Rebecca Balthazar

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SUMMARY

Sociology graduate with a concentration in Social Work and a Psychology minor. Passionate about empowering women, children, and families through community outreach, advocacy, and support in human services environments such as schools and hospitals. Demonstrates strong leadership, communication, and emotional intelligence with a background in peer mentorship, cultural competency, and qualitative research.

SKILLS

Technical Tools: Google Workspace, Microsoft 365, Canva, Social Media Platforms, Google Drive & Cloud Storage, Virtual Meeting Platforms
Languages: English (Native), French (Proficient), Latin (Reading Ability)
Professional Skills: Leadership, Communication, Peer Mentorship, Student Advocacy, Public Speaking, Event Planning, Workshop Facilitation, Classroom Support, Community Outreach, Cultural Competency
Soft Skills: Empathy, Compassion, Emotional Intelligence, Resilience, Time Management, Accountability, Adaptability, Integrity, Emotional Maturity, Ethical Judgment, Self-Awareness, Cultural Sensitivity
Administrative: Document Filing/Scanning, Scheduling, Calendar Management, Meeting Minutes, Note Taking, Task Prioritization, Time & Attendance Management
Creative: Social Media Content Creation, Creative Direction, Hair & Beauty Knowledge

EXPERIENCE

Student Researcher*, Fishlinger Center, University of Mount Saint Vincent – Riverdale, NY* (Mar 2024 – May 2025)
Conducted qualitative research and contributed to data analysis and reports on public opinion.

Student Teacher Intern*, Riverdale Neighborhood House – Riverdale, NY* (Sep 2024 – Dec 2024)
Supported lesson implementation, student engagement, and classroom management activities.

Summer Intern*, Boston Collegiate Charter Public School – Dorchester, MA* (Jun 2024 – Aug 2024)
Assisted with classroom preparation, student supervision, and program coordination.

Summer Intern*, Boston Preparatory Charter Public School – Hyde Park, MA* (Jun 2022 – Aug 2023)

Provided classroom and administrative support while fostering student development and participation.

Retail Associate*, Primark – Braintree, MA* (Jul 2021 – Aug 2021)
Delivered customer service in a fast-paced retail environment and managed inventory tasks.

Peer Leader*, Peer Leadership Institute, Boston Health Commission – Boston, MA* (Jul 2018 – Aug 2019)
Led youth programs focused on leadership, health education, and community outreach.

EDUCATION

University of Mount Saint Vincent – Riverdale, NY
Bachelor of Arts in Sociology, Concentration: Social Work | Minor: Psychology
Graduation: May 2025