

Holly HigherEd

Holly@highered.com | Greenville, NC | 252-867-5309

EDUCATION:

East Carolina University

Master of Science in Counselor Education, Clinical Mental Health Counseling
Certificate in Student Affairs Higher Education

Greenville, NC
May 2021

North Carolina State University

Bachelor of Arts in History, Minor: Psychology
Magna Cum Laude

Raleigh, NC
May 2018

Related Coursework: Diagnosis and Psychopathology, Social and Cultural Issues in Counseling, Group Procedures, Family Approaches in Professional Counseling, Student Affairs and College Counseling, Administration and Management of Student Affairs, Spirituality and Religion in Counseling

COUNSELING EXPERIENCE:

East Carolina University- Center for Counseling and Student Development

Counselor in Training

Greenville, NC
August 2020- December 2020

- Provided individual clinical assessments, BASICS assessments, and individual therapy for students
- Led COPE seminars: three week psycho-educational groups teaching mindfulness techniques
- Maintained client documentation using Titanium software for client notes and Ocularis software for recording
- Co-facilitated interpersonal process group via WebEx during COVID-19
- Created psycho-educational content using Zoom and Facebook Live for CCSD Facebook page
- Participated in weekly didactic seminars and case presentations for CCSD trainees
- Referred clients to psychiatry services and other clinicians inside and outside of the CCSD as needed

East Carolina University - Career Services

Graduate Assistant

Greenville, NC
August 2020- Present

- Provide 1:1 appointments for resume, cover letter and personal statement reviews, internship searches, mock interviews, and career interest surveys on a weekly basis
- Present to student groups and classes on resumes, internship searching, and professional development
- Teach students to use online tools (Handshake, CareerShift, LinkedIn) to find career opportunities
- Transition to provide support to students virtually during COVID-19 via phone, email, and WebEx
- Develop handouts to assist College of Engineering and Technology students tailor resumes to match specific job descriptions

East Carolina University - McClammy Counseling & Research Lab

Counselor in Training

Greenville, NC
August 2019- May 2020

- Performed intake assessments using the BioPsychoSocial model for freshman pre-nursing students
- Helped students develop coping skills to manage stress related to academics
- Used the Wheel of Wellness to teach students the importance of self-care and preventative counseling
- Documented sessions using SOAP note format and maintained client confidentiality

OTHER EXPERIENCE

East Carolina University- Campus Recreation and Wellness

Greenville, NC

August 2019- present

AFFILIATIONS AND ACTIVITIES

American Counseling Association, Member

Southern Region

May 2019- Present

Counselor Education Association, Member

East Carolina University

August 2020- Present

Student Success Conference, Attendee

East Carolina University

January 2020

LGBTQ Safe Zone Training

East Carolina University

August 2019