

## Alexandra Macias

### EDUCATION

<b>Masters of Social Work</b>	
University of Hawaii, Manoa HI	Current
<b>Bachelors of Science, Health Sciences</b>	
<i>summa cum laude</i>	
<b>Bachelors of Arts, Psychology</b>	
<i>summa cum laude</i>	
Chapman University, Orange CA	Graduated
Palos Verdes High School, Palos Verdes Estates, CA	Graduated

### WORK EXPERIENCE

- **Dinner Server at Tikis Grill and Bar** December 2017- Current
- **FOH Restaurant Manager at Mexico Fiesta** July 2017- December 2017  
Ensuring superior service and maximizing customer satisfaction, maintaining the restaurant's revenue, profitability and quality goals
- **Youth Service Initiative Program Assistant III for the City of Boulder.** September 2016- June 2017  
Provide after school academic, recreational, volunteer, and peer mentor programs to underprivileged youth in the community
- **Marketing and Public Relations Assistant (International Summer Internship)** May 2016- July 2016  
Increase visibility of Gracia City Hostel via social media outlets, help create and promote social events in and out of the hostel. Strengthen my Spanish speaking skills.
- **Server at The Red Loin** November 2015-April 2016
- **Server/ Bartender at Agave/ La Cantina Restaurant** November 2014-March 2016
- **Children's Ski School Counselor** December 2014- April 2015  
I assisted instructors and supervisors with the inside/outside daily operations of Children's Ski School.
- **Equinox Kid's Club Manager** August 2013- December 2014  
My responsibilities include scheduling all kid's club associates, creating monthly and seasonal crafts for the club, making sure supplies are in stock, creating a task schedule for associates to complete while on their shift, and enforcing kid's club and Equinox rules with other employees, kids, and parents of the club. I also work with the assistant general manager in the efforts of making kid's club a fun and exciting environment to work and play in.
- **Research Coordinator for Chapman University's Health and Well-Being Lab** Aug. 2013- Dec. 2014  
I worked in the psychology department under Dr. Julia Boehm. Our team studied how positive psychological characteristics effects cardiovascular health. The team also researched how food choice and feelings of well-being and happiness are related.

### INTERNSHIP/PRACTICUM EXPERIENCE

- |   |                      |
|---|----------------------|
| <b>Case Manager and Outreach Intern</b>   | August 2018- Current |
| Mental Health Kokua, Honolulu, HI   |                      |
| • Provide support and resources to individuals who have experienced homelessness and have a severe mental illness               |                      |
| • Provide outreach, gradual engagement, case management, social rehabilitation, and assistance with accessing permanent housing |                      |
| <b>Counseling Intern</b>  | Fall 2013- Dec. 2014 |
| Robert Malmberg, MS, LMFT, Costa Mesa, CA   |                      |
| • Worked directly with a licensed therapist, where I was able to observe therapy sessions                                       |                      |
| • With the permission of the clients, I was able to help facilitate couple and individual counseling sessions                   |                      |

- Learned theoretical constructs related to couples and families, ethics of delivering therapeutic services, as well as business practice in billing for services.

**Counseling Intern**

June 2013-August 2013

Y.M.C.A of Honolulu, Camp Erdman, Waiialua, HI

- Planned, led, and implemented core and non-core programs and activities for children in a small and large group setting.
- Provide outdoor educational and recreational experiences for participants that focus on the YMCA core values of caring, honesty, respect and responsibility.

**HIGHER EDUCATION EXPERIENCE**

**Registered Yoga Teacher**

Oct.2017-Dec.2017

- Completed my 200 hour Power Yoga teacher training through Core Power in Honolulu HI.

**Live-In Caretaker**

Oct. 2016- June 2017

July 2015-April 2016

- Lived with and helped take care of a friendly 28 year old man with mild autism
- Lived with and helped take care of a wonderful 30 year old woman with Prader-Willi Syndrome

**Round Up River Ranch Volunteer**

June 2015

- Cabin volunteer for the neurological and facial-cranial disorders week.

**Trauma Intervention Program (T.I.P) Volunteer**

Feb. 2011- Dec. 2014

Affiliate Chapter of Orange County, CA

- Respond to traumatic incidents at the request of Police, Fire and Hospital personnel to support those who are emotionally traumatized.
- Assist family members and friends following a natural or unexpected death; victims of violent crime including rape, assault, robbery, or burglary; victims of fire; disoriented or lonely elderly persons; people involved in motor vehicle accidents; people who are distraught and seeking immediate support; and survivors of suicide.

**Supplemental Instructor**

Fall 2013-Spring 2014

PSY 333: Physiological Psychology and PSY 315: Sensation and Perception

- Provide additional support these courses which are traditionally considered more difficult for some students.
- Conduct weekly study sessions that allows participants to meet with their classmates outside of class to compare notes, discuss challenging concepts, and develop a better understanding of course content

**COMMUNITY SERVICE, CLUBS & ORGANIZATIONS**

**Hawaii Homeless Healthcare Hui**

Aug. 2018-Current

Joint Outreach Center volunteer in Chinatown

**Peer Mentor**

Fall 2012-Fall 2014

Tutoring and Learning Center, Chapman University

**Promising Futures Member**

Fall 2011-Fall 2014

Program for first generation college students, Chapman University

**Kappa Alpha Theta Fraternity Member**

Fall 2011-Fall 2014

Eta Sigma Chapter, Chapman University

**The International Honor Society in Psychology**

Fall 2013-Fall 2014

Psi Chi Chapter, Chapman University

**The National Society of Leadership and Success**

Fall 2014

Chapman University

**Languages**

Able to understand and speak Spanish and basic Italian