibilities and assisted with a coding study thereby increasing the efficiency of work being completed in the lab
- Promoted from research assistant to honours thesis student thus completing my undergraduate thesis project in the area of psychology and law

Research Assistant Volunteer

November 2009 – April 2011

The Psychotherapy Research Clinic, York University, Toronto

Assisted a graduate student in watching couples therapy videos for three different couples and recorded their most vulnerable moments while in therapy

- Offered to assist with a coding project demonstrating my enthusiasm for the research and as a result was given more than one hundred 5 minute clips to code
- Demonstrated initiative while volunteering to assist in transcribing clips to record the word-for-word exchange shared between a couple
- Was assigned additional transcribing clips to complete, illustrating my reliability and capability to complete an assigned task in a timely fashion
- Selected for extra responsibilities when one student could not transcribe their set of clips, thus increasing the efficiency of work being completed whilst saving time as there was a deadline to meet

Director of Volunteers Volunter

September 2009 – April 2011

Undergraduate Psychology Students' Association, York University, Toronto

Successfully managed and lead 30 volunteers by delegating specific duties for them to perform in the organization resulting in the success of events and goals for the organization

- Recruited, interviewed and trained new volunteers to the organization to ensure that they were familiar with the rules and regulations of the association
- Effectively responded to emails from volunteers and dealt with their questions/concerns in a timely fashion
- Took initiative to assist the President with his duties by taking on the responsibility of booking tables for advertising, meeting our goal of 16-20 tabling sessions per year
- After my volunteer coordinator resigned half-way through the first term, I was required to complete and manage everything in the volunteer department demonstrating my resilience and leadership skills

Tutor

September 2009 - April 2010

Undergraduate Psychology Students' Association, York University, Toronto

- Tutored two students in psychology statistics course and assisted them with their assignments and preparation for their tests
- Provided study tips on how to work through problems more efficiently thus ensuring their success in the course
- Facilitated learning by assigning questions to complete while teaching short-hand methods to solve problems

High School Mentor Volunteer

December 2008 - October 2009

York-Lions In-Training Program, York University, Toronto

- Mentored high school students across the GTA to show them what a day-in-the-life of a York University student is like
- Was able to answer any of their questions and/or concerns that they had and gave advice and tips for the future as well as directing a tour of the campus demonstrating my knowledge about York and University life in general

Peer Mentor Volunteer

October 2008 - April 2009

Faculty of Health, York University, Toronto

- Mentored York University students who joined in the winter semester to ensure that their transition from high school to University was smooth and successful by being their "go to" person
- Effectively was able to answer their questions about how to enrol in classes, what services were available to them, where they could get extra help and by answering other questions they may have had to ensure they had all of the information to make informed and wise decisions

ADDITIONAL EXPERIENCE**Server** (summer and part-time)

September 2010 - Present

Kelseys, Brampton, ON

Server/Certified Trainer (summer and part-time)

August 2007 - September 2010

East Side Marios, Mississauga, ON