

Mira Gandhi

614 Columbus Avenue, Boston MA 02118 • (201) 674-7674 • gandhi.mir@northeastern.edu

EDUCATION

Northeastern University, Boston, MA May 2025
Candidate for Bachelor of Science: Psychology Major with Criminal Justice and Sociology Minor
Cumulative GPA: 3.97
Psychology GPA: 4.00
Honors: Dean's List, University Honors Program
Relevant Coursework: Statistics for Psychological Research, Developmental Psychology, Abnormal Psychology, Biopsychology, Health Psychology, Calculus I for Biology, Seminar for Developmental Psychology of Aging
Activities: Alpha Phi Omega (National Co-Ed Service Fraternity), Behind the Smile (Mental Health Club)

Corona Del Mar High School, Corona del Mar, CA June 2021
GPA: 4.26 Honors: Honor Roll

WORK EXPERIENCE

Walden Behavioral Care, Dedham, MA January 2023-Present
Mental Health Counselor

- Managed 25+ therapeutic and skill-based groups designed to address the unique needs of patients, including DBT skills review, relapse prevention, psychoeducation, and wellness-focused sessions
- Coached 70+ patients with eating disorders in planning and preparing balanced and nutritious meals, fostering healthy eating habits and a positive relationship with food
- Maintained accurate and confidential documentation of interactions, meal plans, safety plans, and progress notes in compliance with HIPAA and Walden Behavioral Care's policies and procedures

Marino Recreation Center, Boston, CA May 2022-Present
Indoor Cycling Instructor

- Choreographed 45-minute classes by researching cycling methods and music RPMs, resulting in 50+ successful classes
- Led 3 dynamic cycling classes per week, showcasing adaptability and energy to encourage participants in a high-intensity workout environment
- Communicated instructions, movement cues, and inspirational quotes to foster a positive and inclusive atmosphere

Corona del Mar Capstone Project, Newport Beach, CA October 2020-June 2021
Researcher

- Analyzed the effect of uniform dress-code policies on student's mental health, providing high school administrators actionable insight into improving mental health on campus
- Developed a 25-question survey on Google Suite to collect 100 student responses, allowing for unbiased sample data
- Created a 10-page research paper of findings using literature reviews and Microsoft Excel, resulting in a presentation to 60 students and teachers

VOLUNTEER EXPERIENCE AND ACTIVITIES

Corona Del Mar High School Human Relations Council, Corona del Mar, CA October 2016-June 2022
President

- Directed the "I Am Human" campaign by overseeing marketing efforts to 400 students and financial budget, striving to eliminate racism on campus
- Organized the partnership between school administrators and the HRC team to create Mental Health awareness days and provide students with mental health support, resulting in weekly school-wide sweatpants days and increased availability of psychologists on campus

Volunteer and Facilitator at Girls Inc., Costa Mesa, CA September 2018-May 2020
Head Volunteer

- Educated 30 disadvantaged children per week using self-created lesson plans, improving their understanding of STEM and enhancing reading skills
- Completed 3 training courses to recognize patterns of harmful living conditions, resulting in the identification of 5 domestic violence victims

ADDITIONAL

Skills and Interests: Microsoft Office Suite, Communication, Writing, Data Entry, Group Fitness, Research
Certificates: CPR, California Seal of Biliteracy (English and Spanish)