

James Ryan

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PERSONAL PROFILE

Final year psychology undergraduate, predicted a 2:1, seeking a challenging and fulfilling post working with disadvantaged young people. I have experience in working with children and teenagers and, having worked alongside my studies, have a proven willingness to learn and work hard.

RELEVANT YOUTH AND COMMUNITY WORK EXPERIENCE

Jan 2014 – present **Part-time Support Worker, Hill View Hospital**
Providing day-to-day care and support for adults with severe mental health problems.

Sep 2010 – present **Volunteer Support Worker, New Horizon Project**

- Providing information to young people in the 16–25 age range on specialist services (eg. drugs and housing).
- Liaising with local organisations in order to maintain up-to-date information.

Oct 2010 – Oct 2012 **Volunteer, The Prince's Trust**
Acted as a volunteer, organising a sporting event for young people. This was an annual event, lasting a week, run at a holiday camp. Most of the young people were either in care or were at risk of offending.

RELEVANT SKILLS

Communication skills

- Formed and maintained positive relationships with children and adults while volunteering as a support worker.
- Able to remain calm under pressure – essential in my role as a voluntary support worker with adults with mental health problems.
- Liaised effectively with colleagues in other charities.
- Report writing and presentation experience through academic work.

Planning, organisation and time management skills

- Supervision and management of other volunteers at the New Horizon Project.
- Effective planning and organisational skills while studying full time and working part-time.
- Organised sporting event for young people in care.

Teamwork

- Learnt how to listen to other members of the team and provide peer support when working as a support worker.
- Further developed my team leadership skills during my psychology degree through participating in group activities. Led a research project and allocated responsibilities to team members. We received an overall 70% mark for the project.

EDUCATION

Sep 2014 – Jun 2017 BSc Hons Psychology, University of Sussex, predicted 2:1

Modules included:

- Psychology of childhood and adolescence
- Cognitive neuropsychology
- Psychology of the family
- Research methods in psychology
- Organisational psychology
- Biological bases of mental disorders
- Developmental psychology

BPS Accredited course. Received award for **Student of the Year 2016** for 'best dissertation' on children's mental health. Have developed transferable skills including interpersonal and communication skills, numeracy, information technology, research methods and the ability to work with others.

2007 – 2014 Sussex Community College, Brighton

A levels Biology (B), Maths (B) Sociology (A)

AS level PE (B)

9 **GCSEs** Grades A-C including Maths and English

ADDITIONAL INFORMATION

- Computer literate, knowledge of Windows 10, Excel and databases.
- In-house training on welfare and benefits system and basic drug awareness.
- Up-to-date CRB check.
- Clean driving licence and minibus certificate.

INTERESTS AND ACTIVITIES

- Active in a number of sports – member of local football team and martial arts coach – teach martial arts once a week to 11–16 year olds. Black belt in karate.
- Student representative (elected for 2015/16) – seeking out the views of fellow students and representing these to the department, the school and the University.

REFEREES

Academic

Dr C Ages
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Work

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