

Sofia Castillo Oregon City, OR 97045 | 503.333.3333 | Sofia_Castillo@gmail.com

EDUCATION

Bachelor of Arts in Social Work, Child, Youth & Family Studies Minor June 20xx
Portland State University, Portland, OR

RELATED COURSEWORK & PROJECTS

Addictions & Recovery: Analyzed the social, cultural and political factors influencing substance abuse and recovery. Explored impacts on individuals, families, and communities, with emphasis on systemic barriers and culturally responsive interventions.

Colonialism & Latine Wellbeing: Applied a trauma-informed lens to examine the intergenerational effects of colonialism on health disparities. Focused on the lived experiences of first-generation Latine high school students from low-income families and culturally-grounded support strategies.

RELATED EXPERIENCE

Caregiver and Mentor, Community Care, Eugene, OR Apr. 20xx - Present

- Organize neighborhood activities, sports, and art projects for adolescents aged 10-12 from low-income families that fostered community building, connection, and wellbeing.
- Model a healthy recovery lifestyle and assist with incorporating such skills into daily living.

Camp Counselor and Mentor, Camp Harlow, Eugene, OR Summers 20xx - 20xx

- Supervised 30 campers aged 6-12 in educational activities including art, music, sports, reading, and team building.
- Established and maintained positive, trusting relationships with campers, families, and fellow counselors by communicating in authentic and culturally responsive ways.

Activities Assistant, River Terrace Memory Care, Oregon City, OR June 20xx - Sept. 20xx

- Implemented daily activities for 25 individuals with developmental disabilities, supporting their health, safety, and well-being.

ADDITIONAL EXPERIENCE

Hospitality Coordinator, Rock Bottom Restaurant, Portland, OR May 20xx - Present

- Coordinate dinners and events while creating a welcoming, inclusive environment.
- Evaluate and effectively respond to client needs with professionalism and empathy.
- Train and mentor an average of 20 new employees annually, fostering teamwork, confidence, and effective communication skills.

TRAINING

Applied Suicide Intervention Skills Training (ASIST), LivingWorks Education Jan. 20xx
Working with Latinx Youth and Recovery from Trauma, Project ECHO Dec. 20xx