

TERESA CARLSON

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Education

Longwood University, Farmville, VA - Current Junior

August 2021 - May 2025

- Pursuing bachelor's degree in Social Work
- Plans to pursue MSW and LCSW

Skills

- Well, organized in a work environment and is very good at time management and communication
- Fast learner and is very open to new roles when needed
- Exceptional skills with handling cash and other payment forms
- Provides impeccable customer service and is great with people
- Collaborates well with others in a team setting
- Demonstrates commitment and good work ethic in the workplace

Kettle Run Highschool, Nokesville, VA -Highschool Graduate

August 2018 - May 2021

- Graduated 1 year early from high school

Certifications/Awards

- Red Cross CPR and First Aid Certification
- 3 Year Longwood deans' scholarship recipient
- Longwood 2023 Global Engagement Scholarship
- 3-year Wegmans Employee academic scholarship recipient
- Certification in Darkness to Light's *Stewards of Children* child sexual abuse prevention

Experience

Victim/Witness Advocate Intern at Cumberland County Court

January 2024 - Present

- Experience in evaluating and assisting individuals in need of mental health and advocacy services
- Provides Stability and comfort to victims of abuse in and out of the court room
- Advocates for best interests and safety of victim
- Maintains professionalism in a fast past workplace

Lancer Card Center and Campus Services

January 2023 – Present

- Office job that helps upcoming and current students and faculty with their ID cards, meal plans, parking permits, and more
- Other tasks include filing paperwork, making excel spreadsheets, responding to phone calls and emails, as well as placing work orders for campus

Wegmans, Gainesville, VA - Front End Coordinator

June 2019 – Present (seasonal)

- Works face to face with customers and employees while providing incredible customer service for 4+ years
- Promoted to Front End Coordinator in December 2022
- Experience in the departments of: Front End/Cafe Cashier, Service Desk, Self-Checkout, Bakery, Pizza, Catering, Grocery, Dairy and Seafood
- Received the super star pin in recognition of working through pandemic

Presentations and Campus Involvement

Sigma Kappa Sorority - Active Member

January 2022 – Present

- Current Vice President of Philanthropic Services
- Former Vice President of Alumnae Relations, Chair Position holder of Public Relations and Member Housing Coordinator

Presented at Mind, Body, and Spirit conference

for young girls when studying abroad in Ghana, Africa

July 19 - August 1, 2023

- Educated and empowered pre-teen/teenage girls at a local school in Kumasi, Ghana
- Presented on topic of mental health and discussed what coping methods are and how they can help when one feels sad

References

Jamie Abbot – Victim Witness Advocate, Cumberland County

- Phone: 434.808.9405
- Email: jabbott@cumberlandcounty.virginia.gov

Cyndi Garrison – Manager of Auxiliary Services – Lancer Card and Parking Services

- Phone: 434.660.6554
- Email: Garrisoncd@longwood.edu

Dr. Erica Brown Meredith - Ph.D. Assistant Professor, Social Work

- Phone: 434.395.2349
- Email: brownmeredithed@longwood.edu2

Ian Danielsen - Assistant Professor, Social Work

- Phone: 434.395.2403
- Email: danielsenim@longwood.edu

Tyler Berkey - Front End Manager at Wegmans Lake Manassas

- Phone: 571.222.2300