

CAROLINE ELIZABETH MAYO

Dallas, TX
(409) 781-7921 | carolineelizabethmayo@gmail.com

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

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.

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.

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.