**Education**

**Bachelor of Science in Parks, Recreation, and Tourism with an emphasis in Recreational Therapy** *Graduation: May 2018*

Minor in Human Development and Family Studies

University of Utah

GPA: 3.86

**Associates Degree of Science**  *Graduated: Aug 2016*

Salt Lake Community College

GPA: 4.0

**Presentations/Publications:**

* UTRA Research Group Presentation 2017 & Publication:

Nelson, R., Hummel, E., Millet, P., & **Sowards, R**. (2017, March). *Multi-sensory interventions for children and adolescents with autism spectrum disorders: Translating findings into recreational therapy practice.* Utah Recreation Therapy Association Conference, Layton, UT

* ATRA accepted our Research Project as a poster board presentation for the annual conference

**Involvement/Other:**

|  |  |
| --- | --- |
| * Active member in a Recreational Therapy Research Lab at the University of Utah
 | * Mini-internship for the Veteran Affair’s National Wheelchair games (2016)
 |
| * Obtained skills in RT assessment and documentation
 | * Certified in CPR and First Aid
 |
| * Recognized by URTA for being the 2017 University of Utah’s Outstanding RT Student of the Year
 | * High-profile internship with Make-A-Wish Utah: Special Events (2015)
 |
| * Consistently placed on the Dean’s List
 | * *Merit Scholarship (2017-2018)*
 |
| * Member of the U of U College of Health Student’s Give Back Committee
 | * Health, Kinesiology, & Recreation Tuition Waiver (2017-2018)
 |
| * Fluent in Spanish
 | * *Dr. Lane and Paula Child’s Scholarship (2017)*
 |
| * Completed a Computer Proficiency Course and Exam with Honors
 | * *URTA Student Member*
 |

**Work Experience**

**Professional Mentor and supervisor** *Mar 2017-July 2017*

rise services Taylorsville, UT

* Working one-on-one with children who have disabilities and behavioral problems
* Focus; community integration, skills development, suitable coping mechanizes, therapy goals

**Retail manager** *Feb 2015-Present*

magellan (vrx) pharmacy SLC, UT

* Complete store operational requirements by scheduling & following up on employee’s results
* Maintain store staff by recruiting, hiring, training employees, and evaluating
* Maintain staff work ethic by coaching, counseling, and implementing discipline with employees
* Ensure availability of merchandise and services by approving contracts; maintaining inventories
* Formulate pricing policies by reviewing merchandising activities; determining additional needed sales promotion; authorizing clearance sales; studying trends
* Promoted after only 7 months at Verdicus Health Pharmacy to Retail Manager

**Head money Clerk**  *Mar 2012-Jun 2013*

Great Harvest bread co.SLC, UT

* Gained hands on experience in data entry management, accounting for daily income and tax handling
* Developed excellent communication and interpersonal skills
* Operated as a team oriented and flexible employee with a high attention to detail

**Volunteer & Leadership** **Experience**

**Volunteer Tutor and Extracurricular Instructor** *Jan 2017-Present*

**Glendale Mountain View Community Learning Center** Glendale, UT

* **Assisted diverse student group in scholastic learning and hosted STEM focused extracurricular events**

**Urta Student Volunteer** *Mar 2016-Mar 2017*

Utah Recreational Therapy Association SLC, UT

* **Aided in the collection of post session feedback provided by attendees**
* **Acted as session lead and introduced Professional and Academic key note speakers**

**Service Missionary** *Aug 2015-May 2017*

Buenos Aires West MissionArgentina

* **Maintained a record of volunteer service at** <http://sisterbeccaalley.blogspot.com>
* **Practiced adaptive teaching techniques, managed multiple schedules, and gained fluency in the Spanish language**

**Co-President of Bhutanese Refugee Activities** *Dec 2014-Dec 2015*

Good In The Hood Community Service GroupSLC, UT

* **Worked with individuals across the globe in creating change in the local community unity and integration**