

JOSEPH AL FARTOSY

Edmonton, AB

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Summary

Background in psychology with academic and research experience focused on mental health, emotional regulation, and social dynamics. Skilled in providing nonjudgmental, strengths-based support to individuals in distress. Calm and empathetic communicator with a strong foundation in trauma-informed care, active listening, and accurate documentation.

Education

- **University of Alberta**

April 2026

Bachelor of Science – Major in Psychology, Minor in Computer Science

Relevant Courses: Abnormal Psychology, Human Development, Health Psychology, Behavioral Neuroscience, Indigenous Peoples and Canada

Gained working knowledge of suicide prevention, emotional distress response, and mental health disorders through course work and research.

Experience

- **Oxford Tutoring** — *Instructor*

Sep 2022 – Present

St. Albert, AB

- Supported youth in one-on-one and group settings, using de-escalation strategies and supportive listening in emotionally tense situations.
- Adapted communication style based on individual needs; used calm tone and nonjudgmental language to build trust and promote progress.
- Achieved a 95% student pass rate and improved average grades by 50%.

- **University of Alberta** — *Undergraduate Research – Psychology*

2024 – Present

Edmonton, AB

- Conduct research on social psychology topics including interpersonal behavior, distress responses, and influence in high-stakes situations.
- Assist with literature reviews, data analysis, and observation focused on mental health challenges and emotional regulation.
- Collaborate with faculty and graduate students to present findings related to behavioral risk and support systems.

Certifications

- Standard First Aid with CPR – Red Cross (current)
- Mental Health First Aid
- Indigenous Studies Course – University of Alberta (completed)

Core Skills

- Emotional de-escalation
- Suicide and distress awareness
- Trauma-informed communication
- Interpersonal communication
- Active listening
- Calm and compassionate demeanor
- Documentation and reporting
- Confidentiality and boundaries
- Microsoft Excel, Word, PowerPoint
- Google Docs, Forms, Sheets