Curriculum Vitae

Ruth Long

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Education

* Gaelscoil Uí Ríordáin, Ballincollig, Co. Cork from 1999 – 2007.
* Gaelcholáiste Choilm, Ballincollig, Co. Cork from 2007 – 2013.
* University College Cork from 2013 - present.
* Erasmus Year completed in Charles University in Prague, Czech Republic from September 2015 to June 2016.

Work Experience

* Summer internship at Barry M. O’Meara Solicitors, 18 South Mall, Cork City from June to August 2016. Improvement on legal skills by reading and examining past files, researching various legal topics, typing memos and case briefs, and putting files in order. Attending court sittings with partners, and sitting in on meetings and conference calls to develop professionalism. Expanding upon communication skills when meeting clients alongside the firm’s partners to gain an insight into dealing with clients on a professional level. Receptionist duties where I greeted clients, took appointments, and answered calls and messages. Also carrying out general office work such as copying, scanning, typing, and filing. Development of my ability to work within a team at a professional level.
* Waitress at Wilton Bar and Restaurant, Bishopstown, Co. Cork from 2014 – present. Greeting customers and creating a welcoming, friendly environment. Remaining composed and professional at all times during busy, stressful periods. Improvement of my handling of customer questions, queries and complaints. Having the responsibility of handling cash and credit cards, and ensuring accurate change is given. Ensuring the restaurant is a clean and hygienic environment. Maintaining a strong team ethos of support and amicability, and working to a high standard to aid the functioning of the restaurant.
* Volunteering with NGO ‘Archelon’, a turtle conservation project in Zakynthos, Greece from July to August 2015. Development of my team and leadership skills as the project involved over 100 volunteers each month, and we usually worked in large groups. Dealing with the public to raise awareness of the project which expanded upon my ability to interact with people. Giving presentations to large crowds on the project which boosted my confidence in speaking in front of people.
* Sales Assistant in Dunne Stores, Bandon Road, Co. Cork from 2013 – 2014. Enhancement of my customer-related work by working on a till and dealing with customer questions and grievances. Development of my commercial awareness by working in a large retail chain where ensuring profitability and production is crucial, and stock input and output is closely observed.
* Barmaid and Waitress at No.1 Restaurant, Royal Mile, Edinburgh, Scotland from June to August 2014 during the Edinburgh Fringe Festival. Improvement of customer relations by greeting customers and always making them feel welcome by being polite and friendly. Development of my ability to work long hours in a very busy environment. Enhanced my cultural awareness as many customers came from all over the world.
* Private Irish Language tutor, teaching 2nd Level exam students, as a fluent Irish speaker. Increased my ability to remain calm and patient if students had difficulty understanding a topic. Enhanced my creativity when making PowerPoints and handouts, and helped to develop my presentation skills whilst teaching. Strengthening my organisational skills when preparing class handouts and homework. Development of my encouragement and motivation skills, as occasionally students would become inattentive or distracted and I would have to keep their attention.

Interests and Achievements

* Clarinetist, achieving an Honours Certificate for Grade 6 from the Cork County School of Music. I also play the piano, bodhrán and classical recorder.
* Member of the editorial panel on the Cork Online Law Review in 2014, which is run through the UCC Law Society. This allowed me to read papers and essays on various legal topics, and improved my legal writing skills greatly as much of the work involved editing and reviewing article submissions with a critical eye.
* Member and Social Secretary of UCC’s Feminist Society in 2014. The society organised a hugely successful conference called ‘Women in Politics’. My role involved promoting the conference by using posters and leaflets and advertising it on social media. This greatly improved my organisational skills.
* Received the bronze medal for ‘An Gaisce’ award in 2010 which tested both my mental stamina and also my physical skills, as the award involved a hike up the McGuillycuddy Reeks in Co. Kerry.
* Personal hobbies include singing, cooking, travelling and running.

Legal Reference

* Emer O’Callaghan BCL, MA Mediator, Barry M. O’Meara Solicitors, 18 South Mall, Cork. 021 427 3305, [emer.ocallaghan@bmomeara.ie](mailto:emer.ocallaghan@bmomeara.ie).