Hange Zoë

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EDUCATION:

Bachelor of Arts June 2029
Major: Psychology; Minor: Data Science, GPA: 3.7
Lawrence University, Appleton, WI

MENTAL HEALTH EXPERIENCE:

Psychology Coursework and Projects, Lawrence University, Appleton, WI September 2025 - Present

- Examined mental health topics such as depression, anxiety, rumination, and eating disorders to build basic diagnostic skills using clinical vignettes
- Performed literature review of examples of misinformation in modern media; studied impacts across 5 published journal articles and wrote 9-page APA-formatted paper
- Reviewed 5-8 principles of psychology, emphasizing empirical approaches, especially exploring historical context, impact of bias, and importance of research-based approaches
- Designed research questions as part of psychology statistics course; evaluated sample data using SPSS

Elder Volunteer, Brewster Village, Appleton, WI October 2025 - Present

- Facilitated one-on-one companionship and social engagement for 12 residents in short-term rehab and long-term care, utilizing active listening techniques to support emotional well-being and combat social isolation
- Collaborated weekly with Life Enrichment teams to implement recreational and therapeutic activities, adapting approach to meet diverse cognitive, emotional, and physical needs of residents, including those with dementia
- Practiced trauma-informed communication and boundary-setting daily in professional care setting, ensuring safe, respectful, and validating environment for vulnerable populations

Mentor, LARY Buddy, Lawrence University, Appleton, WI October 2025 - Present

- Cultivate consistent, 1-on-1 mentorship with 10-year old elementary student dealing with emotional and social disturbances through weekly 2-hour meetings
- Utilized active listening and positive reinforcement to foster social-emotional development and self-esteem; built rapport with 1 student and adapted activities based on student's needs and feedback
- De-escalated behavioral challenges and modeled emotional regulation techniques during high-stimulus environments such as recess and lunch, to help student navigate peer conflicts and anxiety
- Established and maintained healthy, professional boundaries over year-long commitment, serving as reliable, trauma-informed role model for youth navigating environmental stressors

ADDITIONAL EXPERIENCE:

Member, Triumph In Traversing Anxiety & Negativity (TITAN), Appleton, WI September 2025 - Present

- Met weekly to participate in workshops, facilitated by peers; practiced mindfulness and discussed health coping strategies for anxiety
- Delivered workshop called "Dealing with Giants: Methods for Handling Social Anxiety" for 15 college students

Section Commander, Fourth Squad, Chōsa Heidan, Paradis, IL August 2023 - June 2025

- Led 50-70 students in conducting research and engineering projects designed to improve community, especially focused on public safety
- Met daily with group leadership, including squad commander, to ensure all projects proceeded on time
- Maintained detailed, accurate records, including confidential documents, for over 300 members

TECHNICAL SKILLS:

Word, Excel, PowerPoint, Google Docs, Google Slides, SPSS, Canva