



SARAH ADAMS

School Counselor

(555) 246-8109 

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United States, Chicago, IL 

PROFESSIONAL SUMMARY

Dedicated School Counselor with a strong background in providing guidance and support to students of all ages. Skilled in academic advising, career counseling, and emotional support, helping students achieve their full potential.

EDUCATION

Master of Science in School Counseling

DePaul University / United States, Graduated: May 2019

Bachelor of Science in Psychology

University of Illinois at Chicago / United States, Graduated: May 2017

Certifications

- **CPR and First Aid Certified**, March 2021
- **Crisis Prevention and Intervention (CPI)**, February 2021
- **Trauma-Informed Care Certification**, August 2020

SKILLS

- Academic Advising Expert
- Career Guidance Expert
- Emotional Support Expert
- Crisis Intervention Expert
- Group Counseling Expert
- Student Advocacy Expert

EXPERIENCE

2019 - Now

School Counselor

Lincoln High School / Chicago, IL

- Provide individual and group counseling for students dealing with academic stress, personal issues, and career planning.
- Develop and implement school-wide initiatives to promote emotional well-being and mental health awareness.
- Conduct crisis interventions for students facing personal or academic challenges, ensuring a safe environment for all.
- Lead support groups focused on stress management, self-esteem, and peer relationships.

2018 - 2019

Graduate Counseling Intern

Chicago Public Schools

- Assisted lead counselors in providing counseling services to middle and high school students.
- Facilitated small group sessions focused on bullying prevention, stress management, and building self-esteem.
- Observed and assisted with crisis intervention efforts and emotional support services for students in need.
- Provided outreach and follow-up support for at-risk students to ensure continued success in school and life.

ADDITIONAL INFORMATION

- **Languages:** Fluent in Spanish (written and spoken)
- **Technical Skills:** Proficient in Microsoft Office Suite (Word, Excel, PowerPoint), Google Suite, and counseling software (e.g., CounselCare, Naviance)
- **Member:** American School Counselor Association, Illinois Association for School Counselors