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## SKILLS

- Mental Health Awareness
- Academic Coaching
- Workshop Facilitation
- Crisis Intervention
- Student Support
- Program Development

## EDUCATION

### MASTER OF SCIENCE IN COUNSELING PSYCHOLOGY

## LANGUAGE

- English
- Spanish
- German

## ACHIEVEMENTS

- Received the Wellness Champion Award for outstanding contributions to student mental health in 2021.
- Increased student engagement in wellness programs by 50% through innovative outreach strategies.
- Developed a comprehensive guide to mental health resources that is utilized by multiple departments.

# Michael Anderson

## WELLNESS ADVISOR

Compassionate Academic Learning Advisor with a focus on mental health and wellness in educational settings. With over 7 years of experience, I specialize in integrating mental health resources into academic advising to support student well-being and success. My background in psychology helps me understand the emotional and psychological needs of students, enabling me to provide holistic support.

## EXPERIENCE

### WELLNESS ADVISOR

College of Health Sciences

2016 - Present

- Developed wellness programs that improved student mental health awareness by 45%.
- Facilitated workshops on stress management techniques, benefiting over 200 students annually.
- Collaborated with mental health professionals to create a referral system for at-risk students.
- Provided one-on-one counseling sessions, supporting students facing academic and personal challenges.
- Created educational materials on mental health resources available to students.
- Organized mental health awareness events that increased student participation by 60%.

### ACADEMIC SUCCESS COACH

State University

2014 - 2016

- Guided students in developing personalized learning strategies, leading to a 30% increase in academic performance.
- Conducted workshops on emotional intelligence and academic resilience.
- Created partnerships with campus resources to enhance student support services.
- Provided crisis intervention to students facing urgent psychological needs.
- Monitored student progress and adjusted support plans accordingly.
- Organized peer support groups to foster community and shared experiences among students.