

# Antonino P. Beninato

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Scholar of Psychology, Amateur Chef, Habilitation Technician

Growing up I was always curious, and understanding of people's situations. I've learned that a calm demeanor and an open mind can help exponentially when dealing with others. I'm a full-time student of psychology and would like to acquire direct experience in the field.

*- Personal Interests -*

- Aquascaping, Professional
- Pugilism
- Eastern Philosophy
- Horticulture
- Pharmacology
- Religious Studies

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## PROFESSIONAL EXPERIENCE

**Hula Grill Waikiki, Honolulu, HI**

*Line cook (February 2017 – March 2019)*

I started working in the Hula Grill Kitchen through an internship. After learning the basics of all the kitchen stations, they decided to hire me as a cook. Through the next two years I progressed 6 different stations and my last position was Sauté Cook.

*- Position Responsibilities -*

- Pay attention to detail
- Stay calm under pressure
- Handle high volume workload
- Time management
- Utilize quick thinking and problem-solving skills

**Bayada, Honolulu, HI**

*Habilitation Technician (March 2019 – Current)*

After my experience in the professional kitchen I decided to work in my primary field of interest, mental health. As a habilitation technician I've worked in a few very different environments, ranging from beautiful houses on golf courses to lower income areas. I've also had experience working with people who didn't exactly want me around, a difficult challenge but one I've overcome on multiple occasions. My job is quite interesting, each client has their own idiosyncrasies and style of thinking, making me adapt my techniques to each individual clients style.

- Position Responsibilities -

- ♦ Stay alert and in tune with people's intents
- ♦ Remain solid under attempted manipulation
- ♦ Patience in the face of chaotic/irregular behavior
- ♦ Time management
- ♦ Utilize quick thinking and problem-solving skills
- ♦ Data input/ Goal implementation
- ♦ Transporting people safely

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## EDUCATION & CREDENTIALS

**Roosevelt High School**, Honolulu, HI  
High school Diploma, [REDACTED]

**Bachelor's Degree**, Honolulu, HI  
Psychology, [REDACTED]

- The end goal is to acquire my Psy.D and open up my own private practice.

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## VOLUNTEER WORK

*Manoa Summer Fun - 2012 & 2013*

*City and County Bike - Path Clean Up, 2012 & 2013*

*Oahu ASPCA - 2013*

*Army Reserve Earth Day Festival - 2014*

*Kapakahi Stream Clean Up - 2014*

*UH Manoa Lo'i Patch Clean Up - 2018*

*UH Manoa Lo'i patch- 2020*