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| KARL JENSEN |  |

**Objective: To gain experience and find retail work**

**EDUCATION**

**Thompson Rivers University**

Kamloops, British Columbia

*Education and Skills Training (ESTR)-Retail Worker Certificate* ***In progress***

*Education and Skills Training (ESTR)- Kitchen Assistant Certificate* **May 2022**

*Education and Skills Training (ESTR) – Career Exploration Certificate* **May 2021**

**Sahali Secondary School – September 2015 – June 2020**

Kamloops, British Columbia

*Evergreen Certificate*

**SMART Options Employment Services - 2017**

Kamloops, British Columbia

*Job Club, Pre - Employment Training Program*

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| **ADDITIONAL CERTIFICATES**TRU WHMIS 2015 Certificate (February 2021)YOW Canada WHMIS 2015 Certificate (March 2021)Super Host - Foundations of Service Quality Certificate (March 2021)YOW Canada Workplace Violence and Harassment Prevention Awareness Certificate (March 2021) | **AWARDS**Gold Rope RecipientTRU Resilience Award |

**WORK AND VOLUNTEER EXPERIENCE**

**2022-2023 TRU Education and Skills Training Program Practicum**

* TRU Facilities
* Recycling boxes
* Raking leaves and cleaning gutters
* Fixing soap dispensers

**2021-2022 TRU Education and Skills Training Program Practicums**

A&W Northshore in Kamloops

* Dishwashing
* Bussing, cleaning and sanitizing
* Garbage and recycling
* Counting and filling children’s boxes

ESTR’s Market at TRU

* Food preparation including chopping, baking, making soups/stews/chilis/rice dishes
* Dishwashing, cleaning, sanitizing and garbage/composting
* Customer service

**2020 – 2021 TRU’s Education and Skills Training Program**

Fall Practicums included yard work, snow clearing, bus training, store orientation, landscaping.

Spring Practicum included:

Greenhouse

* Prepared the soil, seeded, transplanted annuals and vegetable in greenhouse
* Organized greenhouse and kept greenhouse clean
* Transplanted annual plugs for a Sun Peaks Community Garden fundraising sale

Grounds Maintenance

* Performed spring cleanup in Horticulture Gardens using hand tools
* Pruned conifers and ornamental grasses using shears and hand pruners
* Worked on an irrigation design plan on TRU site

Landscaping

* Prepared and installed a 4 foot by 6-foot concrete paver patio – used a vibrating plate tamper
* Prepared and installed a 10 foot long retaining wall using concrete block
* Used a dethatching machine and a handheld fertilizer spreader
* Practiced driving and using a John Deere gator while pulling a lawn aerator, a tractor,

and turn mower.

**2022-present A & W, General help**

Duties include: washing dishes, taking out garbage, cleaning tables, cleaning trays, used deep fryer to make onion rings, mopping floors, sweeping outside sidewalks

**2010 – Present TLC Carts, Volunteer Assistant.**

Duties include: searching for and locating missing shopping carts, loading them onto truck, transporting them to appropriate store locations, unloading and cleaning.

**2016 – Present Infotek Services, Janitor Assistant.**

Duties include: vacuuming, sweeping, collecting, and removing garbage, cleaning windows, room setup.

**2018 – 2019 SMART OPTIONS (May- September)**

Working with a team of three people. Duties included: painting over graffiti on light poles, telephone poles and cement, organizing, loading, and storing supplies.

**2009 – 2019 Christ Community Church, Volunteer**

Tasks included shredding paper, labelling envelopes, room setup and maintenance and cleaning.

**2009 – 2019 Thompson Valley Painting, Volunteer**.

Duties included: snow shoveling, collecting, and disposing of garbage and recycling, stamping envelopes and shredding paper.

**2009 – 2012 Stobbe Excavating, Volunteer.**

Duties included: vacuuming, collecting, and disposing of garbage and recycling, stamping envelopes and shredding paper.

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| **PERSONAL QUALITIES AND SKILLS**Polite, cooperative, with a positive attitudeExcellent work ethicExperience in janitorial work | **INTERESTS**Biking, fishing, hunting |

**REFERENCES**

**Maureen Harvey**

Employment Counsellor/Job Coach

SMART Options Employment Services

250-572-0340

**Violet Stenekes**

Owner/Manager, TLC Carts, and Infotek Services

250-574-3364

**Saskia Stinson, Instructor**

Thompson Rivers University kitchen Assistant Program

250-682-3018 sstinson@tru.ca