





# SARAH SORBY

## SCHOOL COUNSELOR

### CONTACT

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-  Barrington, IL

### CERTIFICATIONS

- Data Specialist Certification - ASCA
- Youth Mental Health First Aid
- Columbia Suicide Severity Rating Scale (C-SSRS) Certification
- Project Management Professional (PMP)

### EDUCATION

#### Northeastern Illinois Univ.

##### Master of Arts, School Counseling

May 2025 (expected)

#### Lake Forest College

##### Bachelor of Arts, Finance and Computer Science

May 2013

### VOLUNTEERISM

- UtmostU Career Fair
- Toys for Tots
- Feed My Starving Children
- American Cancer Society

### PROFESSIONAL MEMBERSHIPS

- American School Counselor Association
- Illinois School Counselor Association
- Chi Sigma Iota Counseling Honor Society

### LANGUAGES

English 

Spanish 

### PROFILE

I am a passionate and goal-oriented School Counselor seeking an opportunity to impact students' motivation, sense of belonging, and individualized success. I balance advocating for individuals and for student populations, striving to close opportunity gaps and ignite systemic change.

### WORK EXPERIENCE

#### School Counseling Intern

D214 - Prospect High School

August 2024 - Current

- School Improvement Plan (SIP) Committee - EL Students on Track: authored EL student needs assessment, consulted on classroom presentation curriculum, 12 total presentations
- Architected needs-based and research-driven EL 'Connections' Small Group, spanning nine sessions of social, emotional, cultural, participation, and school connection topics
- Co-led 4 distinct small groups, 6-10 sessions each: First Generation Seniors; First Generation Juniors, Executive Functioning, EL Connections
- Delivered engaging Classroom Presentations on topics spanning PHS involvement, executive functioning strategies, post-secondary search, Signs of Suicide, graduation rqmts
- Managed personal caseload of 12 students in practicum, providing individual counseling on academic, social/emotional, and post-secondary topics
- Co-sponsor (volunteer) UKnight4Minds-Mental Health Awareness Club: Consultation/execution of fundraising projects and advocacy for mental health programming
- Go Lime - D214 Mental Health Awareness Week Event: Volunteer Prospect HS Speaker
- Fulfilled all duties pursuant to a School Counselor Intern as defined by D214

#### Lead Project Manager

AT&T Corporate

June 2013 - September 2024

- Led 100+ process-oriented projects' delivery via scope, schedule, and budget management
- Designed and facilitated program plan between executives, department heads, and development teams etc. to coordinate responsibilities, troubleshoot issues, share status
- Identified potential risks to timeline, budget, and scope, directing mitigation workshops
- Strategically accounted for individual team members' working styles in planning schedules, delegating responsibilities, and determining technical solution decisions
- Tracked progress across five teams, 25 developers, managing multiple projects, while aligning team priorities to organization leadership's expectations

#### Girls Lacrosse Coach

Lakeshore Lacrosse

May 2014 - July 2023

- Assessed skill level against athletes' seasonal performance plan, facilitating goal-setting, progress monitoring, and evaluation
- Created curriculum for individualized focus during skill-building, while continuously adapting for competitive standards
- Balanced fostering competitive spirit and drive with necessity for fair playing time
- Managed communications between coaching staff, players, and parents