

# TASMIN SHACKLETON

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I am a timely, organized, and hard-working person who excels under pressure. My leadership skills and creative ideas allow me to be a valuable member/leader to a team. I am a funny person who makes the tough times enjoyable. My drive and ambitious nature are infectious. I love aiming high and my down to earth nature makes me very approachable.

## EDUCATION

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**University-** Kingston University, Psychology BSc (Hons) 17 Sept 2020- 21 June 2023

- I have completed my three-year BSc Psychology degree (Year 3 module: Psychotherapy, Health and Wellbeing, Research Dissertation and Advanced Development)
- Modules in Year 1 and 2 of Psychology BSc Hons included Research Methods; Historical and Philosophical Concepts; Brain, Behavior and Cognition; Social, Individual and Development and Applied Psychology.
- My research dissertation topic was; An investigation into Personality, Anxiety, and Symptoms of ADHD of Drug Users and Non-drug Users Amongst Adults Aged 18+.
- I received a Second -Class Grade in completion of my degree and awarded my Bachelor's degree of Science. The graduation ceremony is the 20<sup>th</sup> of July.
- **A-Levels-** Springs Girls High School (South Africa) Jan 2018- Dec 2019
- Grade 12 (A-level UK equivalent); English(B), Afrikaans(A\*), Math(D), I.T(A), History(A), Biology(C) and Life Orientation(A\*)
- Grade 11 (AS level UK equivalent); English(B), Afrikaans(A\*), Math(D), I.T(A), History(B), Biology(B) and Life Orientation(A)

**GCSEs-** Springs Girls High School (South Africa)

Jan 2017- Dec 2018

- Grade 10 (GCSE UK equivalent); English (A), Afrikaans (A\*), Math (C), I.T(A), History(B), Biology(B) and Life Orientation(B)

## WORK EXPERIENCE

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**Lead Support Mental Health Care Support Worker, Achieve Together (31<sup>st</sup> March 2020- present)**

- This is my first paid work experience, I started the job the 31<sup>st</sup> of March 2020, I started out as a full-time contracted worker where I received e-learning from First aid to competency learning where I received certificates for all trainings I completed. I assisted patients with 1:1 personal care as well and got a promotion after working with the company for about a year and a half. I am still in this position.
- This job has given me better listening skills as I must practice them every day when interacting with learning disabilities and it has given me the platform to finer tune my

- organizational, leadership and people skills as these are used day-to-day when I work with my patients, their families and when I deal with my organization.
- The promotion I got, at the end of August 2021, to Lead Support Worker – is 3<sup>rd</sup> in rank after Manager and Deputy Manager. I now have extra responsibilities as well as my usual support worker responsibilities which include managing hours and files of staff, dealing with head office as well as supporting my fellow colleagues.

## **VOLUNTARY SERVICES**

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### **Experience: 1<sup>st</sup> & 2<sup>nd</sup> June 2023 \_\_ Helper @ Young Scientist Event with children at Kingston University**

- I helped researchers in these two days from 08:30am to 5pm, where I entertained and looked after children as well as assisted the psychology researchers to guide the children according to the activities and the experiments and also helping with lunch and assisting children with using the bathroom throughout the day.

### **SPCA (South African version of RSPCA)**

- Throughout A-level year, my love for animals drew me to helping with feeding the animals, walking the dogs, and playing with the cats at the SPCA.
- 2/3% more of the animals got adopted with our social media outreach to peers and people we knew promoting adoptions and characteristics of animals by video uploads and flyer presentations, my skill of attracting an audience through creativity was greatly useful.

### **Helping in child daycare**

- In my high school period, I would help a friend and her mum in her mums' children's daycare for 2/3 hours after school on some days where we would play with the children, feed, and change them and do games/educational activities.

## **SKILLS**

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### **Computer/Technical Skills**

- I took Computer/I. T programming as a subject from GCSE level until the end of A-level (in the last 3 years of high school) and scored high in my I.T skills; I can use simple Microsoft applications like Word, PowerPoint, Excel, One Note etc. and processing apps such as SPSS which I am using in university currently.
- RI can use html and notepad software to code and create websites as well, I received an overall 82% average or 'A grade' in my class at the end of every year (GCSE, AS level and A level).

### **Language skills**

- I am bilingual, my first language is English, and my second language is Afrikaans, which I am fluent in as well. I can understand some German conversation as well due to my Afrikaans language fluency. I received first in my class, 86% average, for Afrikaans as a subject in school for 3 years running by the end of A-levels.

### **Performance Skills**

- Throughout my schooling I always met deadline and were sometimes weeks early as I have excellent time management and organizational skills – this showed in my last

years of high school and university currently where I was able to achieve all my set goals, able to hand in several assessments due in a week on time and still help my teachers with sorting out their office spaces.

- I moved countries, started a job, opened my bank accounts, started university, got a promotion at work with more responsibilities and met all deadlines in year 1 and took a lead in group presentations and achieved nothing lower than Grade B (60%)– which I value my teamwork and leadership skills for. I constructed a grade B (69%) essay for my Historical Psychology Module in first year on theories and theorists as well as grade Bs (64% & 68%) on my lab reports for my Research Methods Module.
- I can work under pressure and get a group working well and can achieve great results – my commitment and drive don't allow me to ever leave anything uncompleted.

## **REFERENCES**

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**\*\*\*can be provided upon request**