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## **Education**

**2018**                      **Occupational Therapist MSc. Occupational Therapy Candidate**  
Queen's University

## **Certifications**

HCP level CPR & First Aid, Nonviolent Crisis Intervention, ASIST

**2016**                      **Bachelor of Arts**  
St. Thomas University, NB  
Majors in Psychology and Gerontology and Minor in Sociology (Distinction)  
**2013-2016**              Dean's List

## **Scholarships**

**2012-2015**              **Renewable Entrance Scholarship**  
**2015**                      **Fielden & Constance Lambert Gerontology Leadership Award**  
A financial award given to an upper-year student, majoring in Gerontology with a cumulative GPA of 3.3 or higher and demonstrates a commitment to the well-being of older adults through employment, volunteer or community involvement.

## **Experience**

**October-December, 2017**              **Kingston Colligate Vocational Institute, Kingston, ON**  
Role emerging experience facilitating health promotion education and strategies to high school students without an onsite OT preceptor.  
Independently provided mental health promotion information and activities to students on a variety of topics identified by the students as being important.  
Developed an initial questionnaire as well as a midterm and final evaluation.  
Facilitated relationships with community organizations that include the Canadian Mental Health Association as well as the Sexual Health Resource Centre.

**2017**                      **Horizon Health Extra-Mural Program, Minto & Oromocto, NB.**  
Gained clinical experience with a wide range of needs in a community based setting.  
Was able to gain skills in a fast paced practice setting.  
Clients included school aged children, individuals with chronic illness, home safety, community mobility, and palliative care.  
Collaborated with an interdisciplinary team of 7 health care professionals and participated in round table discussions in regards to client status.  
Successfully completed MOCA assessments as well as initial assessments.  
Completed and maintained client chart records and documentation on a daily basis.  
Participated in a high risk foot clinic workshop, a webinar on communicating with patients with aphasia, complicated issues in rehab (pediatrics), and a webinar about pain in children with cerebral palsy, to facilitate my continued learning to best suit the needs of the placement and their clients.

- May-August, 2016**      **W.G Bishop Nursing Home, Minto, NB.**  
 Was the Assistant Activity Director to assist the Activity Director of the nursing home to implement activities with the residents.  
 Initiated activities with the residents in the nursing home.  
 I obtained skills in interacting with older adults to facilitate understanding and compassionate care.  
 Communicated successfully with the many health care professionals that included registered nurses, licensed practical nurses, and personal support workers.  
 Gained an understanding how to integrate meaningful activity into the lives of the residents.
- 2012-2016**      **New Brunswick Internment Camp Museum, Minto, NB.**  
 To contribute to my experience in educating tourists and guests on the historic nature of the Fredericton Internment Camp.  
 Responsible for the management of the museum through my supervisor position.  
 Experience in working collaboratively in small groups.  
 Gained experience in training employees and supervisors.
- 2016**      **Alzheimer's Society Conference, Fredericton, NB.**  
 I attended the Alzheimer's conference titled "Defeating the Dark Shadow of Alzheimer's Disease and Dementia Through Person Centered Care" to contribute to my interest and experience in working with the older adult population, I attended the

#### **Volunteer Experience**

- 1997-Current**      **W.G Bishop Nursing Home & North Minto Residents, Minto, NB.**  
**1997**  
 I was recognized as being the youngest volunteer in the community by the municipality.  
 My grandparents and I volunteer by performing musically to the older adults.  
 I thoroughly enjoy spending quality time at the nursing home, and because of my endless volunteering opportunities that I have obtained there, influenced my decision to go into health-care and work with older adults.  
 I regularly assist with craft making activities with the older adults at the special care home.
- 2012**      **Minto Village Council, Minto, NB.**  
 I was awarded with the annual "Volunteer of the Year Award" by Minto's Village council and Mayor, and to date, I am the youngest individual to have received this prestigious award.
- 2011- 2016**      **Canadian Cancer Society, Grand Lake and Surrounding Areas.**  
 I took initiative to become team captain of a family team of fifteen members as well as a high-school team of fifteen members.  
 I was awarded for being the youngest team captain in the Grand Lake area and was asked to be the youth ambassador for the area.  
 I participated in a leadership summit in Saint John that was sponsored by the Canadian Cancer Society to develop my leadership abilities.