

PRIYANTHA THORADENIYA AMARASINGHE

PERSONAL PROFILE

NOTE: Profile summarises how candidate's career aims align with the job she is applying for.

Having recently gained a Psychology degree with the Open University, I am now seeking a challenging and fulfilling post helping disadvantaged young people. I have considerable experience in working with teenagers and, having studied alongside full-time work, have a proven willingness to learn and work hard.

I am enthusiastic, energetic and adaptable and am able to relate well to young people. I enjoy helping and motivating others to achieve and fulfil their potential.

KEY SKILLS

NOTE: Candidate is able to emphasise her full range of skills through a skills-based CV. Bullet points are useful as they are more succinct and can be scanned quickly by reader.

Effective communication skills

- I am currently responsible for helping young people with their physical needs and supporting them in coming to terms with their specific difficulties.
- I have excellent verbal communication skills and a sensitive but assertive approach to dealing with young people's issues.
- I take responsibility for ensuring support sessions are not only fun but include learning development.

Good time-management and planning skills

- My effective time-management skills enabled me to study successfully for my degree while working full time and running a busy home.
- My forward planning ensured that study assignments were completed on time and that I could attend residential schools without compromising family needs.

Excellent organisational skills

- I take responsibility for coordinating and organising outings and activities at the children's home.
- I negotiate and liaise with staff and external organisations.
- My duties include supervision and management of other volunteers at the New Horizon Project.

EDUCATIONAL QUALIFICATIONS

2006–2011 **BSc (Hons) Psychology 1st Class Honours** **The Open University**

Courses included

- Child development (Distinction)
- Working with young people
- Social psychology (Distinction)

1987-1991 **7 Standard Grades including English and Maths** **Ananda Colloge, Colombo**

CAREER HISTORY

NOTE: Provides evidence of working with children and young people in a variety of contexts – both through paid employment and voluntary work.

2001 - Present **Care Assistant** **The Silken Umbrella Children's Home**
Helping teenagers with additional needs in a residential children's home

1995-2001 **Career break while bringing up two children**

NOTE: Although candidate specifies the reason for her career break, by using a skills-based CV she highlights her skills and downplays any gaps in career history.

1993-1995 **Nursing Auxiliary** **The Hospital for Sick Children, Nugegoda**
Helping nurses to feed, wash and dress patients, making beds, serving meals

VOLUNTARY WORK

2009 - Present **Volunteer Support Worker** **New Horizon Project, Homagama**
Providing information to people in the 16-25 age range on specialist services (e.g. drugs and housing)
Liaising with local organisations in order to maintain up-to-date information

2002-2004 **Volunteer** **The Prince's Trust**
Acting as a volunteer, organising a sporting event for young people. This was an annual event, lasting a week, run at a holiday camp. Most of the young people there were either in care or were at risk of offending.

ADDITIONAL INFORMATION

- Computer literate, knowledge of Windows 7, Excel and databases
- In-house training on welfare and benefits system and basic drug awareness
- Up-to-date CRB check
- Extensive knowledge of and interest in sport
- Clean driving licence and minibus certificate

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