

Joe Sample

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Profile

- Highly motivated student seeking a pre-professional graduate program in preparation for a career as a counselor
- Strong desire to continue developing intuitive and analytical abilities in a therapeutic context
- Keen interest in developing self-understanding and helping others do the same

Education

Bachelor of Arts in Economics, University of Toronto
(Cumulative GPA of 3.9)

June 2015

Awards and Honours

Dean's list 2014

Perito Award for Academic Excellence

Relevant Academic & Research Experience

Personality (PSYC 225)

- Composed a Jungian case study of an individual based on extensive biographical research

Field Work (PSYC 463)

- Completed and reflected on counseling internship (see Relevant Work Experience), and developed professional helping skills

Jungian Psychology (HON 483, an independent study)

- Explored the theories of analytical psychology through secondary sources

Comparative Institutional Analysis of Professional Counseling Relationships (ECON 480, Senior Research in Economics)

Eco-Holics Anonymous: Systemic Addiction and Codependence in Industrial Society (ENVR 499, an Undergraduate Research project)

- Published in the Proceedings of the 2012 Big South Undergraduate Research Symposium
- Presented, in different iterations, five times between March 2013 and March 2014

Independent Research Program

- Retiring People and Their Emotional Challenges, presented at Student Undergraduate Research Forum, Ryerson University

Relevant Work Experience

Intern, Bereavement Department, St. Michael's Hospital (June 2013- August 2013)

Observed and contributed to three bereavement counseling groups

- Counseling group for processing emotions and thoughts in reaction to the death of a loved one
- Support and counseling group for parents grieving the death of a child
- Counseling and skills-development group for mourners needing coping strategies to manage intense emotions
- Assisted bereavement counselors in forming and implementing structured activities for group therapy sessions
- Composed clinical charting notes for bereavement clients by interpreting interactions in group settings in the context of the Hospice Bereavement clinical model of the grief process
- Extended bereavement services to family members of deceased Hospice clients by telephone and correspondence
- Participated in didactic Grief Education presentation series

Resident Assistant, UNC-Asheville Office of Residential Education (August 2006-May 2008)

- Advised resident college students on personal, interpersonal, and academic issues
- Assisted resident college students in accessing campus resources
- Organized and implemented educational and recreational programs for residents

Peer Mentor, Centre for International Experience (August 2012- December 2012)

- Supported first year international students in adjustments to university environment
- Provided students with academic planning guidance

Volunteer Experience

Hospice Palliative Care Center of New Market, ON

(May 2013 – present)

- Provided respite for caretakers by helping terminally ill patients with daily activities both at home and at the Hospice Home

Skills

- **Active Listening:** Familiarity with active listening techniques and theory; extensive practice in professional and informal contexts
- **Oral Presentation:** Frequent presentations of original academic research; educational program presentations for resident students, and in other venues (church, community, university)
- **Academic Research and Writing:** Strong academic writing skills, coupled with an affinity for research and investigation into topics of academic and personal interest; capable of critical synthesis of different academic disciplines
- **Collaboration:** Strong team worker; several years of experience on University committees, and as a leader in University organizations and professional settings