

# Perla Abou Dehen

## Personal information

- 📍 Hasbaya, Lebanon
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  - Date of Birth: 01/05/2001 | Nationality: Lebanese
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## Education

Aug 2019- May 2022	<b>Lebanese American University</b> B.A in Psychology	<b>Beirut, Lebanon</b>
Sep 2004 – June 2019	<b>Lebanese Modern College (LMC)</b> Lebanese Baccalaureate Certificate of secondary Education in Life Sciences.	<b>Hasbaya, Lebanon</b>

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## Work Experience

January 2022- May 2022	Internship at Step-by-Step. <ul style="list-style-type: none"><li>• Through Lebanese Modern University Psychology Program Curriculum.</li><li>• Step-by-Step is a mental self-help application that helps people with anxiety and depression to get better, with the help of an online e-helpers through calls or messages once a week.</li></ul>
July 2021 - ongoing	Birthday event planning, childcare and entertainment Rashad Saasouh, Hasbaya, Lebanon <ul style="list-style-type: none"><li>• Worked on organizing birthday parties and setting play schedules and idea for children</li></ul>
July 2021 – Aug 2021 Aug 2021	Assistant Football Coach Coach Manal Zwaihed, Hasbaya, Lebanon <ul style="list-style-type: none"><li>• Taught 7-8 year old children basic football skills</li></ul>
September 2019 – May 2020	Assistant librarian Lebanese American University, Riyad Nassar Library, Beirut, Lebanon <ul style="list-style-type: none"><li>• Organize books in libraries</li><li>• Assist students in search of certain books</li></ul>
June 2019 - Aug 2019	Assistant Swimming Coach Coach Manal Zwaihed, Hasbaya, Lebanon <ul style="list-style-type: none"><li>• Taught children pool and water safety guidelines</li><li>• Helped students to adjust to pool and unfamiliar surroundings, resulting in better outcomes in individual and group lessons</li><li>• Taught students different swimming techniques</li></ul> Taught adult students (women) swimming lessons

March 2019 - May 2019	Cashier at Ajyal Bookstore Wassim Badawi, Hasbaya, Lebanon <ul style="list-style-type: none"> <li>• Helped customers complete purchases, and locate items</li> <li>• Checked prices for costumers and processed items through scanning barcodes</li> <li>• Operated cash register to record all transactions accurately and efficiently</li> </ul>
Nov 2020 – April 2021	Private Tutor, Hasbaya, Lebanon <ul style="list-style-type: none"> <li>• Taught English to grade 3 and grade 5 students</li> </ul>

## Accomplishment

**Youth Exchange Program Alumni:** Was a part of the Kennedy Lugar Youth Exchange and Study Program where I traveled to the United States of America to complete my Grade 11 education in an American High School, get to know my host community and introduce Lebanon to my host community

### Red Cross Youth Sector:

- Volunteer since 2016 till Present.
- Currently occupying the president position of the Youth Sector
- Upheld the secretary position in the local committee since 2019 and till the present time where I manage all volunteer documentation recruitment campaigns, and manage volunteer-committee interactions

### Red Cross Disaster Management Sector: Volunteer starting in 2021

**DPNA: Ecotism Project:** Volunteering to make our town a cleaner, eco-friendlier space by placing waste containers and distributing paper bags to replace plastic bags

### Taekwondo:

- Started since 2007 till 2015
- Reached a black belt
- Participated in the Lebanese Taekwondo Championship in 2015

### Sheboygan Junior Varsity Swim Team:

- Started since 2016 till 2017
- Competed in a number of national swim meets and competitions in Sheboygan, Wisconsin.

### MEPI TLS Alumna (Tomorrow's leader gender scholar program) at LAU:

- From September 2021 till June 2022
- A scholarship program that covers tuition for a year while taking 2 gender study courses and several gender workshop and trainings.

## Certification

- \* Oct-Mar 2017 Model United Nation High School Program
  - \* Oct-Mar 2014 Model United Nation Middle School Program
  - \* Nov 2017 South High Swim team
  - \* Aug 2019 Kun Hadi Certificate
  - \* Nov 2017 International Education Week
  - \* Mar 2017 Eed b Eed
  - \* May 2017 Spelling Bee
  - \* May 2019 Folklore
  - \* Apr 2019 Music (Guitar, Flute)
  - \* Apr 2021 First Aid Training
  - \* Oct 2014 Lebanese National Taekwondo Competition
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## Skills

- \* Public Speaking
  - \* Teamwork Skills
  - \* Problem solving/Critical thinking
  - \* Communication skills
  - \* Flexibility/Adaptability
  - \* Time management
  - \* Software skills: Word, Excel, PowerPoint
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## Languages

- \* Arabic (Native Language; Excellent)
  - \* English (Second language; Excellent)
  - \* French (Average)
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## Interests

- \* Playing Guitar, Piano, and Flute
- \* Swimming
- \* Hiking
- \* Reading
- \* Volunteering and Community service