

# SUNSHINE O'CONNOR

EMPLOYMENT TRAINING TECHNICIAN & SOCIAL WORK INTERN

## CONTACT ME

📍 Gresham, Oregon

✉️ soconnor@mesd.k12.or.us

☎️ 503.349.9583

## SKILLS SUMMARY

- Project Management
- Networking
- Trainer
- job Coach
- Manager
- Data collection and analysis
- Team Oriented
- Resource connector
- Counselor Intern
- Speaker
- Process Improvement
- Event coordinator

## AWARDS AND ACCOLADES

- Elected Student Representative for BSW program at Portland State University
- Student Representative for the HUS program at PCC
- Graduated with AAS in Human and Family Systems with honors from PCC
- Highest Honors Career Pathways Certificate
- Top Recruiter monthly awards 20012-2014
- Top sales monthly awards 2012-2014

## EXPERIENCE

### SWEP Assistant Dorm Manager

Oregon Commission for the Blind- Summer 2024-present

- Support students with visual impairments in the Summer Work Experience Program (SWEP) by teaching functional living skills, including cleaning, shopping, cooking, budgeting, and self-advocacy, while providing social and emotional support
- Foster trust-based relationships with SWEP students to promote personal growth and independence
- Track and document student progress, collaborating with team members to adjust support strategies
- Accompany students on outings to reinforce real-world application of skills
- Supervise staff to ensure effective support and a safe environment
- Manage student schedules and transportation logistics for program activities
- Create and assist with engaging activities, ensuring they align with student goals and needs
- Organize and schedule STEAM activities to promote student engagement and learning

### BSW Internship at Multnomah Education Service District

MESD August 2024-present

- Counsel and manage IEP-mandated therapy minutes for students on caseload, under the supervision of an LCSW
- Implement Social-Emotional Learning (SEL) and Collaborative Problem Solving (CPS) strategies in therapy sessions
- Apply theoretical knowledge to practice, addressing and challenging oppressive systems in the educational environment
- Actively participate in IEP meetings, restorative justice sessions, and wraparound care planning
- Contribute to the school equity team to promote inclusive practices and equitable outcomes
- Conduct threat and suicide assessments, providing strategic recommendations for ongoing care and support
- Provide crisis intervention, conduct intake assessments, and facilitate group therapy sessions to support student well-being

### Job Coach

Oregon Commission for the Blind- Summer 2023

- Coach students on job skills, including resume building, interview preparation, and workplace communication
- Provide guidance on professional conduct, time management, and teamwork to ensure workplace success
- Foster relationships with SWEP students, promoting trust, confidence, and independence
- Track and document student progress, using data to inform strategies and improve support services
- Collaborate with team members to ensure individualized support and adjustments based on student needs
- Assist students in setting and achieving short- and long-term career goals
- Offer feedback and encouragement to help students overcome challenges and build self-efficacy

# SUNSHINE O'CONNOR

## TRANSITION SPECIALIST & SOCIAL WORK INTERN

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### SKILLS SUMMARY

- Project Management
- Networking
- Trainer
- job Coach
- Manager
- Data collection and analysis
- Team Oriented
- Resource connector
- Therapy Intern
- Keynote Speaker
- Process Improvement
- Event coordinator

### AWARDS AND ACCOLADES

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### EXPERIENCE PAGE 2

#### Employment Training Technician

MESD August 2021 - present

- Designed and implemented transition plans for students with disabilities, ensuring a smooth progression from school to post-school settings such as higher education, employment, and independent living
- Collaborated with community agencies, employers, and vocational training programs to connect students with relevant resources and opportunities for skill-building and career exploration
- Provided guidance on job readiness, resume building, interview preparation, and professional communication to support students in securing employment
- Organized work-based learning experiences, internships, and volunteer opportunities to enhance students' career development and readiness
- Facilitated group sessions focused on self-advocacy, goal setting, and independence to prepare students for life after graduation
- Worked with families and external service providers to ensure continuity of care and support during the transition process
- Monitored student progress toward transition goals, adjusting strategies as needed to ensure successful outcomes
- Tracked and reported on the effectiveness of transition services, utilizing data to inform future programming and best practices
- Provided one-on-one counseling and mentorship to students, helping them navigate the challenges of transitioning to adulthood and maintaining positive outcomes

#### Education Assistant

MESD April 2016 - August 2011

- Developed and implemented individualized curriculum for students with complex disabilities and trauma, adapting materials to meet diverse learning needs
- Provided targeted support to students with behavioral and emotional challenges, fostering a positive and inclusive classroom environment
- Led a team of Education Assistants, providing guidance and support to ensure effective classroom management and individualized student care
- Created and facilitated schoolwide programs to promote student morale, engagement, and emotional well-being
- Collaborated with teachers, counselors, and administrators to develop and adjust behavioral interventions and support plans
- Worked closely with students to build coping skills, social-emotional development, and self-regulation strategies
- Assisted in de-escalating behavioral crises, using trauma-informed practices and maintaining a safe learning environment
- Fostered strong relationships with students and families, advocating for the needs of students with disabilities and complex trauma
- Collected and documented data on student progress, providing insights to inform individualized support and program development

### EDUCATIONAL HISTORY

#### Portland State University

- Honors College
- BSW Student Representative

#### Portland Community College

- Associates degree in Human and Family Systems
- Carer Pathways Certificate in Human Systems
- Certified Mental Health First Aider for youth and adults
- Student Representative for the Human Services program