

# CAROLINE ELIZABETH MAYO

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## EDUCATION

**Texas Woman's University**, Denton, TX  
**Master of Science in Child Life** — *Expected May 2026*

**The University of Mississippi**, Oxford, MS  
**Bachelor of Arts in Political Science**, Minor: Psychology — *May 2024*  
Graduated *Cum Laude*  
Segal AmeriCorps Education Award Recipient

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## CHILD LIFE & RELATED EXPERIENCE

**Children's Health Hospital** — Dallas, TX  
**Child Life Assistant** | *January 2026-present*

- Support Child Life Specialists in delivering psychosocial care to pediatric patients and families across inpatient and outpatient settings.
- Help manage Child Life activity spaces, materials, and documentation to ensure safe, developmentally appropriate interventions.
- Maintain professionalism, confidentiality, and infection control standards while collaborating with the interdisciplinary healthcare team.

**Children's Health Hospital** — Dallas, TX.  
**Volunteer** | *January 2026-present*

- Provide consistent psychosocial support to pediatric patients and families through bedside play, normalization activities, and therapeutic engagement.
- Assist Child Life Specialists in promoting coping, emotional expression, and positive hospital experiences for children of varying developmental levels.
- Utilize developmentally appropriate play and distraction techniques to reduce anxiety and support adjustment to the hospital environment.

**Victoria Hospital & Tygerberg Hospital** — Cape Town, South Africa  
**Child Life Practicum** | June 2025 – July 2025

- Completed 120 hours of supervised clinical experience in pediatric hospital settings.
- Assisted Certified Child Life Specialists in providing developmentally appropriate play, procedural preparation, and coping support.

- Communicated with children and families from diverse cultural backgrounds while examining personal bias and establishing professional boundaries.
- Adapted psychosocial interventions to align with local cultural norms and limited medical resources.
- Facilitated therapeutic activities for patients in orthopedic, surgery, infectious disease, and general pediatric units.

**Pickles Group — Virtual**

**Pickles Jars Group Facilitator** | *January 2026- present*

- Co-facilitated peer support groups for children and adolescents (ages 5-9) impacted by a parent's cancer, providing a safe space for emotional expression and peer connection.
- Supported developmentally appropriate discussions and structured art- and play-based activities to promote coping skills and resilience.
- Applied trauma-informed and family-centered principles to maintain a supportive, inclusive group environment.

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## TEACHING & YOUTH DEVELOPMENT EXPERIENCE

**Stretch-N-Grow — Dallas, TX**

**Teacher** | September 2024 – Present

- Plan and lead weekly dance, yoga, fitness, gymnastics, and music classes for children ages 2–4 across four schools and daycare settings.
- Provide individualized instruction to support physical, social, and emotional development.
- Maintain safe, structured, and developmentally appropriate learning environments.

**AmeriCorps — Dallas, TX**

**After-School Teacher** | September 2024 – May 2025

- Planned and facilitated daily lessons for 25 K–1 students at Mount Auburn STEAM Academy, serving inner-city, at-risk youth.
- Implemented behavioral intervention strategies to reduce negative behaviors and promote positive social-emotional development.
- Maintained accurate and confidential student assessment and progress records.
- Demonstrated patience, consistency, and emotional regulation to support individual student needs.

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## LEADERSHIP & CAMP EXPERIENCE

**Heart O' the Hills Camp for Girls — Hunt, TX**

**Team Sponsor & Summer Camp Counselor** | May 2021 – July 2021

- Developed and led age-appropriate activities for girls ages 6–16 while fostering teamwork, confidence, and responsibility.

- Facilitated weekly team meetings focused on sportsmanship, friendship, and personal growth.
- Served as a certified lifeguard, ensuring camper safety and supervision.