

Molly Preston

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EDUCATION

MSc Psychological Studies | University of Aberdeen | 2023-2024

- Courses include: Organisational Psychology, Organisational Culture and Conflict, Positive Psychology at Work, Individual Differences, Cognitive and Biological, Mental Health and Wellbeing in the Workplace.
- Thesis: 'The Impact of Leadership Styles on Employee Well-being and Performance in Hybrid Work Environments' - a psychological perspective using a mixed-method approach.

BA Business and Management | Robert Gordon University | 2019-2023 | Grade: 1st class honours

- Courses included: Consumer Psychology, Managing in Changing Organisations, Work and Organisational Behaviour, Quantitative Business Techniques, Human Resource Development and International Organisations.
- Thesis: Human resource challenges for North Sea energy industry – knowledge transfer and retention.

RELEVANT WORK EXPERIENCE

Virtual Intern | Art Yourself Alive | University of Aberdeen Virtual Internship Programme | June 2024

- Worked as part of a team of 6 to research the global picture of how mental health is being approached by influencers, specifically when targeted at the 18-30 age range.
- Evaluated previous research data on inclusivity and equality based on cultural and disability representation, identifying the top three influencers in a range of demographics to cover a broad perspective on the global majority.
- Analysed the language being used by top influencers and the themes prevalent in specific cultures with regards to mental health and wellbeing.

Placement Student | Subsea 7 | Aberdeen | 2021-2022

- Collaborated with in-house colleagues in recruitment, HR administration, payroll, training and compensation and benefits to provide employee support.
- Maintained people data in SAP HR and Microsoft Excel, created and issued contracts and letters, and ensured timely and accurate payroll information.
- Assisted with organising events, contributing ideas to the programme of events at the 'festival of learning' which had over 1500 attendees across three countries.
- Gathered feedback on success of various initiatives to inform future iterations.

VOLUNTEERING

Listening Volunteer | Nightline | University of Aberdeen Students' Association | 2023-2024

- Used extensive listening skills and counselling knowledge to provide information to students on personal issues.
- Worked under 5 key principles of confidential, anonymous, non-directive, non-advisory and non-judgmental.

Student School Officer | RGU: Union | 2022-2023

- Lead representative for the Aberdeen Business School, working to engage with, and support, a team of student representatives within my academic discipline.
- Developed effective working relationships between students, staff, the university's student partnership team and the Union's executive committee.
- Stood for the position to enhance my skills and communicate student needs.

This is a sample CV of a fictional student, created by the University of Aberdeen Careers and Employability Service.

COURSES

Mental health first aid | North East Scotland College | November 2023

- Learnt how to recognise early signs of deteriorating mental health and how to open up a conversation.

KEY SKILLS

Research

Experienced in data collection using both qualitative and quantitative methods, Excel, SPSS null hypothesis significance testing, t-tests, chi-square tests, and correlations. In my practical classes I have collaborated with peers to design studies, analyse data, uncover trends and write practical reports. I bring a creative flair to my research, always seeking to find new ways to tackle problems and learn best practice from others.

Evaluation

Working with statistical concepts and vast quantities of data during my studies and internships required a high level of interpretation skills and critical thinking to understand information and come to a conclusion. As a home care support worker, I am constantly alert for any changes in behaviour that may arise when working with vulnerable people, quickly assessing the situation and making decisions with limited supervision or direction.

Attention to detail

Attention to detail is crucial when working with data to ensure quality results and efficient use of time spent on tasks. It's important to be aware of possibilities for error ahead of time and to monitor results with an eye on any anomalies. When working with people, I pay attention to all verbal and non-verbal communications and pick up on the slightest indication that something might not be right.

Communication

I have developed written communication skills through writing long-form essays for my course, as well as research reports and presentations during which I use suitable language to make technical specification accessible to a range of audiences. In my part-time work and volunteering I employ active listening to understand the other person and consciously practice non-judgemental behaviour through the language of my response.

OTHER WORK EXPERIENCE

Home care support Worker | Homecare Scotland | 2021-present

- Deliver high quality care to service users and their families in their own homes in accordance with their support plan following a person-centred approach.
- Responsible for personal care including washing, dressing, bathing, toileting and medication monitoring and assistance, as well as domestic tasks and administration of medication.
- Provide meaningful social interaction and uphold a caring, compassionate attitude when interacting with service users.

INTERESTS

Running

I regularly run, both for pleasure and fitness, and am part of the Aberdeen University Athletics Club in their 'Hares and Hounds' branch which focuses on long-distance and cross-country.

REFERENCES

Available on request