

Nafis Ricks

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EDUCATION

Creative and Innovative Education, M.A.

Georgia State University | Atlanta, Georgia
December 2024 (expected graduation)

Clinical and Mental Health Counseling, M.S.

Georgia State University | Atlanta, Georgia
May 2024 (expected graduation)

Educational, School, and Counseling Psychology, M.E.

Emphasis: Positive Coaching & Athletic Leadership
University of Missouri | Columbia, Missouri
May 2020

Criminology, B.S.

Minor: Sociology
Missouri State University | Springfield, Missouri
May 2011

Associate of General Studies

Emphasis: Global Issues/Diversity
Johnson County Community College | Overland Park, Kansas
May 2009

PROFESSIONAL EXPERIENCE

Senior Culture Associate, Philadelphia Hebrew Public Charter School

Philadelphia, Pennsylvania
December 2021 - June 2022

- Provided coaching, mentoring, support, and resource guidance to principal and dean
- Ensured adherence to school's mission and guidelines
- Maintained consistent, even-tempered, judgment-free, and supportive approach

FTE Mental Health Professional Child Guidance Resource Center

Havertown, Pennsylvania

June 2021 - October 2021

- Facilitated intensive family interventions to adolescents to alleviate maladaptive behaviors
- Coordinated community resources to engage healthy psychosocial emotional development
- Implemented positive activities and academic solutions to combat high school dropout rates

Credible Messenger

Chester, Pennsylvania

February 2021 - June 2021

- Created and implement an emotionally safe environment for youth
- Facilitated and encourage conflict resolution skills and positive social- emotional behavior
- Practice relationship building strategies with identified “high-needs” students

Graduate Assistant, Men’s Basketball University of Missouri

Columbia, MO

August 2018 - May 2020

- Assisted the Head Coach with administrative duties, and NCAA compliant recruitment
- Created mental health seminar to provide players the skills and resources
- Evaluated prospective student-athletes through game, showcase, and video observation

Assistant Facilitator Southwest Leadership Academy

Philadelphia, PA

August 2016 - August 2018

- Developed teachers plans, assisted lead instructor, and utilized a variety of instruction
- Used consistent school-wide practices and individualized methods to engage students
- Implemented a coherent, research-based curriculum in consultation with Administration

School Support Officer Boys Latin Middle School

Philadelphia, PA

October 2015 - June 2016

- Provided coaching, mentoring, support, and resource guidance to the principal and dean
- Ensured the school was running effectively, following school’s mission and guidelines
- Maintained consistency, even temperament, judgment free, supported student

COUNSELING EXPERIENCE

Adolescent Behavioral Counselor, Capital Academy

Camden, New Jersey

July 2015 - August 2016

- Offered services on anger management, depression, stress, and addiction
- Planned therapy to promote mental health development
- Collaborated with other professionals for developing more effective therapy

Youth Mentor

Philadelphia, PA

August 2012 – May 2013

- Developed behavioral improvement plans for youth engaged in behavioral treatment
- Empowered youth to resolve current issues and to develop coping strategies
- Supervised and assisted youth with daily living activities to encourage self-sufficiency

RESEARCH

Graduate Research Assistant, Clinical and Mental Health Counseling Program

Georgia State University | Atlanta, Georgia

July 2022 – December 2023

Title: Equipping aging network to address social isolation among older adults during Covid-19 global pandemic

Project Supervisor Dr. Laura Shannonhouse

- Called and recruit new clients
- Collected data
- Coded transcripts

Research Assistant, Educational, School, and Counseling Psychology

University of Missouri | Columbia, Mo

July 2019 – June 2020

Title: Critical Consciousness in the Context of Education and Research

Project Supervisor Dr. Christopher Slaten

- Collaborated with research team to understand disparities on first generation students
- Conducted literature review on the topic
- Analyzed data with research team to collect stats to present

Research Assistant, Missouri Prevention Center

University of Missouri | Columbia, Mo

July 2019 – June 2020

Title: Exploring Cultural Practices in Schools Research Supervisor

Project Supervisor Dr. David Aguillo

- Met weekly with team to plan research projects
- Conducted observations in the classroom
- Participated in focus group regarding cultural practice

INVITED GUEST SPEAKING ENGAGEMENTS

Creative and Innovative Education

Georgia State University | Atlanta, GA

Invited to Present 2024

SEC Student-Athlete Leadership Council

Sec Office | Birmingham, Ala

June 2022

The Southeastern Conference Men's and Women's Basketball Leadership Councils are gearing up for their annual meeting at the SEC offices in Birmingham this weekend. Comprising one male and female basketball student-athlete from each of the SEC's 14 universities, these councils play a crucial role in the SEC Student-Athlete Leadership Council alongside the Football Leadership Council.

