

Sydney Hess

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MISSION STATEMENT:

Aspiring Occupational Therapist dedicated to providing compassionate, client-centered care that empowers individuals to achieve independence, engage in meaningful occupations, and enhance their overall quality of life.

EDUCATION:

Sacred Heart University, Fairfield, CT

Candidate for Bachelor of Science, Health Science: Health Administration Concentration

May 2025

Candidate for Master of Science, Occupational Therapy

May 2027

- **BSHS 3-year Accelerated Bachelor's Degree:** a selective curriculum supported by individualized advisement to meet prerequisite and GPA requirements for advanced study in Occupational Therapy
- GPA: 3.72
- Honors: Dean's List, Division 1 Northeast Conference Academic Honor Roll

CLINICAL EXPERIENCE:

Monday Night Social, Bridgeport, CT

Level 1 Fieldwork Student – Mental Health Semester

- Facilitated social participation and leisure-based group activities for young adults with neurodevelopmental conditions, including but not limited to autism spectrum disorder, Down syndrome, and cerebral palsy
- Planned and led two group sessions designed to promote social interaction and engagement
- Collaborated with an interdisciplinary team of four occupational therapy students and four speech-language pathology students to develop and implement activities

Yale Outpatient Sherman Avenue, New Haven, CT

Level 1 Fieldwork Student – Geriatrics/Physical Disability Semester

- Observed and participated in the implementation of occupational therapy interventions for clients with orthopedic and neurological conditions, including but not limited to fractures, shoulder impairments, Parkinson's disease, and stroke
- Supported therapeutic treatments focused on improving range of motion, functional performance, and independence in daily activities
- Administered and recorded objective measurements including grip strength, pinch strength, and goniometric range of motion assessments
- Observed client education and training related to adaptive equipment use, home exercise programs, and strategies to promote safety and independence in daily activities

WORK EXPERIENCE:

The Residence, Westport, CT

May 2026 – Present

Activities Assistant

- Facilitated structured recreational and therapeutic activities for residents with dementia
- Provided one-on-one support to residents, encouraging participation and interaction
- Collaborated with interdisciplinary staff to implement person-centered programming aligned with residents' interests, beliefs, and abilities

Harmony Village, Paramus, NJ

Activities Assistant

June 2025 – Present

- Facilitated structured recreational and therapeutic activities for residents with dementia
- Provided one-on-one support to residents, encouraging participation and interaction
- Collaborated with interdisciplinary staff to implement person-centered programming aligned with residents' interests, beliefs, and abilities

Intensive Therapeutics, West Caldwell, NJ

Student-Paid Position

June 2023 – August 2025

- Aided adolescents with hemiplegia and autism in achieving Occupational Therapy goals through fun games, tasks, and activities during an eight-week program
- Conducted measures to track individualized progress by filming videos and communicating with the intern team
- Assembled materials and tools for daily activities while maintaining the practice's standards

ATHLETIC ACCOMPLISHMENTS:

Sacred Heart University Softball, Fairfield, CT

September 2022 – May 2026

Athlete

- Dedicate 25+ hours per week in season to workouts, practices, and games while maintaining a Dean's List GPA in rigorous academic courses
- Collaborate with the coaching staff and fellow teammates to target areas of progress and weakness for the betterment of the team's success
- Motivate teammates to create a positive, confident, and inclusive culture

ACTIVITIES:

Student Occupational Therapy Association, Sacred Heart University Chapter

August 2025 – Present

Coalition of Occupational Advocates for Diversity, Sacred Heart University Chapter

January 2026 – Present

CERTIFICATIONS:

American Red Cross Cardiopulmonary Resuscitation for the Professional Rescuer

June 2025

COMMUNITY INVOLVEMENT:

Relay for Life, Nutley Softball and Soccer Summer Camps (Coach), Private Catching and Hitting Lessons (Coach), Volunteering for Monday Night Social (after completion of FW I)