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# Work & Volunteering Experience

### Crisis Volunteer – 'Text About It:50808' Nov 2023 – Nov 2024

• From November this year I undertook a 6 week training course to become a trained crisis volunteer to aid people who text the crisis helpline and are seeking help or just want to talk. It has been very influential in me developing my emotional intelligence and how I can learn to work remotely and still communicate effectively with my mentor team and with vulnerable strangers online. I will be volunteering for at least a one year period as it is the promise I made to the charity when I signed up.

# Retail Assistant - Daybreak River Valley - May - Sep 2022

I worked as a full time sales assistant working usually 6 days a week in a
convenience store that sold many everyday items. My job entailed working
directly with customers from behind the counter, inventory stocking and
management, cleaning, organisation and learning how to compromise, how
to delegate tasks and how to work in a small team serving a large local
community.

## **Annual Marketing Postal Mail Shot**

DLL Ireland DAC, (financial services company) -

Dec - Jan (two week periods) (2022, 2020, 2017, 2016)

 Through the Christmas break periods of the aforementioned years, I was in charge of making sure 10,000+ letters were filled and ready to be delivered to DLL customers for their annual marketing mail shot.

Each of the four times I managed the team organising the letters and making sure the people that were working alongside me were working well and were on track.

Through working on these mail shots, I learned a lot about organisation skills and how to develop effective time management and group work.

# 3rd Level Education

### DCU, Glasnevin, Co. Dublin (Sep 2020 – May 2024)

### QQI Level 8 - Joint Honours: Bachelor of Arts - Politics and Law (International)

- Notable modules: All essential 8 FE1 subjects, a Moot Court module, international relations, political economy, etc. I also undertook many interesting modules outside my degree discipline during my Erasmus year abroad which included subjects like marketing, sociology, EU policy, psychology etc.
- Grade from first year 1:1

- Grade from second year 2:1
- Grade from third year 2:1

## Notable Achievements:

• Elected Class Representative for my final year at DCU (2023-24):

As a class rep, I help provide clarity between my fellow classmates and lecturers, inform them of any issues or relevant events and have a more involved role in student life on campus with my fellow class reps at DCU.

• Elected Secretary of the DCU German Society for my final year at DCU (2023-24):

I undertake a leadership-like role in this committee by booking/arranging events and having a key role, as well as taking minutes in committee meetings, sending emails to all our society members etc.

• Erasmus Exchange (2022-23):

I obtained my first choice of Erasmus location and thus undertook an Erasmus Year at 'Vrije Universiteit Brussel' in Belgium for my optional third year of my degree. I went by myself and learned so much as I got to develop my academic, financial, social and relationship management skills.

- Elected Committee member of DCU Law Society for 2 years (2020-2022):
  For my first two years at DCU, I was elected a committee member of the 'DCU Law Society', one of DCU's biggest student societies, in which I helped organise and run events, such as corporate guest speaker events, Moot competitions, workshops and a student ball etc.
- <u>DCU Engage Award: Bronze (2021) and Silver (2022):</u> Student elective awards where I undertook programmes to reflect on my journey in college and on my path to personal development and the type of career that is right for me.

# **Skills and Hobbies:**

- Proficient in Microsoft Word, PowerPoint and currently developing my skills in Excel.
- Currently attempting to be fluent in German as a second language.
- Hobbies: Baking, thrift shopping/selling, reading, grabbing coffee/dinner with friends, swimming, and walking/hiking with my dog, Keiko.