

Michelle Kenstler

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Profile

Multi-passionate Senior majoring in Psychology, with concentrations in Social and Ecological systems, pursuing a career as a Licensed Professional Counselor.

Qualifications

- Extensive student research focusing on behavioral and mental health within environmental contexts
- Experience working with individuals and groups to foster connection, creativity, and skills training
- Proven success working independently and collaboratively, both professionally and academically
- Experience utilizing SPSS and Excel in data analysis
- Gaining valuable insights on mental health across the lifespan through ongoing work as a Hospice volunteer

Education

B.S. Kutztown University of Pennsylvania	Kutztown, PA
Major: Psychology (GPA 4.0)	May, 2024
A.S. Lehigh Carbon Community College	Schnecksville, PA
Major: Psychology (Summa Cum Laude)	May, 2022

Honors

All-Pennsylvania Academic Team & Scholarship, Lehigh Carbon Community College	2022
Honors College Program, Lehigh Carbon Community College	2021-2022
Outstanding Leadership and Service Award, Lehigh Carbon Community College	2022
Professor Elizabeth Hummer Memorial Award, Lehigh Carbon Community College	2022
Beacon Conference First Prize in Psychology Research and Presentation	2022

Related Experience

Assistant Environmental Educator , Wildlands Conservancy, Emmaus, PA	May 2023-Present
• Teaching pre-K to 6th grade students about ecosystems and conservation • Using mindfulness techniques and psychology methodology in building nature-relatedness among students	
Hospice Non-Medical Volunteer , Compassus Hospice, Hamburg, PA	Jan. 2023-Present
• Weekly visits to hospice patients and caregivers for the purpose of offering emotional support, active listening, companionship, and aid in memory recollection/retention and diversion activities • Compile and submit weekly patient notes and follow up on any healthcare concerns observed during visit	
Chapter President , Phi Theta Kappa Chapter, Lehigh Community College	Jan.-May 2022
• Planned and led weekly chapter officers' and members' meetings • Strategized and collaborated with officers to develop value-added content tailored to the needs of members • Hosted new member induction ceremony	
Honors in Action Chair , Phi Theta Kappa, Lehigh Carbon Community College	Sep.-Dec. 2021
• Utilized on-campus, scholarly research to collaboratively design and implement college events promoting student wellness, positivity, and academic commitment	

Additional Work Experience

Floral Specialist , Whole Foods Market, Allentown, PA	Aug. 2016-Dec. 2023
Owner & Operator , Periwinkle Flower Farm, Emmaus, PA	Jan. 2018-Mar. 2020
Assistant Farm Manager , Quiet Creek Farm, Kutztown, PA	Apr. 2009-Dec. 2011 & Dec. 2014-Dec. 2016
Farm Manager , Charlestown Cooperative Farm, Phoenixville, PA	2012-2013