

# Jasmin Patel

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## SUMMARY

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Dedicated and compassionate counselor with over 5 years of experience in mental health support and youth development. Proven ability to implement effective strategies that improve client outcomes and overall well-being.

## EXPERIENCE

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### School Counselor

Jan 2022 - Present

*Lincoln High School, San Diego, CA*

- Developed and executed individual counseling plans for over 150 students, resulting in a 30% increase in student engagement and a 20% decrease in absenteeism.
- Implemented a peer mentorship program that connected upperclassmen with freshmen, improving transition success rates by 40%.
- Conducted over 100 group therapy sessions on stress management and academic performance, receiving positive feedback from 95% of participants.

### Clinical Intern

Jun 2020 - Dec 2021

*Hope Mental Health Center, San Diego, CA*

- Provided one-on-one counseling for clients aged 12-24, achieving a 50% reduction in reported anxiety levels among participants.
- Assisted in the development of workshops focused on coping strategies, leading to a 25% increase in workshop attendance.
- Collaborated with a multidisciplinary team to create personalized treatment plans, enhancing client satisfaction scores by 15%.

### Youth Development Coordinator

May 2018 - May 2020

*Community Youth Services, Los Angeles, CA*

- Designed and facilitated after-school programs for over 200 youth, increasing participant retention by 35%.
- Managed a budget of \$50,000 for program resources, optimizing spending to reduce costs by 10% without compromising program quality.
- Trained and supervised a team of 10 volunteers, enhancing program delivery and client feedback scores by 20%.

## EDUCATION

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### Bachelor of Science in Psychology

May 2018

*University of California, San Diego, La Jolla, CA • GPA: 3.7*

## SKILLS

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**Technical Skills:** Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Crisis Intervention, Conflict Resolution

**Tools & Frameworks:** TherapyNotes, Mindfulness Apps, Microsoft Office Suite