

Manuel Luis Jacinto

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PROFILE

- Over 3 years of experience supporting youth in cognitive and social development, with a focus on mental health.
- Extensively trained in youth development and active listening, adept in managing issues such as depression, grief, anxiety, suicide, panic attacks, and sexual health.
- Skilled in data collection and analysis using SPSS, contributing to evidence-based practices.
- Languages: Fluent in French, English and Tagalog (written and spoken)

EDUCATION

Bachelor of Arts, Psychology

Expected May 2036

Concordia University, Montreal, QC

Relevant courses: Adolescent Development, Storm and Stress in Childhood and Adolescence, Cultural Psychology, Emotion in the Social Context

VOLUNTEER EXPERIENCE

Plusone Mentor

Jan 2032 - present

YMCA NDG, Montreal, QC

- Supporting 7 youth mentees aged 10-17 years old from diverse backgrounds, fostering their self-esteem, social skills, and personal relationships
- Planning and executing over 15 individualized social and academic activities and workshops, collaborating with support workers and other volunteers
- Demonstrating empathy and patience, developing meaningful relationships and holistic development for mentees

Active Listener

Sep 2034 – May 2035

Concordia Students' Nightline, Montreal, QC

- Provided empathic support and as a safe space for over 5 students pre shift, referring them to appropriate community resources
- Assisted 6 volunteers in managing unresolved feelings and difficult calls

ADDITIONAL TRAINING

First Aid and Cardiopulmonary Resuscitation (CPR)

Valid until 2036

Red Cross, Montreal, QC

Suicide Prevention Training

2035

Suicide Prevention Centre of Montreal, Montreal, QC

Conflict Resolution and De-Escalation Skills

2034

Udemy

RESEARCH EXPERIENCE

Research Assistant

Sep 2024 – Sep 2025

Cognitive and Language Development (CLD) Lab, Montreal, QC

- Facilitated testing sessions, communicating effectively with parents and children
- Collected and administered surveys for a graduate dissertation, ensuring data accuracy
- Analyzed data of 25+ participants aged 10-36 months using SPSS, contributing to research on social learning behaviors and mechanisms in infancy
- Assisted with literature review, enhancing the lab's understanding of social learning

EXTRACURRICULAR ACTIVITIES

VP of Marketing

Jan 2023 - present

Filipino Organization of Concordia University Students (FOCUS), Montreal, QC

- Implemented targeted social media strategies on Instagram and Facebook, resulting in a 20% boost in student event attendance.
- Secured partnerships with external organizations to sponsor events, generating an additional \$8,000 in funding.

Folklore Dancer

2020 - 2024

PAMANA ng LuzViMinda Dance Company, Montreal, QC

OTHER WORK EXPERIENCE

Call Center Agent

Jan 2022 - present

IO Solutions, Montreal, QC

- Answered 50+ incoming calls per shift and provided answers to client inquiries regarding credit terms, product details, pricing, and availability, maintaining a customer satisfaction rating of 95%.
- Successfully met or exceeded sales goals by 15% on a quarterly basis.

AWARDS AND SCHOLARSHIP

Dean's List

fall 2024 and winter 2025

Concordia University, Montreal, QC

University Scholar

2025

Philippine Benevolent and Scholarship Society of Quebec

Entrance Scholarship

2024

Concordia University, Montreal, QC

INTERESTS AND HOBBIES

Building Star Wars diorama, improvisation, ballet dancing