

# Lydia Sloan

403-483-9556 | lydiajsloan@gmail.com

## EDUCATION

Centennial High School

*Calgary, AB - 2019*

- CPR Certified

Brigham Young University

*Provo, UT - Present*

- Major: Psychology (Pre-PA)
- GPA: 3.85
- BYU Academic Scholarship Recipient
  - CPI Certified

## WORK EXPERIENCE

- Telos Academy - Orem, UT

*Present*

- Youth Mentor: Helped students struggling with mental health and behavioral issues. Participated in therapeutic recreation with students, monitored behavior, helped students process and participate in daily life

- Utah State Hospital - Provo, UT

*July 2024 - December 2024*

- Psychiatric Technician: Worked directly with nurses to help take vitals and administer medications, assist with daily care of patients, and monitor behavior.

- Peer Mentor - Provo, UT

*Winter 2023*

- Helped first year students one on one with adjusting to university life. Connected students to resources and talked them through any concerns and struggles

- McLeod Law LLP - Calgary, AB

*Spring and Summer 2022 and 2023*

- Receptionist: Responsible for taking calls, making appointments, greeting clients, and organizing documents and files

## COMMUNITY SERVICE AND LEADERSHIP

- The Refuge - Orem, UT

*Present*

- Advocate: Answer hotline calls from victims of sexual abuse and provide hope and resources. Attended hospital calls with victims to help them through examinations after assault.

- Utah State Hospital - Provo, UT

*Fall 2023*

- Rec Therapy Volunteer: Spent time participating in recreational activities with patients, and helping plan and execute activities.

- Key Club Vice President - Calgary AB

*High School*

- Organized and planned various events and fundraisers to raise money for charitable organizations
- Volunteered at several different organizations such as the Mustard Seed and Drop In Centre to help those in need
- Managed meeting times for weekly Key Club meetings and appointed other board members in order to keep the club running smoothly