

# SHAMEIKA M. FRIAS

[SXF5118@GMAIL.COM](mailto: SXF5118@GMAIL.COM) | (347) 290 – 3105 | 1133 E. Mt. Airy Avenue #A14 Philadelphia, PA 19150

## EDUCATION

**The Pennsylvania State University, University Park, PA** May 2018  
Masters of Education in Counselor Education  
**The Pennsylvania State University, University Park, PA** May 2016  
Bachelor of Sciences in Human Development & Family Studies – Lifespan Human Services Option

---

## EXPERIENCE

**Dickey Elementary School, Lock Haven, PA** (2017 – 2018)  
School Counselor Intern

- Facilitated classroom lessons to promote healthy coping strategies and positive peer interactions
- Created and implemented counseling sessions that focused on problem solving skills in order to enhance self-regulation, interpersonal skills and decrease conduct problems amongst fifth grade boys
- Provided individual and group counseling sessions for students in a low-income community; specifically students who are experiencing trauma and/or have traumatic pasts, have been diagnosed with Attention Deficit Hyper Disorder and/or Mental Health illnesses, and display conduct problems
- Assisted students in crisis incidents such as unsafe living conditions, bullying, friendship dilemmas, aggressive demeanors, poor self-regulation, lack of teacher-student relationship, and grief

**The Paul Robeson Cultural Center, University Park, PA** (2016 – 2018)  
BLUEprint Graduate Assistant

- Advised Student Planning Committee and other student leaders within BLUEprint
- Participated in the coordination of large group events, including open educational programs, community service projects, academic support efforts, team-building retreats, and exploratory trips
- Managed tracking of participation and mentor/mentee interactions for the purpose of building a strong bond that promotes a positive transition for first-year and change-of-campus students, meeting IMPTC standards, awarding certification and determining invitations for continued membership, special opportunities, and incentive-giving
- Conducted implementation of assessment tools, along with compiling and analyzing assessment data, as a means to gauge the effectiveness and areas of improvement for BLUEprint and to produce an annual assessment report to be shared with senior administrators

**The Bennett Family Center, University Park, PA** (2016)  
Infant/Toddler Intern

- Created case studies and created emergent curriculum lesson plans within an infant/toddler classroom
  - Encouraged growth in all areas of development; gross-motor play, language development, etc
- 

## LICENSURE

**Education Specialist I** (2018 – 2024)  
Elementary & Secondary School Counselor PK-12

---

## LEADERSHIP

**Chi Sigma Iota - Rho Alpha Mu Chapter** (2017 – 2018)  
Counseling Academic and Professional Honor Society International

- Member of the Rho Alpha Mu Chapter at the Pennsylvania State University

**Mu Sigma Upsilon Sorority, Incorporated - The Jhansi Chapter** (2013 – 2016)  
Vice President, Treasurer, Public Relations Chair

- Conducted educational programs, information sessions, community service and philanthropic projects