**Abbey Mays**

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**Education**

Longwood University  **Farmville, VA**

*Bachelor of Science in Therapeutic Recreation*  *December 2022*

*Minors in Psychology and Outdoor Education*

GPA: 3.7

**Professional Experience**

Longwood University  **Farmville, VA**

*Healthy Innovations Program January 2019-Febuary 2020*

* Facilitated aquatic interventions for children and adolescents with disabilities

from local public schools.

* Engaged the participants in meaningful activities, including swimming skills and

social games by using a wide variety of pool toys.

* Created new goals for clients and completed documentation on their progress.

Roanoke Parks and Recreation **Roanoke, VA** *Therapeutic Recreation Volunteer January 2019- August 2019*

* Assisted adults with disabilities in various activities, such as chair yoga,

reading, and basketball.

* Compiled a list of goals and activities that the participants wanted to complete

over the course of their program.

* Arranged all the necessary equipment for each day to ensure participant satisfaction.

Harmony Senior Services **Roanoke, VA** *Therapeutic Recreation Volunteer December 2018-January 2019*

* Organized events and gathered residents for the activities so that everyone

had the opportunity to participate.

* Gave verbal cues to improve cooperation of residents when in group programs.
* Completed participation data for resident’s engagement in activities for

documentation purposes.

**Work Experience**

Longwood University  **Farmville, VA** *Resident Assistant August 2019-present*

* Implement and enforce all University and on campus housing policies
* Develop an inclusive community among 600 residents, maximizing positive

resident interactions.

* Consult students with day-to-day problems such as their studies and personal

lives to help them come up with solutions.

Twin River Outfitters **Buchanan, VA** *Instructor May 2015-August 2020*

* Informed customers about river safety and answer related questions.
* Calculated the number of kayaks and canoes needed for customer use.
* Loaded trailers with necessary equipment in preparation for the next day.

**Certifications/Memberships**

* Longwood University Women’s Rugby Football Club (Fall 2018-present)
* Therapeutic Recreation Ambassador (Fall 2019-present)