

Personal Statement

Resilient, self-motivated student with a track record of balancing academics, leadership, and hands-on work experience. Currently completing the Leaving Certificate at The Institute of Education. I bring a mature, driven approach to everything from hospitality to film production to coaching small humans into functional athletes. I thrive under pressure, lead from the front, and can talk to absolutely anyone-even toddlers with a grudge.

Education

The Institute of Education, Dublin → 6th Year (2024-2025)

Currently sitting the Leaving Certificate with a strong academic focus in STEM.

Kildare Town Community School, Kildare → 1st-5th Year (2019-2024)

- Debate Team Captain
- Winner: SciFest 2023 (Sustainable Problem Solving)
- Winner: All-Ireland Rubbish Film Festival 2023 - Directed & produced a satirical short film addressing climate change and environmental problems.

Recent Exams (Mocks):

- H2 in English
- H3 in DCG, Chemistry, Physics, Geography, Applied Maths and Maths.

Work Experience

YOLO Restaurant - Barista, Bartender & Hospitality Staff (2022-Jan 2025)

- Delivered fast-paced service with precision and energy.
- Operated barista station and full bar with efficiency and responsibility.
- Praised for customer engagement and problem-solving.

Unpacked Eco Store - Retail Assistant (2022-2023)

- Assisted customers with sustainable product knowledge.
- Handled sales, restocking, and displays with minimal supervision.

Sophie Hughes

Kildare, Ireland | sophiehughes2@gmail.com | 085 748 5875

Private Babysitting - Self-Employed (2020-Present)

- Trusted by multiple families for long-term care of children.
- Known for responsibility, reliability, and keeping small humans safe and happy.

Leadership & Extracurriculars

Round Towers GAA Club - Referee & Youth Coach (2019-Present)

- Refereed and coached underaged camogie teams.

Scouts Ireland - Patrol Leader, Roverway 2024 (Norway)

- Led Irish delegation in international collaboration and survival challenges.
- Focused on sustainability, leadership, and cultural exchange.

County Camogie - Kildare (2015-2023)

- Represented Kildare at U14-U17 levels.

Awards & Certifications

- Winner - All-Ireland Rubbish Film Festival 2023
- Winner - SciFest 2023
- HACCP Food Safety Training (Certified twice)
- Manual Handling
- Child Protection Awareness for camogie and babysitting.

Skills

- Leadership & conflict resolution
- Public speaking & structured argument
- Hospitality and customer service
- Time management & multitasking
- Coaching and youth development
- Barista & bar service
- Microsoft Office, Google Workspace, POS systems

Sophie Hughes

Kildare, Ireland | sophiehughes2@gmail.com | 085 748 5875

Interests

- Playing, Coaching and Refereeing camogie
- Environmental problem solving
- Outdoor leadership and sustainability
- Baking unnecessarily complex desserts
- Debating for fun and/or academic gain

References

Calvin Philips – Manager, YOLO Restaurant | 085 824 6807

Netanya Curtis – Owner, Unpacked | 085 128 1806

Anna Raphala – Babysitting Reference | 087 786 1884

Darragh Gallager – Scouts Patrol Leader | 083 091 0713

Additional references available upon request.