

WINIFRED NAGGAR

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EDUCATION

Harvard Graduate School of Education Cambridge, MA
C.A.S School Counseling May 2026
M.Ed. Human Development and Education, 4.0 GPA May 2025
Syracuse University, School of Education Syracuse, NY
B.S. Selected Studies in Education, 3.8 GPA May 2024

SCHOOL COUNSELING EXPERIENCE

Florida Ruffin Ridley School, Brookline, MA September 2025 – Present
School Counseling Intern

- Provided direct counseling support across K–5, with a primary focus on individual and group work addressing anxiety, peer dynamics, self-regulation, and confidence building
- Collaborated with educators, counselors, and families in a multicultural, K–8 setting to design and monitor targeted interventions for diverse student needs
- Contributed to a comprehensive, equity-centered counseling program supporting student well-being within an urban school community

Gorman Fort Banks Elementary School, Winthrop, MA October 2024 – June 2025
School Counseling Intern

- Delivered classroom-based SEL instruction for K–2 students focused on school adjustment, coping skills, kindness, and emotional regulation
- Designed and implemented schoolwide programming (e.g., Bee Kind initiative) to strengthen positive school climate and inclusion
- Developed foundational counseling skills within a K–2-only setting, adapting developmentally appropriate practices for early learners

Science Academies of New York Charter Schools, Syracuse, NY August 2023 – December 2023
School Counseling Intern

- Supported individual counseling and crisis response for a large elementary student population in a high-need charter school environment
- Observed and contributed to behavioral assessment and intervention planning alongside the school counselor
- Partnered with teachers to identify students requiring support and respond to emergent emotional or behavioral concerns

PROFESSIONAL EXPERIENCE

Girls On the Run, Brookline, MA January 2026 – Present
Coach

- Facilitated small-group, movement-based programming supporting girls' confidence, emotional regulation, and positive self-identity
- Built supportive relationships while reinforcing social-emotional skills, teamwork, and resilience in a strengths-based environment

Buckingham, Browne, & Nichols School, Cambridge, MA June 2025 – August 2025
Community Building Lead Activities Counselor

- Designed and led creative, community-building programming for elementary through middle school campers to foster connection, belonging, and teamwork
- Supported campers' emotional regulation and peer relationships through play-based, relationship-centered approaches in an inclusive camp environment

Syracuse University New Student Programs, Syracuse, NY Jan 2024 – May 2024
Student Engagement Assessment Intern

- Conducted program evaluation and data analysis examining the impact of Syracuse Welcome Small Groups on first-year student belonging and success
- Facilitated focus groups and interviews and translated findings into actionable recommendations for program improvement and retention