

WALLY PILOT

Portland, OR | 000-000-0000 | sample@up.edu

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PROFILE

Collegiate athlete with experience balancing multiple priorities. Demonstrated success in effective leadership, teamwork, and time management. Recognized for positive attitude, strong work ethic, and building strong relationships.

EDUCATION

University of Portland, Portland, OR
Bachelor of Arts, Psychology

Expected May 20XX
GPA 3.XX

RELATED EXPERIENCE

Division I Women's Rowing, *University of Portland*, Portland, OR

Fall 20XX - Present

- Balance academic coursework with athletic schedule, demonstrating time management and organizational skills
- Contribute to team success by collaborating with peers, adapting to challenges, and supporting a culture of accountability and mutual trust
- Set goals and reviewed performance to improve skills and overall team outcomes during practices and competitions
- Model professionalism and integrity in competitive and community settings

Intern, *YMCA of Columbia-Willamette*, Portland, OR

Summer 20XX

- Worked with teens in an after-school program, using psychology concepts to support motivation, personal growth, and social-emotional learning
- Built positive relationships through active listening, mentorship, and guidance during group activities and discussions
- Helped create a safe and inclusive environment by observing group dynamics and supporting youth engagement
- Followed professional and ethical standards, maintaining boundaries and confidentiality while working with minors

ACADEMIC EXPERIENCE

Senior Capstone, *Stress and Coping Among College Students*

Fall 20XX

- Designed and conducted a semester-long research study examining the relationship between academic stress and coping strategies among college students
- Developed research questions and performed literature review
- Designed survey and collected data following ethical research standards and protocols
- Analyzed quantitative data using SPSS to identify patterns and relationships
- Communicated findings in a formal research paper and capstone presentation discussing implications for student well-being and future research

Becoming a Helping Professional, *Applied Helping Skills Practice*

Spring 20XX

- Practiced facilitating structured helping conversations through role-play and simulated client scenarios
- Utilized techniques including active listening, open-ended questioning, reflection of feeling and content, summarizing, and empathy building
- Followed ethical standards by maintaining appropriate boundaries, confidentiality, and professionalism during practice sessions
- Received and incorporated peer and instructor feedback to strengthen communication effectiveness and rapport-building skills

ADDITIONAL EXPERIENCE

Member, *Active Minds*, University of Portland

Fall 20XX - Present

Member, *Pickleball Club*, University of Portland

Fall 20XX - Present