

**Catherine “Cat” Wilson**  
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Psychology student graduating in the Spring of 2021 from the College of Liberal Arts at the University of Texas at Austin. Planning to seek a doctorate degree in psychology where I will eventually use my undergraduate knowledge and interpersonal communication skills to better treat clients.

## Education

### **The University of Texas at Austin – Austin, Texas**

- Psychology major in the College of Liberal Arts with a weighted GPA of 3.71 ; unweighted 3.78 ; upper division coursework GPA ; 3.93
- University Honors : Spring 2019, Fall 2019, Spring 2020
- Minor in Educational Psychology
- Psi Chi : Fall 2019

## Experience

### **The University of Texas at Austin CLIMB Research Lab** **2019-Present**

- Undergraduate research in the investigation of language and how it plays a role into our thinking and behaviors
- Worked with Kate Blackburn who is under James Pennebaker

### **Resiliency Coordinator with the Red Cross** **2020**

- Help to facilitate meetings with veterans through the Red Cross
- Provide veterans with resources for stress management

### **Mental Health Ambassador for the University of Texas** **Fall 2019- Present**

- A certificate that allows me to educate organizations about resources and aspects regarding mental health
- Selected by my peers to represent them as their ambassador and then educate them

### **Counselor at Camp Ozark** **Summer of 2018**

- Selected to mentor middle schoolers
- Helped to initiate dialogue in small group settings of topics relevant to their formative years
- Identify and respond appropriately to camper behavioral and emotional issues

## Skills

### **Statistics and Research design**

- skilled in “R”
- Sorting through and inputting data

## Volunteer Work

### **Make a Wish Foundation – Central and South Texas** **Fall 2017 - Present**

- Philanthropic support through The University of Texas at Austin Chi Omega Sorority

### **The Red Cross –Austin, Texas** **Summer 2020- Present**

- Facilitate resiliency training for veterans
- Give them access to resources to help them better understand and manage their stress

### **Micah 6 Food Pantry – University Presbyterian Church, Austin, Texas** **Fall 2019 - Present**

- Food stocker, sorter and assist customers as they shop through the local food pantry.

## Extra-Curricular Activities

### **Chi Omega Sorority – University of Texas at Austin Iota Chapter** **Fall 2017 - Present**

- Director of Marketing
  - Head of social media, videography, photography and design for the chapter for a year. Helped to rebrand and shape the platform that we shared.
- A sorority that develops women of academic excellence cultivating integrity, inclusivity, empathy, and character.

### **Younglife - University of Texas at Austin** **2017 - Present**

A faith-based organization at the University of Texas at Austin where student's with common beliefs can grow in their faith through community and worship.

- Student leader responsible for the recruitment and support of new members of a campus sponsored faith-based organization.
- Participated in weekly fellowship and Bible study meetings

### **Spark Magazine**

A student run and funded fashion magazine.

- Helped to organize photoshoots that would eventually become published
- Served as creative director for many groups
- Voted MVP Photographer of the magazine