Rachel Allen

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**EDUCATION**

**Longwood University Farmville, Virginia**

*Bachelor of Science in Therapeutic Recreation*

Expected Graduation: May 2022

**PROFESSIONAL EXPERIENCE**

**Longwood University**  **Farmville, Virginia**

*Healthy Innovations Student Volunteer: Fall 2018- present*

* Assist children and adolescents with disabilities from Prince Edward County and Cumberland schools engage in aquatic interventions.
* Utilize the clients’ goals to provide meaningful activities such as playing board games, assembling bracelets, creating water bottle lava lamps, sensory activities and group recreation activities.
* Promote personal interest in activities that help them achieve set goals.
* Clear area of anything dangerous to ensure the safety of all the children.

**Circle Center Richmond, Virginia**

*Therapeutic Recreation Student volunteer: June 3,2018 – June 6, 2018*

* Assisted older adults with varying forms of dementia
* Transported residents too and from programs in wheelchairs.
* Promoted active engagement in programs by initiating conversation and providing verbal cues for residents.
* Assisted residents dietary restrictions to ensure proper nutrients.
* Assisted in cognitive, physical, emotional and social recreation activities.
* Promoted personal interest in activities and encouragement
* Assisted recreational therapist in the sensory room through music, lights and vibrations.

**WORK EXPERIENCE**

**Little Scholars Richmond, Virginia**

*Summer Camp Teacher: June 2019- August 2019*

* + Promoted to head middle school teacher
  + Prepared lesson plans for eight weeks on mathematical thought, creative writing and expression through building.
  + Submitted a newspaper and ran a Ronald McDonald charity event

*Summer Camp Teacher: June 2018- August 2018*

* Prepared lesson plans for various subjects around creative writing, cooperation and teamwork.
* Taught with children in grades K-5th grade
* Introduced the kindness challenge to the program to motivate the students to be kind to one another.

**ACTIVITIES**

**Therapeutic Recreation Organization**, Longwood University, September 2019-present

**Women’s Club Lacrosse,** Longwood University, September 2017- December 2019

**CERTIFICATIONS & SKILLS**

**Computer/Tech**: Microsoft suite, Adobe Photoshop, Adobe Light Room

References Available Upon Request