**Orlagh Emily O’Neill**

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I am a second-year undergraduate Psychology student at Bath Spa University. I enjoy working independently as well as part of a team, I have a positive attitude and consider myself a ‘people person’.

**Educational experience:**

* BSc Psychology (British Psychology Society approved), predicted 2:1 – September 2018 – current
* Geography (B), and Psychology (B) A Levels, Sponne School Sixth Form, Towcester – June 2018
* GCSE: English (A\*), Maths (B), 10 additional GCSE’s A\*-B, Sponne School Sixth Form, Towcester – August 2016

**Relevant experience:**

* **Communication and teamwork:** Demonstrated throughout work experience while being able to provide a friendly and attentive service. Interconnecting with a range of different people on a daily basis has broadened my social skills.
* **Working well under pressure**: Big events were physically and mentally demanding at times, however, through patience and a strong work ethic, I remained calm and completed the work to a high standard.
* **Social skills:** Adapting to situations and socialising with people from different walks of life that I am unfamiliar with, this is shown from when I participated in NCS, DofE and my volunteer work at the Red Cross.
* **Time-management:** I have been in employment from the age of 15 alongside education, this has increased my organisation skills, taught me how to prioritise, as well as working to a deadline.
* **Self-determination:** I motivate myself and set goals, and I look forward to my upcoming trip to Bali where I plan to work closely with someone in need of mental health support. It will provide valuable experience both for my education and my personal journey. I have financed and planned the trip whilst working a part-time job and studying at University.

**Employment experience:**

* **Waitress, Turtle Bay, Bath:** Serving customers, handling money, and service obtains a high standard customer satisfaction throughout – February 2019 – present.
* **Waitress, The Crown, Stony Stratford**: Serving large party numbers at booked events, working well under pressure during busy periods and behind the bar – March 2017 – November 2017.
* **Crew member, McDonald’s, Towcester:** Ensuring orders were accurate and working in a fast-paced environment, offering time-management and organisational experience – February 2016 – February 2017.
* **Waitress, Miss Havisham’s, Stony Stratford:** Serving in a popular tearoom with 20 tables, providing high value customer service, preparing food and drink, deal with the day’s takings and lock up – Mary 2015 – August 2018.

**Additional experience:**

* **100 unpaid hours at the Red Cross, Stony Stratford in 2015:** Managing donations, working on the till and getting involved in organising external volunteering projects.
* **Mental health psychology volunteering in Bali in June 2020:** Providing one-to-one mental health support within a family for four weeks.

**Additional skills:**

* Bronze, Silver & Gold Duke of Edinburgh (DofE) award.
* Grade 4 in the Drums.
* National Citizenship Service (NCS) award – Voluntary personal and social development programme.
* I was a prefect during my A-Levels.

**References:** Available on request.