

# Nate Gruen

## BACHELOR OF SOCIAL WORK STUDENT

### EDUCATION

Southern Illinois University Edwardsville  
Edwardsville, IL  
Senior, Bachelor of Social Work Program  
GPA 3.214

### OBJECTIVE

As a Bachelor of Social Work student with a strong interest in mental health therapy, I am seeking a practicum to gain hands-on experience supporting individuals facing emotional and psychological challenges. Passionate about providing empathetic, evidence-informed care to clients of all ages, I aim to develop foundational therapeutic skills under the guidance of experienced professionals.

### UNIVERSITY COURSEWORK

- Diversity and Issues in the Social and Economic Environment: Examined backgrounds/needs of diverse populations, oppression, social and economic justice issues, values and ethics
- Mental Health: Explored DSM, diagnosis of mental illness, ethics and values in social work practice
- Human Behavior in the Social Environment I: Explored human functioning from a range of theories with social work application to individuals, families, and groups; emphasis on developmental perspectives and human diversity.
- Human Behavior in the Social Environment II: Explored human functioning from a range of theories with social work application to neighborhoods, organizations, and communities; emphasis on developmental perspectives and human diversity
- Group Practice: I had the opportunity to engage in simulations, where I was able to role-play as a facilitator and a client in multiple sessions. I learned core values and ethics as they pertain to providing group therapy.
- Individuals and Families: generalist social work practice with weekly lab with client-therapist simulations.

- Intro to Social Work: Overview of vulnerable populations, interventions, professional behaviors, NASW Code of Ethics, strengths perspective, Systems Theory, and empowerment
- Fundamentals of Social Work Practice: Basic counseling skills like empathy, paraphrasing, weekly 1:1 counseling sessions with an AI personality
- Intro to Social Welfare Policy: Explored how policies affect Individuals, families, groups, and communities; presented on The Older Americans Act of 1965

## PRACTICUM

Aug 25 - Present

Intern • Madison County Catholic Charities  
Alton, IL

Food Pantry Responsibilities

- Food Pickups
- Food Handling
- Direct Client Service
- Intake Assistance
- Survey Production

Office Responsibilities

- Shadowing Therapist
- Client File Reviews
- Client Supervision Involvement
- Planning and Aiding in Fundraising
- Intake for Donations
- Directing Clients with Specific Needs

## EMPLOYMENT EXPERIENCE

June 2022 - present

Shift Lead • Jersey Mike's  
Edwardsville, IL

October 2021 - June 2022

Dishwasher • Edley's Bar-B-Que  
Glen Carbon, IL

## SOCIAL/COMMUNITY

Kappa Sigma Fraternity

2023 - present

Mental Health Chair - elected May 2025

Philanthropy Events - fundraising for the Military Heroes Campaign

Volunteered and raised funds for the Metro East Humane Society

Jersey Mike's philanthropy

Saved money for church

Sold Special Olympics gift cards

Cookson Hills Mission Trip

August 2018

Successfully led a team to exceed sales goals while maintaining excellent customer satisfaction scores.

Paws in the Park

Bond County Humane Society

2013-2018

Assisted with set-up/tear-down