

# Jared Gross

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## OBJECTIVE

Psychology graduate seeking a role in human services where I can apply a grounded understanding of human behavior and mentorship. My background includes years of hands-on leadership in the trades, where working closely with people from various backgrounds shaped how I think about communication, conflict resolution, and adaptability. Studying psychology and sociology at Iowa State has further expanded that experience in a deeper understanding of human behavior and the social systems that influence people's lives. I am committed to making a meaningful difference for the individuals and communities I serve.

## EDUCATION

### Bachelor of Arts, Psychology

Iowa State University — Ames, IA

Minor: Sociology | Cum Laude

Relevant Coursework: *Psychopathology, Social Class & Inequality, Ethnic & Race Relations, Motivation Psychology*

May 2026

### Associate of Arts, Psychology

Des Moines Area Community College — Ankeny, IA

Aug 2024

## SKILLS

- Active Listening
- Conflict De-escalation
- Service Orientation
- Emotional Intelligence
- Critical Thinking
- Social Perceptiveness
- Ethical Conduct & Integrity
- Written & Verbal Communication

## APPLIED COMPETENCIES

### Leadership & Mentorship

- Assisted in day-to-day crew coordination, monitoring tasks and ensuring compliance with outlined work procedures
- Mentored new team members while reinforcing safe work policies and efficient work practices
- Managed small crews across 13+ wind farm construction and repower projects, adapting quickly to new teams, platforms, and site conditions

### Conflict Resolution & Communication

- Communicated regularly across all levels of a project, from field crews to site management, relaying information effectively
- Resolved interpersonal conflicts with various teams by listening to all parties and working toward practical solutions
- Consistently adjusted communication style to fit the audience, whether working with field crews, management, or customer representatives

### Emotional Intelligence & Crisis Awareness

- Attentive to the well-being of team members, recognizing signs of stress or disengagement and responding appropriately
- Maintained composure and made sound decisions under pressure, keeping crews focused when situations became difficult
- Built trust with team members through consistent, honest, and dependable conduct across varied working environments

## WORK HISTORY

### Millwright Lead II

Mortenson Construction — Minneapolis, MN

Jul 2018 — Jan 2023

### Millwright

United Brotherhood of Carpenters & Joiners of America — Des Moines, IA

Jul 2018 — Nov 2023

### Service Technician

Seneca Companies — Des Moines, IA

Aug 2017 — Jul 2018

### Grocery Clerk

Fareway Stores, Inc. — Adel, IA

May 2012 — Jun 2016