

Carissa Carlson

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Objective To become a doctor of Psychology and to pursue a distinguished career in counseling or social work. Through this career, I hope to help and influence the lives of many people, whether it is adults or children. I would love to touch the lives of individuals and help them through a time when they are struggling. As well as helping with specific needs and problems, I plan to incorporate vital life lessons and values into their everyday thinking.

Education ST. JOHN FISHER COLLEGE, Rochester, NY
Bachelor of Arts, Psychology *Expected: May 2012*
Bachelor of Arts, Sociology *Expected: May 2012*
Majors: Psychology and Sociology
GPA: 3.8
Presidential Merit Scholarship

BOLIVAR-RICHBURG CENTRAL SCHOOL, Bolivar, NY
Advanced Regents Diploma *June 2008*
GPA: 95-96
Special Honors: High Honor Roll, National Honor Society

Computer Skills Very knowledgeable in Microsoft Word, Works, Powerpoint, Excel, Publisher
Basic knowledge of SPSS Software
Excessive use of World Wide Web

Work Experience BOLIVAR-RICHBURG CENTRAL SCHOOL, BOLIVAR, NY *Summer 2008, 2009*
Cleaner

- Helped and assisted the staff in organizing the building in preparation for the upcoming school year, assisted the Business offices with miscellaneous tasks, such as, paperwork, inputting computer data, managing incoming mail
- Acquired many team building skills while working with three peers and a number of different supervisors, acquired more knowledge of computer programs

ADVANCED MONOLITHIC CERAMICS, OLEAN, NY *Summer 2007*
Laborer

- Helped with miscellaneous jobs throughout a factory
- Built effective communication skills by working with a number of different individuals

BOLIVAR, NY *2004-Current*
Babysitting/Childcare (Ages 1-12)

- Cared for/looked after young children, gave assistance when needed, provided children with a safe atmosphere while parents were away

Volunteer Experience ST. JOHN FISHER COLLEGE, ROCHESTER, NY *February 2009*
Softball Instructor

- Instructed young girls about the basic techniques of hitting, fielding, and throwing, and taught the importance of teamwork

- Began to understand the dynamics of working with children and how to communicate effectively to them

UNITED METHODIST CHURCH, BOLIVAR, NY

2005-2008

Youth Group and Vacation Bible School Leader

- Planned and organized fun, active ways of learning by doing activities for the younger church members
- Recognized mentor/student relationship

BOLIVAR-RICHBURG CENTRAL SCHOOL, BOLIVAR, NY

2005-2008

Basketball Coach

- Instructed girls (11-13 years old), the rules, and necessary skills of basketball
- Became an effective coach by developing good relationships with my team, and integrating fun ways of learning and developing skills

Leadership Roles

BOLIVAR-RICHBURG CENTRAL SCHOOL, BOLIVAR, NY

2008

Team Captain

- Motivated and lead my teammates in a positive way

Activities

ST. JOHN FISHER COLLEGE, ROCHESTER, NY

September 2008-Current

Women's Softball

- Actively participate in athletics, while maintaining academic success
- Learn very effective time management skills, the importance of being on a team, and how your role on a team is important

BOLIVAR-RICHBURG CENTRAL SCHOOL, BOLIVAR, NY

2005-2008

Student Council

- Planned and organized school events such as dances and pep rallies, held numerous fund raisers to provide money to all school organizations

Language Club

- Developed a better understanding of different cultures and societies
- Applies to many aspects of life because you will be faced with these challenges no matter what career or profession you get into

Varsity Soccer, Basketball, Softball

- Participated in athletics for four years of high school

Awards/Honors

ST. JOHN FISHER COLLEGE, ROCHESTER, NY

September 2008

Presidential Merit Scholarship

- Receive \$10,000 a year to maintain above a 3.0 GPA

Dean's List

January 2009, May 2009

- Managed to hold a GPA of 3.5 or higher throughout each semester

BOLIVAR-RICHBURG CENTRAL SCHOOL, BOLIVAR, NY

Superintendents Award

2005-2008

- Maintained a GPA of 95.0 or above throughout four years of high school