**ALEXANDRA GRACE NOWAKOWSKI**

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**EDUCATION**

**George Mason University,** Fairfax, VA

Bachelor of Arts, Integrative Studies, Expected December 2018

Concentration in Social Justice and Human Rights

Minor in History

**WORK EXPERIENCE**

**Leadership Consultant August 2017- Present**

*The Leadership Education and Development Office, George Mason University*

* Facilitate educational workshops for students focused around the topics of leadership, ethics, values, team building, vision development, and goal setting
* Plan and implement the Brown Bag Leadership Lunch Series that takes place twice each semester
* Co-facilitate and organize a comprehensive leadership workshop series with 25-30 young adults with intellectual and developmental disabilities within the Mason LIFE program
* Serve as one of the co-leads for a partnership with Hampton Middle School and the LEAD Office where we work together to facilitate a comprehensive leadership workshop series focused around team building and communication
* Engage as a mentor and role model for students involved with the L-TEAM (Leadership, Training, Empowerment, and Motivation)

**Teacher Assistant (TA) for Social Justice Literature Class December- Present**

*Social Justice Literature Course- INTS 496, George Mason University*

* Instruct classes alongside a professor and responsible for organizing group discussions and creating projects based on novels

**Youth Camp Counselor Summer 2015 and 2016**

*Rockbrook Camp for Girls, Brevard, North Carolina*

* Served as a certified white water kayaking and canoeing instructor for campers between the ages of 6-16
* Organized and led educational, environmental, experiential learning trips down the Tuckasegee, French Broad and Nolichucky Rivers in North Carolina
* Provided positive mentorship and served as a counselor and advisor for 8 young girls, in addition to working effectively in large group environments, providing instruction and mentorship to nearly 100+ campers

**Mason LIFE Exploration Staff Fall 2016-Spring 2017**

*Mason LIFE, George Mason University*

* Served as positive role model and mentor for students in the Mason LIFE program
* Provided guidance and instruction for young adults with intellectual and developmental disabilities supporting them to thrive in an autonomous life
* Attended and participated in classes with the Mason LIFE students and assisted by taking notes that would help support their abilities and created assignments for us to work together on outside of the classroom

**Neighborhood HELP Program, Intern Summer 2016**

*Florida International University, Herbert Wertheim College of Medicine*

* Partnered successfully with a Community Outreach Team in South Florida, visiting underserved communities and worked together to provide a variety of health opportunities and educational programs promoting health living and connecting those in need to a health care system that complies with their budget and housing restrictions

**Mason Ambassador**  **Fall 2015-Present**

*Office of Admissions, George Mason University*

* Serve as an official student guide for the University, providing quality campus tours for over 400 families
* Recipient of the Ambassador of the year in the 2015-2016 academic year

**ACTIVITIES AND VOLUNTEER WORK**

* Women’s Mason Club Soccer Team Fall 2014- Spring 2016
* Mason’s Catholic Campus Ministry Fall 2015-Spring 2017
* St. Martha Catholic Church, Feed the Homeless Fall 2014-present
* United Cerebral Palsy (UCP) Summer 2015

**SKILLS AND STRENGTHS**

* Bilingual- Spanish/ English speaking and translating
* Self-motivated and highly dedicated to commitments
* Strong public speaking and communication skills
* Ability to facilitate educational workshops on focused well-being, ethics, leadership, teamwork and communication
* Works well both independently and within teams

**References**

**Lisa Snyder**

Associate Director of Leadership Education Development

George Mason University

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**Dr. Luther Brewster**

Assistant Professor, Chief of the Division of Policy and Community Development, and Community

Director for Green Family Foundation Neighborhood HELP TM

Department of Humanities, Health, and Society

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**Carrie L. Bonilla, PhD (Hispanic Linguistics)**

Professor of Hispanic Languages

George Mason University

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**Dr. Nicholas Lennon**

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