

Education

University of Nebraska-Lincoln (UNL), Lincoln, NE

Bachelor of Arts, May 2024

Major: Psychology, Minors: Business and Spanish

GPA: 3.86/4.00

Relevant Experience

Cedars Youth Services, Lincoln, NE

Child Specialist, 2021-Present

Cedars supports children from birth through adolescence by offering shelter, foster care, and prevention care services. Their collaborative approach extended to working with families, providing essential resources, creating opportunities, and delivering educational services. Cedars empowers children, fostering skill development and guiding them toward independence.

Responsibilities:

- Communicate with parents on the phone daily while remaining calm in conflict and showing empathy towards their child to work towards mutual understanding.
- Collaborate with coworkers and caregivers to implement care plans for students in before and after school care.
- Identify and resolve any problems the clients experience while in our care.
- Facilitate educational activities for 40+ students to create a safe and fun environment.
- Complete yearly training on Trauma Informed Care and Diversity & Inclusion.

Research Experience

Sensorimotor Function Group, Hospital Nacional de Paraplégicos, Toledo, Spain

Research Assistant, 2023

PI: Dr. Julian Taylor

The project aims to advance sensorimotor function in patients with spinal cord injuries by measuring pathophysiological changes and conditioned pain modulation (CPM) in healthy and unhealthy subjects. For this specific research, we incorporated diet, exercise, and mental health questionnaires to explore the correlation between the pain inhibitory system and personal factors.

Responsibilities:

- Assisted in selecting ten evidence-based surveys for testing various interpersonal factors.
- Communicated testing procedures with subjects, tracked time throughout the tests, and recorded the data acquired.
- Created a database to house data from questionnaires and tests.
- Wrote biweekly lab reports on completed tasks, project updates, and future goals for the research.

Child Maltreatment Lab, UNL, Lincoln, NE

Research Assistant, 2022-Present

PI: Dr. David Hansen, LP

The research efforts to explore the correlates and consequences of childhood maltreatment. Data were collected from participants in sexual abuse group treatment services for children, adolescents, non-abused and non-offending siblings, and non-offending caregivers.

Responsibilities:

- Contribute 100+ hours to cleaning databases housing over 20 years of data.
- Become familiar with SPSS and standard child testing measures like the Youth Self Report, Children's Depression Inventory, and Revised Children's Manifest Anxiety Scale.
- Assist graduate students in their research and publication efforts.

Leadership Experience

Young Life Lincoln, Lincoln, NE

High School Leader, 2022-Present

- Create mentor relationships with 20+ high school students to help them navigate high school challenges.

- Played a role in steering club meetings by facilitating icebreakers, games, and other activities.
- Facilitate discussions with high schoolers navigating current challenges and envisioning future goals.

Center for Advocacy, Response, and Education, UNL, Lincoln, NE

Lead Peer Educator, 2022-Present

- Assist in spearheading Sexual Assault and Relationship Violence Workshops by contributing to script refinement, collaborating with the Michigan State University SARV Prevention program staff, and actively seeking and incorporating valuable student feedback.
- Lead workshops with 2,500+ first-year students through discussion to communicate knowledge about stalking, relationship violence, sexual assault, and dating violence.
- Complete 45+ hours of training through conversations, exercises, and presentations to become informed on relationship violence and sexual assault.
- Assist with research procedures in creating pre- and post-surveys for workshops and analyzing data.

Ambassador, 2021-Present

- Raise awareness for sexual assault and domestic violence on campus by hosting educational workshops.
- Represent care at tabling events promoting CARE's free, confidential support.
- Complete continuous CARE training that focuses on trauma-informed care, confidentiality, and education on sexual assault and domestic violence.

Delta Gamma Sorority, UNL, Lincoln, NE

Member, 2020-Present

- Raise \$15,000 annually as a chapter for Service for Sight through two philanthropy events and fundraising.
- Volunteer 30+ hours for local non-profits by assisting with events and community outreach.
- Gained leadership and communication skills by recruiting new members and speaking at weekly meetings.

Launch Leadership, Crete, NE

Leader, 2019-Present

- Facilitate a week-long workshop leading ten middle school students through hands-on activities to improve students' communication, leadership, and problem-solving skills.
- Develop meaningful relationships with middle and high school delegates through discussions and activities.
- Complete continuous Diversity and Inclusion Training.

Study Abroad Experience

Fundación Ortega-Marañón, Madrid, Spain

2023

- Spent six weeks abroad, immersed in Spanish culture and language.
- Balanced six credits of coursework while maintaining an internship with the Sensorimotor Function Group.