

Gabriel Tan

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Anxiety, stress, and the occasional low mood are part and parcel of our lives; it's what makes us human. The stigma around mental health is something I desire to change, and I want to contribute towards making a difference. I wish to shape society into being more open, understanding, and accepting of mental health and its associated disorders.

EDUCATION

Bachelor of Social Science, Major in Psychology

Aug '21 - Present

Singapore Management University

cGPA of 3.56 / 4.00 (current)

Diploma in Biotechnology (with Merit), Research Specialisation Track

Apr '16 - Mar '19

Republic Polytechnic

cGPA of 3.83 / 4.00

GCE 'O' Levels

Jan '12 - Dec '15

Peirce Secondary School

Net L1R4 of 15 points

CERTIFICATIONS

Certificate of Completion in (Basic) Counselling Skills

July '22

The School of Positive Psychology

AWARDS AND ACHIEVEMENTS

Republic Polytechnic

Director's Roll of Honour

- Academic Year 2016 Semester 1
- Academic Year 2016 Semester 2
- Academic Year 2017 Semester 1
- Academic Year 2017 Semester 2
- Academic Year 2018 Semester 2

Academic Year 2019 Awards

- Module Prize in Current Good Manufacturing Practice

Nee Soon GRC Grassroots Organisations

- Edusave Certificate of Academic Achievement 2017
- Edusave Certificate of Academic Achievement 2018
- Edusave Certificate of Academic Achievement 2019

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EXPERIENCE

KIPERKIDS Core Volunteer: Facilitation Head | Befriender

Riverlife Community Services | Jan '22 - Present

As the KIPERKIDS Facilitation Head, I

- conduct and oversee weekly character development sessions, where we educate children (primary school) about important values - such as the values of KIPER: Kindness, Integrity, Perseverance, Excellence, and Respect.
- am involved in planning content, activities, and events to engage the children.
- support other facilitators on the weeks that they are in-charge of facilitating.

As a KIPERKIDS Befriender, I

- interact with children (primary school) in hopes of supporting and helping them navigate through this phase of growing up.
- create spaces that are safe, accepting, and inclusive for these children, where I build trust by befriending and establishing meaningful relationships with them.

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SKILLS AND VALUES

Active Listening	Passive Listening	Strategic Questioning
Empathy	Compassion	Non-judgment
Analytical	Self-aware	Intentional