Dedicated to enhancing the student-athlete experience and well-being, the Council serves as a vital channel for communication between teams and the conference office. Student-athletes will actively engage in discussions about their experiences, wellness, and provide valuable feedback on proposed rules governing the SEC and NCAA. The upcoming two-day meeting promises insightful conversations with SEC Chief Medical Advisor Dr. Katie O'Neal, a compelling presentation by guest speaker Michael Haddix, and meaningful interactions with conference office staff.

The SEC Basketball Leadership Council comprises passionate student-athletes committed to shaping the future of collegiate sports. Stay tuned for the outcomes of this collaborative and impactful gathering in the heart of Birmingham

Tiger Leadership Institute , Athletic Conference

University of Missouri | Columbia, Mo

August 2020

I recently had the privilege of engaging with 120 Mizzou alumni, providing them with valuable tools to enhance their performance in the workplace. During the session, I shared my personal perspective on education, shedding light on its profound impact on mental well-being and professional growth. Additionally, I offered practical resources and tips aimed at fostering a healthier and more productive working environment. It was a fulfilling experience, aligning with my passion for mental health advocacy and contributing to the broader discourse on well-being in professional settings.

Inclusive Impact Conference Virtual, “Be Cautious, I’m Walking Black”

University of Missouri | Columbia, Mo

August 2020

The inclusive Impact Conference Virtual held in Columbia, Mo in August 2020 featured a compelling presentation titled “Be Cautious, I’m Walking Black.” The speaker shared their personal experiences navigating college life and addressed the practice of code-switching. The presentation delved into the challenges faced by Black students in predominantly white institutions (PWI) and offered valuable insights and tips on fostering inclusivity. Attendees gained a deeper understanding of the speaker’s journey, contributing to a broader dialogue on creating environments that support the integration of Black students within PWI’s. This session served as a meaningful contribution to the conference’s focus on inclusive practices and the importance of diverse perspectives in educational settings.

TedTalkX West Middle School ,

University of Missouri | Columbia, Mo

March 2020

Breaking the Silence: Empowering Black Youth on Mental Health

Join me at TedTalkX West Middle School in Columbia, MO, this March 2020, as we delve into a crucial conversation that transcends boundaries and tackles the pervasive stigma surrounding mental health in Black men.

In a society where silence often overshadows vulnerability, our session aims to shatter the chains that keep Black men from openly discussing their mental health. As a dedicated mental performance coach and future clinical psychologist, I will share insights on dismantling the barriers that hinder honest conversations about mental well-being.

Our focus extends beyond awareness—we aim to educate the youth about the importance of not suppressing their emotions. Young minds are impressionable, and by fostering an environment that encourages open expression, we can empower the next generation to embrace their feelings without fear or judgment.

Positive Psychology , *“First Generation College Student Athletes”*

University of Missouri | Columbia, Mo

July 2019

At the University of Missouri in Columbia, Dr. Holliday passionately delved into the realm of Positive Psychology. Drawing from personal experiences as a student-athlete, Dr. Holliday not only shared valuable insights into life skills, but also addressed the mental health aspects faced by first-generation college student-athletes. The presentation aimed to normalize stigmas surrounding mental health while offering practical advice on effectively balancing the demands of academic pursuits and athletics. Dr. Holliday's engaging session left a lasting impact, fostering a positive and supportive environment for all attendees.

PROFESSIONAL ORGANIZATION MEMBERSHIP

Counseling Brothers of Atlanta **2022 - Present**

American Counseling Association **2022-Present**

Association of Applied Sports Psychology **2021-Present**

American Psychological Association **2019-Present**

Tiger Leadership Institute **2019 -2020**

We Feed The Homeless Volunteer and Donate **2015**

Attract Philly Volunteer for Annual Samaritan's Feed the Homeless Drive **2014**

CONFERENCES

Black Student Athlete Summit Los Angeles 2022 **Presented**

Association for Applied Sport Psychology 2019 Portland, Oregon **Attended**

NCAA Final Four 2018, 2019 Minneapolis, Minnesota (2019)

Phoenix, Arizona (2018) **Attended**

PROFESSIONAL AND CIVIC INVOLVEMENT

Volunteer: The Food Bank for Central & Northeast Missouri 2018 – 2019 Columbia, MO

Volunteer: Big Brothers Big Sisters 2007 – 2019 Springfield, MO Columbia, MO

Volunteer: Ronald McDonald House 2018 Columbia, MO

Professional Basketball Player 2012 – 2014

(Finland)-BC Jyväskylä 2012

(Brazil)-Liga Sorocabana de Basquete 2013

(Brazil)-Rio Claro Basquete 2013

(Belgium)-HUBO LIMBURG UNITED 2014