

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

Professional Goals

- To be admitted into the Counseling Psychology and Counselor Education program at the University of Colorado - Denver for the Spring semester of 2010
- To acquire competence as a counselor and grow in self-awareness
- To obtain licensure as a Licensed Professional Counselor in the State of Colorado

Education

Bachelor of Arts in Economics, University of North Carolina – Asheville, May 2009

- **Cumulative GPA of 3.925 (Graduation Summa Cum Laude)**
- Distinction in Economics
- Distinction as a University Scholar
- Distinction as an Undergraduate Research Scholar

Relevant Academic Work

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 2007 Big South Undergraduate Research Symposium
- Presented, in different iterations, five times between March 2007 and March 2009
- Published in different versions by two other publications

Relevant Work Experience

Intern, Bereavement Department, CarePartners Hospice (January 2009-April 2009)

- 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, UNC-Asheville Advising and Learning Support Center (August 2008-December 2008)

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

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