

Leonor Romana

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ABOUT ME

Psychology undergraduate at ISPA – University Institute of Psychological, Social and Life Sciences, with a primary focus on Clinical Psychology and developing interests in Forensic Psychology, Psychotherapy, Psychopathology and Political Psychology. Combines a consistent record of academic merit with hands-on experience in individualized and special education, community engagement and high-pressure service environments.

Recognized for persistence, sound judgement and a person-centered approach to every interaction. Aims to complete a Master's degree in Clinical Psychology and pursue continuous specialization, building a clinical practice grounded in rigorous, evidence-based knowledge.

WORK EXPERIENCE

Private Tutor – Mathematics Applied to the Social Sciences (MACS)

Self-employed · Upper secondary level (11th–12th grade)

- Designed individualized learning plans aligned with each student's profile, pace and academic objectives
- Adapted teaching methods for a student with dyslexia, raising her National Exam result from **4/20 to 12/20**
- Guided students to successful academic outcomes

Special Education Support

- Supported learners with special educational needs, adapting approach and materials to each individual

Hospitality and Events Staff – Seasonal Positions

Restaurants and trade fairs

- Delivered front-line customer service in high-volume, time-critical settings
- Maintained performance standards under demanding supervision and peak-season pressure
- Strengthened resilience, composure and operational discipline

EDUCATION AND TRAINING

EQF level 6

Bachelor of Science in Psychology (1st cycle) – In progress

ISPA – University Institute of Psychological, Social and Life Sciences · Lisbon, Portugal

- Concentration of interest: Clinical Psychology
- Selected academic work: critical analysis and dramatized presentation of *Como Tornar-se Doente Mental* by J. L. Pio Abreu (Epistemology and History of Psychology), examining the social construction of mental illness

EQF level 4

Secondary Education (12th grade) – Science and Technology

- Merit distinction awarded in two consecutive academic years
- Final admission average: **16.4/20**

LANGUAGE SKILLS

Mother tongue: Portuguese

Other languages	Level
English	Fluent
Spanish	In development
Portuguese Sign Language (LGP)	In development

SKILLS

Personal and interpersonal skills

- Organized, creative, communicative, empathetic, proactive and attentive
- Person-centered communication developed through individualized tutoring, special education support and front-line customer service

Organisational skills

- Organization and attention to detail in planning individualized learning plans and community cultural events
- Creative problem-solving and resilience under pressure in high-volume, time-critical settings

Digital skills

- Online promotion and digital outreach for a community cultural association

VOLUNTEERING AND COMMUNITY ENGAGEMENT

Associação Cultural em Honra de Santo Amador – Former Member

- Contributed to the planning and execution of community cultural events
- Led online promotion and digital outreach
- Supported fundraising initiatives

Volunteer Work

- Environmental protection initiatives
- Local tourism development projects

Cultural Exchange Programme – Artificial Intelligence

- Took part in an intercultural exchange addressing the societal implications of AI

HOBBIES AND INTERESTS

Classic and dystopian literature · Dance · Theatre · Contemporary and fine arts, particularly painting and photography exploring psychological themes