

# Isabel (Izzy) Thomas

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## Education

### Bachelor of Arts, Psychology

May 2028

College of Social Science, Honors College | Michigan State University | East Lansing, MI

- Minor: Women's and Gender Studies
- GPA: 3.8 | Dean's List (All Eligible Semesters)

### Participant, Education Abroad Program in Sexuality, Culture and Consent | Galway, Ireland

July 2025

- Successfully completed 8 intensive credits in Gender and Sexuality Studies and Sociology
- Strengthened cross-cultural skills by rooming on the University of Galway's campus with students from around the globe and actively engaging in 2 optional cultural excursions
- Collaborated with university's Active\* Consent program on a social media campaign (12 posts total) aimed at educating young people on safe approaches to sexual health and relationships

## Experience

### Server, Soup Spoon Cafe | Lansing, MI

Sept. 2024 – Present

- Rely on training from State of Michigan's food safety and hygiene program to ensure compliance with regulations, contributing to restaurant's consistent top-notch hygiene and safety ratings
- Coordinate with a team of 8-10 staff each shift to ensure guests have a positive and memorable experience, especially during peak traffic periods that see 75-100 guests in a single seating
- Promote restaurant's inclusivity efforts by proactively offering a range of accommodations to standard menu options, regularly customizing meals to serve diverse clientele

### Intern, Women's Center of Greater Lansing | Lansing, MI

May 2025 – Aug. 2025

- Expanded communication skills during shifts at center's public-facing front desk, welcoming diverse guests (12+ per shift) and triaging inquiries about services and resources
- Supported center's free Clothing Boutique by sorting incoming donations (1-2 bags monthly), delivering items in need of drycleaning, and organizing offerings ahead of weekly community walk-in hours
- Oversaw a grassroots letter-writing campaign that drew 25+ community members to monthly sessions focused on handwriting postcards to elected officials in the Michigan House and Senate
- Elevated non-profit's status in the community by assisting with a range of grant-supported enhancements to center's facade, including paint updates, landscaping enhancements, and installation of a "Little Free Library"

### Day Camp Counselor (Seasonal), YMCA of Lansing | Lansing, MI

June 2022 – Aug. 2024

- Partnered with camp director and 10 fellow counselors to create and implement engaging lesson plans focused on community gardening, healthy eating, and group fitness
- Managed a group of 6 campers (ages 5-7), providing constructive and positive reinforcement throughout daily activities to ensure campers had a positive experience
- Tactfully communicated updates to parents/caregivers at daily pick-ups, raising behavioral concerns and proposed solutions, fielding questions, and connecting individuals with supervisor as necessary

## Additional Experience

Volunteer, Constellation Cat Café | East Lansing, MI

Jan. 2025 – Present

Member, MSU Psychology Club | East Lansing, MI

Sept. 2024 – May 2025

Member, Ladies of Elevation at Michigan State University | East Lansing, MI

Sept. 2024 – Dec. 2024

## Skills Profile

**Technical:** Microsoft Word (Proficient); Microsoft Excel (Intermediate); Adobe Photoshop (Intermediate); Canva (Proficient)

**Language:** Spanish (Beginner)