

Name



Email: xxxxxx



Mobile: xxxxxx



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Personal Profile

Dedicated second-year Psychology student at Cardiff University with a passion for Clinical Psychology. Extensive experience gained in person-centred care across clinical and community settings, with a diverse background in the NHS, private, and charity sectors. Experience so far has provided invaluable insights, honed research skills, and deepened understanding of various mental health challenges, enabling the implementation of effective interventions. Committed to expanding knowledge and experience to make a meaningful impact on trauma and mental health recovery through a year-long placement.

Education

BSc (Hons) Psychology with Professional Placement, Cardiff University

2023 – Present

Relevant modules include:

- **Biological Psychology and Individual Differences:** gained comprehensive knowledge of brain anatomy, psychiatric disorders, and available treatment options. This module underscored the significance of individual differences within the human population, emphasizing the need for a personalized approach to everyone's unique personality and mental health needs.
- **Developmental Psychology:** developed a thorough understanding of fundamental developmental psychology paradigms, with a focus on child development. Learned to appreciate the practical applications of this knowledge in clinical research and treatment approaches for individuals with mental health concerns.

Queens School, Cardiff

2017 – 2021

A-Levels: Health and Social Care (A*), Sociology (A), Welsh Baccalaureate (A), Psychology (B)

GCSEs: 11 (1A*, 5A, 5B) including Maths and English

Relevant Skills

INTERPERSONAL SKILLS:

Effective in establishing strong connections and demonstrating empathy with vulnerable individuals facing mental health challenges. Able to relate effectively to individuals of diverse backgrounds, age groups, and cognitive abilities to build rapport quickly.

COLLABORATIVE SKILLS:

Adept at teamwork and collaboration, consistently working in concert with colleagues to meet the unique needs of each patient. Demonstrates reliability, fosters idea-sharing, and efficiently delegates tasks to achieve optimal patient care gained from work experience.

IT AND DIGITAL SKILLS:

Proficient in statistical data analysis, with practical experience acquired through the analysis of data for psychology practical reports during research projects and diverse caring environments. Experienced in full Microsoft suite and able to quickly learn new technologies relevant for different roles, environments and sectors.

ADMINISTRATIVE AND ORGANISATIONAL SKILLS:

Skilled in managing varied commitments alongside full-time studies and arranging and organising individual sessions and groupwork. Adept at utilising various digital tools and software systems to ensure secure data management and note-taking, while strictly adhering to ethical guidelines and confidentiality protocols.

Relevant Experience

Healthcare Support Worker, CAMHS Cardiff & Vale University Hospital

October 2024 - Present

- Deliver individualised and group assistance to adolescents, aged 13-18, facing intricate mental health challenges during 9-hour shifts. Collaborated with multidisciplinary team in organising a diverse range of enriching activities throughout the day, geared towards enhancing overall well-being.
- Apply an empathetic and flexible communication style to foster rapid rapport-building with patients. Cultivate a safe and conducive environment for young individuals to openly share their emotions and enable the successful implementation of treatment strategies and safeguarding protocols.
- Received commendable feedback, highlighting exceptional interpersonal and team-building aptitude in interactions with both patients and fellow team members.

Care Worker, Autism Respite Care

July 2023 - October 2023

- Provided personalised one-to-one care which I successfully adapted to meet the unique needs of children with Autistic Spectrum Disorder, full-time during the summer months.
- Skilfully cultivated and nurtured positive therapeutic relationships and played a central role in facilitating the children's social, psychological, and physical development by engaging them in play and enriching activities of their preference.
- Demonstrated a capacity for reflective and innovative thinking through effectively devising and implementing strategies to address challenging behaviours while maintaining composure and professionalism in strict compliance with relevant regulations

Teaching Assistant, Cardiff Special Educational Needs School

June 2021 - July 2023

- Led and facilitated educational sessions for children aged 4-11 years old dealing with Attention Deficit Hyperactivity Disorder, Autistic Spectrum Disorder, and various learning, emotional, and social challenges.
- Independently ran both group and one-to-one sessions, displaying a compassionate approach in adapting communication styles and valuing diverse perspectives to enhance the learning experience for young people.

Activity volunteer, Disability Sports Wales

April 2021 - June 2021

- Employed forward-thinking strategies to create inclusive sessions that seamlessly integrated disabled and able-bodied children to take part in various sport activities.
- Prioritized the enhancement of mental, physical, and social well-being among young individuals, leveraging the power of sports as a medium for transformation.

Independent Training

Completed extensive additional training and courses through varied experiences (for which certifications can be provided), including:

- Personality Disorder Awareness Training
- HCR-20 v3 Awareness Training
- Suicide Prevention Training
- Caring for People with Psychosis and Schizophrenia
- Mindfulness for Wellbeing and Peak Performance
- Understanding Anxiety, Depression and CBT

Extra-curricular Activities

Student Mentor, Cardiff University

October 2024 – Present

- Provide academic and emotional support to first-year psychology students, helping them transition into university life and navigate the demands of the psychology curriculum.
- Lead group study sessions and workshops on key topics such as research methods, statistical analysis, and psychological theory, helping mentees improve their understanding and exam performance.
- Create a supportive and inclusive learning environment, promoting collaboration and peer learning within the psychology student community.

References available on request