

# Sample 1 - Psychology

## Sydney Psychologist

208.111.1941 ▪ psychologists@spu.edu ▪ linkedin.com/in/sydneypsychologist ▪ Seattle, WA

### Qualifications

- 2+ years experience as a research assistant in the Seattle Pacific University psychophysiology lab, involving all aspects of the research process
- Extensive leadership and relationship-building skills with adolescent girls; organizing and leading discussions and activities both in 1-on-1 settings as well as groups
- Ability to work effectively independently and as a team member; demonstrated through participation in class projects and outside work as a group leader at a local church
- Familiar with SPSS; proficient with MS Office programs: Outlook, Word, Excel, PowerPoint

### Education

#### Bachelor of Science, Psychology

June 2019

#### Seattle Pacific University, Seattle, WA

- Related Coursework: developmental psychology, psychological research methods, physiological psychology

### Relevant Experience

#### Senior Research Project

#### Seattle Pacific University, Seattle, WA

March 2016 - Present

- Investigating the effect of chronic stress in women and the connection to differences in the RSA and predicting later psychological disorders
- Present poster of the project at the SPU SPFC research conference in 2019 showing preliminary results

#### Research Assistant

#### Psychophysiology Lab, Seattle Pacific University, Seattle, WA

March 2015 - Present

- Actively participate in all aspects of the research process: hypothesis generation, elaboration and discussion; recruiting, screening and tracking subjects; data entry and analysis; library research and scientific reading; data collection including measuring vitals through stress testing
- Provide co-authorship and editing on publications of research coming out of the lab (June 2019)
- Present poster of lab research on stress and reactivity in women at 2018 Western Psychological Association Conference

#### Middle School Girls' Small Group Leader

#### First Free Methodist Church, Seattle, WA

September 2012 - Present

- Organize and lead weekly discussions with groups of 4-5 middle school girls and engage in mid-week contact work and relationship building
- Coordinate events for 10+ people such as body image seminars, weekend retreats, and relevant activities

#### Youth Camp Counselor

#### Warm Beach Christian Camp and Conference Center, Ocean Shores, WA

Summers 2015 - 2016

- Supervised and engaged 10-15 adolescent girls in activity and discussion in a week-long camp setting
- Worked closely with adolescents with Down syndrome, epilepsy and autism
- Collaborated with summer staff of 10 people to provide a supportive team environment

### Additional Experience

- Administrative Assistant, ABC Construction Company, Seattle, WA, 2010 - Present
- Child Care Aide, Smith's Child Care Center, Seattle, WA, 2011 - 2012

## Sample 2 - Psychology Data Analytics

# SPU STUDENT

Seattle, WA

(123)-435-7890 | spustudent@spu.edu | www.linkedin.com/SPUStudent

### QUALIFICATIONS

- Certified in Microsoft Excel 2019; proficient in other Microsoft 365 software such as Access
- Uses deep analytical and problem-solving skills to complete projects promptly
- Working knowledge of databases and SQL
- Understands basic concepts of data flow, data enrichment, and data consolidation
- Strong motivation and adaptability to learn and understand modern technologies
- Ability to produce quality work products with attention to detail

### EDUCATION

#### **Bachelor of Arts in Psychology - Data Analytics Track**

**June 2021**

*Seattle Pacific University, Seattle, WA*

- GPA: 3.4, President's Scholar, Dean's List

### RELEVANT EXPERIENCE

#### **Computer and Information Systems Helpdesk**

**Sept 2019 – June 2021**

*Seattle Pacific University - Seattle, WA*

- Supplied technological assistance for academics, instruction, and faculty work on campus
- Worked daily with the details of operating systems to analyze problems
- Relayed 8-10 detailed and thorough messages via phone and email daily to ensure tech issues were solved
- Diagnosed problems based on information provided by those in need of tech help via phone, in person, or email
- Became familiar with multiple operating systems to better support the tech needs of people on campus
- Wrote comprehensive memos and reports for the different tech issues met by the SPU community

#### **Seattle Pacific University Developer Treasurer**

**Sept 2018 – June 2021**

*Seattle Pacific University - Seattle, WA*

- Active member of SPU's Developer club dedicated to building community among students in tech on campus
- Ran 3-4 meetings every month discussing a variety of programming topics
- Conducted 2 workshops each quarter on technologies used in the software/web development world
- Connected with other data analytics students in the club to build knowledge and skills regarding analytics

### OTHER EXPERIENCE

#### **Server**

**Oct 2017 – June 2019**

*Aegis Senior Assisted Living - Seattle, WA*

- Communicated efficiently with a team of 5 servers to meet dining needs of 60+ years old senior residents
- Built relationships with residents and learned to predict their needs, improving their living experience at Aegis
- Recruited new residents by providing grade A service on tours and quality checking the dining area
- Provided timely service to keep 120+ residents satisfied

#### **Street Team/Orientation Leader**

**Sept 2018 – Sept 2019**

*Seattle Pacific University - Seattle, WA*

- Acted as a student leader to represent SPU at events for current, incoming, and potential students
- Lead a group of 10 students for a week during freshman orientation
- Created a positive and welcoming environment for new students to feel comfortable in a new place
- Engaged with students on campus to make their college experience more exciting

# Sample 3 - Sports Psychology

## SPU STUDENT

Seattle, WA | (123)-435-7890 | spustudent@spu.edu | www.linkedin.com/SPUStudent

### QUALIFICATIONS

- Basic Life Support (BSL) Certified through the American Red Cross
- Deep understanding of sports and teamwork through work as a professional athlete
- Analytical and decisive in evaluating options, exemplified in professional and personal roles
- Practices high levels of compassion with patients, customers, and colleagues
- Ability to produce quality work products with attention to detail

### EDUCATION

#### **Bachelor of Arts in Psychology - Sports Psychology Track**

**June 2021**

*Seattle Pacific University, Seattle, WA*

- GPA: 3.4, President's Scholar, Dean's List, Student Athlete

### RELEVANT EXPERIENCE

#### **Seattle Pacific University Soccer Player**

**Sept 2017 – Present**

*Seattle Pacific University - Seattle, WA*

- Starting player for a division II soccer team of 11 women
- Mentor incoming girls joining the team to ensure they feel comfortable and welcome
- Keep track of athlete stats to create better game plans and give constructive feedback to team members
- Organize 2-4 team offsite events a quarter for team bonding

#### **Volunteer Assistant Soccer Coach**

**Sept 2019 – June 2021**

*Lake Washington School District - Redmond, WA*

- Assistant coached a team of ten 11-year-old girls at the intermediate level through two soccer seasons
- Supported families by encouraging players to create an engaging but fun sport experience
- Made decisions about game plans based on player evaluations and analysis helping us win 90% of all games
- Planned and executed team events to build team dynamics and relationships
- Created detailed practice plans to make sure all girls were receiving the correct fitness regimen

### OTHER EXPERIENCE

#### **Barista**

**Oct 2018 – June 2021**

*Storyville Coffee – Seattle, WA*

- Communicated efficiently with a team of 4 baristas to create exceptional customer service experiences
- Managed a detailed inventory to ensure all ingredients were stocked and replenished in a timely manner
- Served 100+ customers each shift – learned regular customers coffee orders
- Assisted in the decision making for new design choices and menu additions

#### **Street Team/Orientation Leader**

**Sept 2018 – Sept 2019**

*Seattle Pacific University – Seattle, WA*

- Acted as a student leader to represent SPU at events for current, incoming, and potential students
- Led a group of 10 students for a week during freshman orientation
- Created a positive and welcoming environment for new students to feel comfortable in a new place
- Engaged with students on campus to make their college experience more exciting