

# Elijah A. Arenas

Curriculum Vitae

## Profile

- Undergraduate **psychology and communication studies** student with interdisciplinary training across psychology, philosophy, education, and community-based practice.
- Focused on **human behavior, interpersonal and organizational communication, facilitation, and social systems**.
- Experienced in **youth mentorship, informal education, and cross-cultural teaching**, with particular interest in supporting **open communication within institutions**.

## Education

- **New Mexico State University**, Las Cruces, NM — **Bachelor of Arts in Psychology and Communication Studies** (In Progress)
- **Honors student • GPA: 3.87**
- **Christ University**, Bengaluru, India — **Study Abroad Semester**

## Teaching, Mentorship, and Facilitation Experience

- **Experiential Education & Cross-Cultural Teaching**, Bengaluru, India — Designed and delivered **ESL and computer literacy instruction** to underprivileged youth (ages 12–17).
- Functioned as **pedagogical practice, cross-cultural immersion, and personal development**, shaping understanding of **facilitation and relational learning**.
- **Camp Shaver — Summer Camp Counselor** (May 2025 – Aug 2025): Facilitated experiential learning grounded in **developmental psychology** and **SEL**.
- Supported **emotional regulation, conflict resolution**, and mentorship using **de-escalation** and **restorative practices**.

## Academic and Intellectual Interests

- **Human development** across cultural and social contexts
- **Organizational, interpersonal, and group communication**
- **Facilitation and dialogue within institutions**
- **Inner development and social change**

- **Informal education and experiential learning**
- **Social–emotional learning** and ethics within social systems

## **Employment Experience**

- **Caliche’s** — Food Server (Mar 2025 – Present)
- **Valvoline Instant Oil Change** — Hood Technician (Apr 2024 – Jun 2024)
- **Menchie’s Frozen Yogurt** — Cashier / Dishwasher (Jul 2022 – Apr 2024)
- **Berco’s Bistro** — Cook / Dishwasher / Cashier (Oct 2021 – Mar 2022)

## **Honors and Recognition**

- **Honors College International Research Fellow**, New Mexico State University (2025) — Research on **meaning-making** and **subjective experience** in culturally significant spaces in India.
- **Conroy Honors Scholar Recipient**, New Mexico State University (2024 – present)
- **National Hispanic Recognition Program Recipient** (2023)
- **National Hispanic Institute**, Dennis “Dionisio” Chavez New Mexico LDZ (2023) — **Supreme Court Justice**
- **UNM/PNM Statewide Mathematics Contest** Participant (2020, 2023)

## **University and Community Service**

- **Conroy Honors Scholarship Reviewer**, New Mexico State University (2025)
- **Eagles Closet**, Eldorado High School (2023–2024)
- **Tres Hermanas Community Farm** (2023–2024)
- **Chispas Farms** (2023)
- **Roadrunner Food Bank** (2022–2023)

## **Skills & Languages**

- **Youth mentorship** and **group facilitation**
- **Interpersonal and organizational communication**
- **Conflict resolution** and **social–emotional learning**
- **Cross-cultural communication** and leadership
- **Technical and reflective writing** • **Computer literacy instruction**

- **English** (Fluent) • **Spanish** (Conversational)