

Elijah Arenas

Las Cruces, NM • (505) 401-3663 • eliaa999@nmsu.edu

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)