

# FINDING MY PASSION

Middle School  
& High School

Fox  
Valley  
Autism

UWGB

Expanding  
Involvement

Looking  
Ahead

# Middle & High School

2008

## **My first experience with autism**

I began babysitting a young boy enrolled in an in-home ABA therapy program and his two brothers.

2011

## **Getting involved**

I became involved in this boy's IEP by providing scheduled sensory breaks twice a day to help him better transition throughout the school day.

2013

## **Intro to Psychology @ SHS**

I took my first psychology course at Shiocton High School and gave a class presentation on autism spectrum disorders and sensory processing disorders.

The logo for Fox Valley autism treatment program is displayed within a white rectangular box with an orange border. The word "Fox" is in a dark red serif font, and "Valley" is in a blue serif font. Below "Fox Valley" is the text "autism treatment program" in a smaller, blue, sans-serif font.

FoxValley  
autism treatment program

...a special program for your special child

**May 2016:** I began working for Fox Valley Autism Treatment Program as a behavioral technician (line therapist)

I help children & adolescents with autism develop and improve developmentally appropriate academic, social, emotional, and daily living skills through play therapy and natural environment training

This job has been an incredible parallel to almost all of my class content the past three years, and classes such as abnormal psychology and psychological tests and measures have given me greater insight to what is behind the work I do everyday

Today, I work with nine children from four years old to ten years old that have inspired me to pursue a career in clinical psychology (more on that later!)



UW-Green Bay

# Middle Childhood & Adolescence

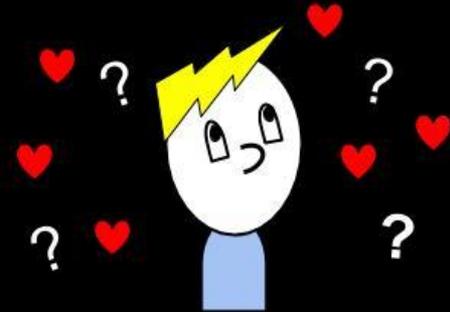
In this course, I completed a semester-long program development project in which I designed a sexual education program for adolescents with autism. This was my first experience developing a program, and it is something I hope to continue doing by creating and implementing programs for individuals with autism.

# PUBERTY, SEXUALITY, & RELATIONSHIPS

ON THE AUTISM SPECTRUM 

A PROGRAM DESIGNED FOR TEENS WITH AUTISM TO HELP TEACH ESSENTIAL TEEN LIFE SKILLS SUCH AS:

- ♥ GOING THROUGH PUBERTY
- ♥ UNDERSTANDING SEXUALITY
- ♥ THE IMPORTANCE OF PRIVACY
- ♥ RELATIONSHIP & SOCIAL SKILLS
- ♥ PRACTICING SAFE SEX
- ♥ CONSENT & PREVENTING ABUSE
- ♥ SELF-CARE SKILLS



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# Counseling & Psychotherapy

My Counseling and Psychotherapy course went a long way in helping me narrow down my career goals from a general interest in psychology to looking specifically at counseling degrees, clinical degrees, and social work degrees.

Through case studies, I also learned a number of important skills in navigating the therapeutic relationship with clients as well issues of ethics and confidentiality.

Research  
Methods

Statistics

Before these courses, I had little knowledge of how research was actually conducted, let alone how it was analyzed. Working with survey engines such as qualtrics to design studies and analyze data using SPSS in both Research Methods in Psychology and Social Science Statistics gave me an invaluable introduction to the world of conducting research that I will continue to use through graduate school and beyond.

# Expanding Involvement



My experiences with Fox Valley Autism and my undergraduate psychology courses have inspired me so much that I continue to expand my involvement in the autism community. In 2017, I became a member of the Autism Society of Wisconsin and attended the annual autism conference where I met Dr. Temple Grandin.

# Looking Ahead:

What comes next?

**Goal:** to become a Clinical Psychologist working with the autism community

