

## MOLLY SAMPLE

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### EDUCATION

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- 2016 – 2020      University of Aberdeen  
**MA Honours Psychology (2.1.predicted), BPS accredited degree**  
Courses include: Applied psychology in the NHS, Psychological Assessment, Abnormal and clinical psychology, Perception, and methods and statistics.  
Thesis, "*Jekyll and Hyde: The affect of priming on person perception*".  
Subsidiary passes: Computing and Counselling Skills.
- 2010 – 2016      Mintlaw Academy, Aberdeenshire  
Advanced Highers: English B, Geography B  
Highers: English A, Geography A, Psychology B, Maths B, Art C  
7 Credit Standard Grades including Computing and German

### RELEVANT EXPERIENCE

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- Summer 2019      HMP & YOI Grampian, Peterhead  
**Assistant Researcher**  
Conducted a study on ADHD working under the direction of a chartered clinical psychologist. Befriended prisoners, administered psychometric tests, compiled psychology reports and interpreted results of data obtained. Increased my knowledge and expertise in research methods and improved my time management and organisation skills to meet the study deadlines.
- 2018 – 2019      Linn Moor Residential School, Peterculter  
**Care Assistant** (part-time, term-time)  
Worked with children with severe Autistic Spectrum Disorders. Main duties involved working with complex needs and challenging behaviour, providing emotional and social support to the residents and following support plans, risk assessments and engaging in behavioural strategies. Contributed to monthly reports and assessments. This experience developed my teamwork, counselling and communication skills (including learning Makaton) to work effectively with children and staff. I was also able to incorporate psychology theory within the work to better understand and engage with the residents.
- 2017 – 2018      Nightline, Students' Association, University of Aberdeen  
**Volunteer**  
Student information and non-advisory confidential support service. Volunteered for one shift per week. Used extensive listening skills and counselling knowledge to provide information to students on personal and other stressful issues.
- Summer 2018      Camp America, High Plains Camp, Wyoming, USA  
**Camp Counsellor**  
Organised daily programmes and personalised exercise activities for very overweight teenagers. Used counselling skills and empathy to support behavioural change and creativity to make activities fun and keep the young people motivated. This role strengthened my skills to be patient and compassionate.

## KEY SKILLS

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- Communication** Developed persuasive negotiation skills from working with offenders, children and young people. Confident public speaker through project presentations and school debating team. Excellent listening skills developed from counselling course and work experience, particularly Nightline and my experience at HMP Grampian. Good written skills from course work and report writing in care role.
- Teamwork** Experienced and adept at working effectively with people in a range of settings including social care, retail sales, voluntary committee and study groups. Gained experience in influencing and motivating team members through working in dedicated teams at Linn Moor and High Plains Camp.
- Research & IT** Competent using SPSS to analyse research data. Skilled at data collection using both qualitative and quantitative methods. Excellent working knowledge of Word, Excel and PowerPoint. Also familiar with Java programming.
- Driving** Full, clean licence and car owner.

## OTHER WORK EXPERIENCE

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- Summer 2017 **Sales Assistant**, Marks & Spencer plc, Aberdeen  
Worked as a member of the team in the Food Department, replenishing stock and answering customer enquiries.
- 2016 – 2017 **Weekend Sales Assistant**, Dorothy Perkins, Aberdeen  
Developed teamwork and customer service skills working in this busy fashion retailer. Duties included keeping the store clean and tidy, cashing up at the end of the day and stocktaking.
- Summer 2016 **Pool Attendant**, Waterside Hotel, Peterhead

## ACHIEVEMENTS AND INTERESTS

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- Psychology** Student member of the British Psychological Society and active member of the University Psychology Society regularly attending meetings and events.
- Representation** Elected as a Class Representative for Psychology in second and third years which involved canvassing student opinions, suggestions and complaints regarding the curriculum and representing these to academic staff to effect change.
- Other** Recently awarded a Leadership Academy Certificate for participating in a series of workshops which enhanced my leadership skills and knowledge and further developed a range of Aberdeen Graduate Attributes including teamwork and problem solving.
- Volunteering** In third year I chaired a committee which organised a fashion show raising £1500 for the Aberdeen Students' Charities Campaign.
- School** Sixth Form Prefect, member of debating team, Finance Director for Young Enterprise company which was third in the Regional Finals.

## REFERENCES

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Available on request