

ALEXIS THOMPSON

www.alexisthompson.org

RELEVANT EXPERIENCE

Rochambeau, The French International School

Bethesda, MD

Elementary School Counselor

Aug. 2019 – Present

- Counsel students individually and mediate conflicts between students to promote positive communication skills
- Collaborate in constructing the school's first school counseling program and counseling curriculum
- Develop departmental and school-wide policies including School Counseling Handbook
- Design and teach social emotional lessons for Pre-K through 5th grade
- Advocate for the role of the school counselor via monthly newsletters and National School Counseling Week
- Lead teacher trainings on social-emotional topics including Yale's RULER approach and self-care strategies
- Participate as part of the Student Learning Support team to assist and create support plans for students with academic, social, emotional, or behavioral challenges
- Publicize and share with staff the free mindfulness resources/apps available for teachers

William Wirt Middle School

Riverdale, MD

School Counseling Intern

Jan. 2019 – May 2019

- Conducted individual and drop-in counseling for 39 students facing bullying, friendship issues, and stress
- Coordinated 4 monthly College and Career Breakfasts by inviting guests to teach students about their careers
- Enacted crisis intervention for drug use and self-harm, working with students and parents to form next steps
- Organized data-driven academic counseling groups for students who struggled in a subject for two quarters. All students increased by at least one letter grade in 2 or more classes, and 60% did so in all 4 core classes.
- Designed and taught coping skills classroom lesson in response to increasing number of self-harm referrals

Greenbelt Elementary School

Greenbelt, MD

School Counseling Intern

Aug. 2018 – Dec. 2018

- Employed solutions-focused counseling approach to conduct regular individual counseling with 3 students, check-in referrals with 40 students, and peer mediations with 7 groups of students
- Created curriculum for and led two 4th grade Study Skills groups, one 1st grade Anger Management group, and used Second Step curriculum for one 2nd grade Social Skills group.
- Originated and taught classroom lessons on Introduction to the School Counselor, Bullying, and Career
- Proposed and executed data-driven advocacy project addressing academic achievement gap between white students and students of color via study skills groups, parent program, and class-wide peer tutoring program
- Promoted college and career readiness for students on the school-wide level by planning, scheduling, and conducting outreach for Career Day and Post-High School Options Day

Eleanor Roosevelt High School

Greenbelt, MD

Practicum Student

Jan. 2018 – Apr. 2018

- Collaborated with families and teachers during 13 family consultations
- Provided 31 individual counseling sessions for 13 students with emotional, academic, and familial issues

PROFESSIONAL MEMBERSHIPS

American School Counselor Association (ASCA)

Maryland School Counselor Association (MSCA) - Emerging Leader (2019 - 2020); Independent and Private Schools Representative (2020 - present)

EDUCATION

University of Maryland, College Park, MD

GPA: 4.00/4.00

College of Education: Master of Education in School Counseling

May 2019

Department of Counseling, Higher Education, and Special Education

University of Maryland, College Park, MD

Cumulative GPA: 3.88/4.00

Robert H. Smith School of Business: Bachelor of Science in Business Management (cum laude)

May 2017

College of Behavioral and Social Sciences: Bachelor of Arts in Psychology (cum laude)

SKILLS AND CERTIFICATIONS

Languages: English (fluent), French (developing)

Certifications: Youth Mental Health First Aid (Feb. 2019); Certified in Education State of Maryland (May 2019); ASCA U Mental Health Specialist (January 2021)