

Gianna Pronesti

Master of Science in Occupational Therapy, First Year Graduate Student, Sacred Heart University

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OBJECTIVE	Motivated occupational therapy graduate student eager to develop and implement adaptive therapeutic activities that promote independence and enhance quality of life.
EDUCATION	Sacred Heart University, College of Health Professions , Fairfield, Connecticut – <i>Bachelor of Science, Health Science</i> August 2021-May 2024, <i>Summa Cum Laude</i> , Cumulative GPA: 3.81
CERTIFICATIONS	Adult Mental Health First Aid USA — <i>National Council for Mental Wellbeing</i> (April 2023) Social and Behavioral Research Basic/Refresher — <i>Collaborative Institutional Training Initiative</i> (November 2023) Students conducting no more than minimal risk research — <i>Collaborative Institutional Training Initiative</i> (January 2024) Basic Life Support — <i>American Heart Association</i> (July 2024) Good Clinical Practice Training for Social and Behavioral Research — <i>Society of Behavioral Medicine</i> (September 2024) Good Clinical Practice — <i>Collaborative Institutional Training Initiative</i> (September 2024) Biophysical Agent Essentials — <i>ACP Outcomes Accelerated</i> (July 2025) Montreal Cognitive Assessment (MoCA) — <i>MoCA Cognition, Certified Rater</i> (July 2025) Mandated Reporter Training — <i>Department of Children and Families, State of Connecticut</i> (August 2025) Protecting Youth: Abuse & Neglect Prevention — <i>VectorSolutions</i> (October 2025)
CLINICAL EXPERIENCE	Mozaic Senior Life , Bridgeport, CT <i>Level I Fieldwork Student-Mental Health: January 2025-April 2025</i> - Facilitated cognitive and social engagement through interactive games like <i>Whiteboard Wordle</i> and “<i>What Am I?</i>” <i>Riddles</i>. - Designed and led a <i>Memory Collage</i> activity to encourage reminiscence, self-expression, and fine motor use through visual media. - Implemented a <i>Categories Sorting Game</i> to support cognitive categorization, teamwork, and visual-perceptual processing. - Adapted all activities using grading strategies to meet varying cognitive and physical abilities. - Promoted group cohesion and communication by fostering a supportive and inclusive environment. - Demonstrated professional communication, ethical awareness, and client-centered care in a geriatric group setting. - Administered Checklist of Leisure, Interest, and Participation (CLIP) assessment to identify meaningful leisure interests; adapted administration to accommodate client’s physical limitations, leading to valuable insights for future intervention planning. Monday Night Social (Sacred Heart University) , Bridgeport, CT <i>Level I Fieldwork Student-Geriatrics/Physical Disability: May 2025-August 2025</i> - Developed 5-week group sessions for young adults with a range of neurodevelopmental abilities. - Designed and implemented multi-component sessions integrating warm-ups, movement-based play, fine/gross motor activities, nutrition games, and obstacle courses. - Adapted group stations using visual supports and sensory-friendly tools to support participation and engagement. - Incorporated MyPlate nutrition education into physical games to reinforce health literacy and body awareness in a fun, interactive way. - Led yoga-based cool-downs emphasizing motor planning, posture, breathing, and mindfulness to promote regulation and transition.

- Demonstrated flexibility and creativity in grading activities based on participant needs and varying physical or cognitive abilities.
- Facilitated peer socialization, team building, and communication skills in an inclusive group environment.
- Collaborate with peers and supervision to evaluate and refine treatment sessions based on client response and therapeutic goals.
- Performed upper extremity screening using goniometry and pinch strength testing; identified range of motion (ROM) and fine motor deficits and developed goals to support independence in daily tasks.

ADDITIONAL EXPERIENCE

Reach for the Stars Learning Center, Brooklyn, NY

Assisted Applied Behavior Analysis Therapist and Occupational Therapist, June 2024-August 2024

- Provided one-on-one support during therapy sessions and classroom activities to promote engagement, communication, and task completion.
- Facilitated structured play, fine motor, and sensory activities to support developmental and behavioral goals.
- Reinforced therapy goals through consistent prompting, redirection, and positive reinforcement.
- Collaborated with therapists and educators to adapt activities and monitor student progress.

ACTIVITIES

Student Occupational Therapy Association, Sacred Heart University (SOTA), 2024-Present

SKILLS

- Time management between education and outside commitments
- Leadership
- Hard-working and dedicated
- Strong communication
- Highly motivated