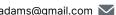
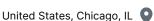
sarah.adams@gmail.com





SARAH ADAMS

School Counselor

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 Counselina

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