

# Mackenzie Sydow

Dependable, determined and dedicated young woman seeking work

**Desired schedule-** part-time work

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## EXPERIENCE

### **El Mirador, Albuquerque, NM — Caregiver**

July 2020 - August 2021

Full-time care-taker for my brother who has Autism (ASD) and is non-verbal.

### **Flying Star Cafe, Albuquerque, NM - Busser/Server**

August 2020 - May 2021 / October 2021- December 2021

First (in-person) job, and learned many skills such as time-management, teamwork, and how to manage and communicate with the public.

### **1st Premier Home Care, Albuquerque, NM - Caregiver**

April 2022 - November 29, 2022

Part-time care-taker for my grandfather who is disabled, and has adapted patience while working with the elderly.

### **University of New Mexico, Albuquerque, NM - Peer Mentor**

July 2021 - February 7, 2023

Part-time student advisor for college students at UNM and assist with schedules, financial aid, and more.

### **Alianza, Albuquerque, NM — Caregiver**

July 2021 - July 2023

Full-time care-taker for my brother who has Autism (ASD) and is non-verbal.

### **Billy's Long Bar, Albuquerque, NM— Bartender/Server**

November 2, 2022 - January 26, 2024

Part-time (first time), bartending job where I learned more about communication, teamwork, and the service industry.  
Cocktail waitress, and bottle servicing, as well as serving and bussing.

### **Innovative Self-Direction, Albuquerque, NM- Caregiver**

July 2023 - **Current**

Full-time care-taker and guardian of my brother who has Autism (ASD).

## SKILLS

Communication

Positive attitude, strong work ethic and punctual

Understanding and accepting of others situations/problem solving

Organized

Teamwork

## AWARDS

**Cheer plaque-** most improved on team

**Strength of a Matador-** positive attitude and hard working no matter what hardships came my way

**Sandia High School**  
Scholarship

**Phi Eta Sigma Honor Society-** maintain 3.4 GPA and/or higher at UNM (**current**)

## EDUCATION

### **Sandia High School, Albuquerque, NM — *Graduated***

August 2016 - May 2020

Graduated with a 3.9 GPA, and have always been an Honor Roll student. Participated in multiple sports such as cheerleading and softball.

### **University of New Mexico, Albuquerque, NM — *Undergrad***

August 2020 - **Current** (Estimated graduation date- Fall 2024)

Majoring in Psychology, minoring in Community Health Education, hoping to continue with a Masters.

## ACTIVITIES

### **Model, Albuquerque, NM - Fashion, Runway, Creative Arts, Published & Pageants**

July 2020 - **Current**

Signed with agencies such as MUSE Management, POSH Models, and Hannah Noelle Models. Walked in fashion runway shows in NV, NM, NY, and TX. Competed for Miss New Mexico, and shown in many publications.

### **Boxing, Albuquerque, NM - Republiq w/ personal trainer**

March 2023- **Current**

Aside from physical lessons such as self-defense mechanisms, I have adapted self-efficiency, coping, discipline, and self-belief.

## LANGUAGES

English

Limited Sign Language (ASL)