**Abeeku Kilson**

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**Summary of Qualifications/Skills & Abilities**

* Appreciating and understanding of social problems, Interacting with diverse cultures/groups
* Understanding the complexity and diversity of race, ethnic relationships, class and gender
* Critical Thinking , Problem Solving Skills, Conflict Resolution, Leadership Skills, Public Speaking Skills
* Working independently and in team settings
* Preparing Reports, Analytical Skills, Conceptual Skills, Qualitative and Quantitative Research Skills
* Organizational and Time Management Skills
* Making critical observations, evaluations and appropriate decisions
* Interpersonal communication (oral and written) , Initiating ideas
* Capable of using Microsoft Word, Excel, PowerPoint ,Data processing and Analysis
* Excellent writing skills, identifying issues and developing appropriate solutions

**Education**

**MacEwan University, Edmonton, Alberta, Bachelor of Arts**

Major: Sociology

Minor: Political Science

Graduation Date: June 2017

**Related Coursework:**

* Mental Health and Society: Learned about the Canadian mental health system, medicalization, power and the medical model, the pharmaceutical industry, and mental health social movements
* Sociology of Gender: Looked at similarities and differences between Men and Women in Canadian society through gendered roles, intersectionality, and socialization
* Social Problems: Focused on issues such as social inequality, discrimination, human rights violation, homelessness and family violence
* Qualitative Research Methods: Looked at qualitative research methods in Sociology. Topics covered include: designing qualitative research, ethical issues, interviews, focus groups, ethnography, action research, unobtrusive measures, case studies, content analyses, and the use of triangulation in research
* Race and Ethnic Relations in Canada: Learned about the analysis of race and ethnicity in Canada with a specific focus on themes such as racism, ethnicity, multiculturalism and identity how issues of ‘race' and the racialization of certain groups are conceptualized in political and academic discourse, and how these understandings explain and justify inequality

**Work History/Experience**

**Community Disability Practitioner**

**Edmonton Integrated Services, Edmonton, Alberta** Dec 2017-Oct 2019

• Working with individuals to support their daily needs and supports
• Participating in the development of a working team and coordinating activities weekly
• Documenting monthly reports, service plans, and daily progress reports on a consistent basis
• Creating multiple solutions to problems and thinking outside of the box
• Finding new approaches to team goals and developing methods
• Taking other perspectives into account while communicating
• Identifying risks to situations and activities
• Providing program proposals in relation to identified needs in the Community
• Recognizing underlying issues, implications of decisions, and courses of action
• Referring all safety issues to the Supervisor and Manager
• Representing the agency with respect and integrity

**Relief Worker**

**Winnifred Stewart Association, Edmonton, Alberta** Mar 2017-Dec 2017

• Supporting individuals in facility and in the community

• Administering medication for clients on Catalyst and completing modules on Open Futures on various topics

• Attending team meetings and going to mandatory training such as MANDT, Mindful Hearts

• Documenting client information, log notes on Share vision, medical incident reports, Critical Incident reports and ABC Tracking

**Morning Stocker**

**Costco Wholesale, Edmonton, Alberta** Sept 2012-July 2017

* Built a reputation for working successfully with co-workers.
* Demonstrated use and care of merchandise.
* Responded to customer questions regarding store merchandise, department information and pricing in accordance with company policies.
* Loaded and unloading merchandise using a pallet jack by stocking out 80% of store merchandise.​
* Participated in physical inventory counts every six months and exceeding 30% of sales

**Human Rights Worker** Aug 2014-Apr 2015

**Neighborhood Bridges, Edmonton, Alberta**

* Completed log notes, contact notes, personal files, medical records, incident reports and time sheets.
* Developed close relationships with people through support in the community.
* Engaged in binder orientation to learn more about the individual’s background.
* Assisted individuals understanding illnesses and contributing personal, social and economic factors.
* Supported individuals with developmental disabilities in everyday society and letting them know they are valued.

**Leadership/Volunteer Experience**

**Heartland Alliance Church**

* Organizing Church and community events for Young Adults and Greeting People January 2018-Present

**Bissell Centre**

* Interacting with clients in the Drop-In Centre, Scheduling weekly appointments, recording items given to participants, Looking after sign-out sheets, monitoring the coffee station Apr 2017-Oct 2017

**MacEwan University**

* Organized Events for New Student Orientation for First-year students and Public speaking and coordinating tours with the MacEwan Ambassadors on campus Aug 2014-Sept 2016

* Presented information for the Sociology department at Open House at MacEwan University and event planner and director of communications with the Sociology Club                                                                 Sept 2012-Nov 2015

**Hope Mission**

* Served food to the Homeless and walked at Coldest Night of the Year doing a 10km walk to help fundraise money for the hungry, homeless and communities in Edmonton and Canada

 Jan 2012-Mar 2015

**Certifications**

* St. John Ambulance : Emergency First Aid: Level A CPR and AED
* Open Futures Modules: Introduction to Your Role, Self-Determination, Active Support, Finding and Building Community, Abuse Prevention, Understanding And Promoting Rights, Circle of Friends, Who am I, Relationships, Dating and Intimacy, Thinking about Employment
* Certificate of Completion: Positive Behaviour Supports Level 1 Training, Outcomes & Measuring the Difference, Abuse Prevention and Response Protocol, Nonviolent Crisis Intervention, Positives Practice, Occupational Health and Safety
* Lifework Consulting Ltd: Emergency First Aid/ Level C CPR

**References available Upon Request**