

# Tessa Gonsalves

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## Summary

I am a Senior at El Capitan High School where I have been involved in many programs and extracurricular activities. I have worked as a personal caregiver for my quadrapilgic father since I entered high school, which has taught me to be patient, compassionate, and responsible. I have volunteered and engaged within the community of Merced and my high school which has furthered my leadership, organization, and communication skills multifold. I am confident in my ability to work with others to create a positive working environment as I complete necessary tasks.

## Education

### El Capitan High School

Merced, CA — August 2016-June 2020

#### *Accomplishments and Honors*

- 4.33 GPA
- California Scholarship Federation (CSF) Member
- AVID Student
- Leadership
- Pre-Calculus Honors/AP Calculus
- Spanish 3 Honors
- AP English Language and Composition/AP Literature and Composition

## Work Experience

### Personal Caregiver Clayton Gonsalves

Merced, CA — August 2016-August 2020

#### *Responsibilities and Accomplishments*

- Prepared food for Mr. Gonsalves
- Set up bed, table, fan, etc for Mr. Gonsalves
- Transferred Mr. Gonsalves from his wheelchair to his bed
- Provided Mr. Gonsalves with medication
- Supported Mr. Gonsalves in reaching comfort

## Skills

### Leadership

- Oversaw progress of tasks in the Leadership class at my High School
- Assisted my High School Softball team through a Team Captain position
- Presented information to members of the Gay-Straight Alliance club

### Organization

- Structured time wisely to complete necessary projects and assignments
- Prepared necessary time for future responsibilities

## Extracurriculars and Related Experiences

- Senior Class Treasurer
- Member of the Merced Youth Council/Volunteering with the Merced Youth Council
- Volunteer work at the Early Childhood Education Center at UC Merced
- Player of High School Softball Team
- Valley Sports Academy Travel Softball

## References

- Secretary and Member of Gay-Straight Alliance Club

Clayton Gonsalves  
Caregiver  
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