

# Elijah Arenas

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## Profile

Psychology and communication studies undergraduate with a strong interest in organizational facilitation, open communication, and people-centered work. Experienced in youth mentorship, group facilitation, cross-cultural education, and social-emotional learning. Brings a reflective, systems-oriented approach to supporting healthy group dynamics, collaboration, and equitable outcomes within organizations.

## Education

**New Mexico State University**, Las Cruces, NM

Bachelor of Arts in **Psychology and Communication Studies** (In Progress) • **GPA: 3.87** • Honors Student

**Christ University**, Bengaluru, India — **Study Abroad Semester**

Completed academic coursework alongside immersive experiential learning through teaching, mentorship, and cross-cultural engagement.

## Relevant Experience

**Camp Shaver** — Summer Camp Counselor (May 2025 – Aug 2025)

- Facilitated inclusive group activities grounded in developmental psychology and social-emotional learning (SEL).
- Supported emotional regulation, conflict resolution, and positive group dynamics using restorative practices.
- Served as a consistent mentor, fostering trust, communication, and collaboration among youth.

**Experiential Education & Cross-Cultural Teaching**, Bengaluru, India

- Designed and delivered ESL and computer literacy instruction for underprivileged youth (ages 12–17).
- Adapted communication strategies across cultural and linguistic contexts to support engagement and learning.
- Developed facilitation skills through relational, dialogue-based instruction rather than rigid curricula.

**Valvoline Instant Oil Change** — Hood Technician (Apr 2024 – Jun 2024)

- Worked in fast-paced, team-based environments requiring clear coordination and attention to safety.
- Communicated directly with customers to explain services and ensure understanding and trust.

## Additional Employment

**Caliche's** — Food Server (Mar 2025 – Present)

**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)

**Conroy Honors Scholar Recipient**, New Mexico State University (2024 – present)

**National Hispanic Recognition Program Recipient** (2023)

## Skills & Languages

Group facilitation • Interpersonal and organizational communication • Conflict resolution • Social-emotional learning • Youth mentorship • Cross-cultural communication • Leadership • Google Workspace • Computer literacy instruction • **English** (Fluent) • **Spanish** (Conversational)