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# DESTINY THOMAS

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New Orleans, LA 70119  
504-830-8158  
destinyjthom@gmail.com

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Goal-driven Physical Education Teacher with over 3 years of experience providing top-notch education to students. Hardworking and reliable with excellent leadership development skills. Proficient in teaching Physical Education and creative lessons to students. Eager to apply my knowledge and expertise to this new position.

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## SKILLS

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- Hands-on learning
- Common core standards
- Student engagement
- Behavior modeling
- Grading
- Body composition assessments
- Teaching, tutoring and counseling
- Mediation and advocacy talent
- Behavioral/cognitive skills development
- Effective listening
- Positive atmosphere promotion
- Flexible and adaptive
- Student assessment and achievement
- Behavior modification
- Motivating students
- Creative lesson plan development
- Calm under pressure
- Parent and student communication

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## EXPERIENCE

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**JEFFERSON PARISH SCHOOL BOARD**  
New Orleans, LA

**P. E. Teacher & Second Grade Summer School Teacher** 11/2019 to Current

- Taught students about concepts regarding fitness, health and well-being.
- Instructed students in classroom settings on specific exercises, team sports concept and overall safety to avoid injuries.
- Monitored student physical fitness with standardized assessments and devised appropriate individual goals.
- Kept school equipment, gyms and fields in good working order.
- Adhered to applicable fitness program standards and benchmarks.
- Built and strengthened positive relationships with students, parents and teaching staff.
- Differentiated instruction according to student skill level.
- Helped students build learning and study skills to achieve educational goals.
- Monitored student progress using exams and assignments to check for thorough understanding.

**TEXAS ROADHOUSE**

**Trainer/Server** 05/2015 to 09/2019

- Educated waiters on menu, memorization strategies and how to convey information clearly.
- Welcomed guests with personable attitude and brought beverage orders while reviewing menu options.
- Checked on guests to verify satisfaction with meals and suggested additional items to increase restaurant sales.
- Instructed new staff members on food handling procedures and service techniques.

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## EDUCATION AND TRAINING

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**BACHELOR OF SCIENCE: KINESIOLOGY**

12/2018

**University of Louisiana At Lafayette, Lafayette, LA**

- Minor in Health Promotion & Wellness
- Minor in Sports Management

# REFERENCES

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**Ashley Panepinto**  
Master Teacher Tom Benson  
(504)-443-1361

**Shelley Deemer**  
Principal G.T. Woods  
(504) 466-6252

**Lauren Thomas**  
Manager Texas Roadhouse  
(337)-230-5983