

Sophie O'Rourke

Minneapolis, MN 55454

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Very detailed oriented, strong leadership skills, good communicator, and great team member.

Work Experience

Certified Nursing Assistant

Mapleton Community Home - Mapleton, MN

June 2016 to January 2018

Was responsible for completing ADLs (activities of daily living) for residents of varying levels of independence

ADLs included: dressing, personal hygiene performance, toileting, turning in bed, moving residents to and from bed, wheelchair, recliners, performing the tasks that they were unable to do themselves

Listened to concerns and needs of individual residents and their families and fulfilled them to the best of my ability

Assistant

St. Luke's Lutheran Care Center - Blue Earth, MN

December 2015 to June 2016

Lead enrichment activities for elderly residents of a nursing home with mild to severe dementia and Alzheimer's in a locked unit

Handled behaviors and characteristics typically associated with the disease (shouting, restlessness, hallucinations, anger, outbursts,

confusion, loss of muscle control, loss of speech, loss of memory)

Kept residents busy with meaningful and fun activities in order to improve their quality of life within the facility

Listened, empathized, and paid attention to the concerns and needs of each resident

Crew Member

McDonald's - Blue Earth, MN

August 2014 to June 2015

Was responsible for the taking of orders and seeing them to completion to give to the customer

Listening to and addressing customer complaints and concerns in a timely and respectful manner

Communicating with team members what needed to be done, and worked with different types of people toward one common goal

Education

University of Minnesota - Minneapolis-Saint Paul, MN

September 2017 to Present

Bachelor of Science in Genetics, Cell Biology, and Development

University of Minnesota-Twin Cities - Minneapolis, MN

September 2017 to Present

High School Diploma

Blue Earth Area High School - Blue Earth, MN

September 2013 to June 2017

State University

Certifications and Licenses

Certified Nursing Assistant (CNA)