

First and Last Name

City, State, Zip code | Phone Number | Professional Email Address | LinkedIn URL

EDUCATION

Stetson University, DeLand, FL

Bachelor of Science, Major: Health Sciences | GPA: 3.53

December 2021

- Dean's List (multiple semesters) and Bright Futures

Senior Research

- Conduct study on how physical exercise directly correlates with the mental health of middle and high school students, ages 11-18, in comparison to their overall wellbeing
- Develop survey, administer study, and recruit participants throughout the course of six months
- Present findings to students and department faculty during a 15-minute Stetson Showcase presentation

RELEVANT EXPERIENCE

WELL Team, Stetson University, DeLand, FL

Team Member

August 2019 – Present

- Share food and nutrition sources to promote the benefits of healthy eating to campus community
- Facilitate engaging activities to promote public and global health issues such as poverty, homelessness, and access to healthy foods

Global Public Health Brigades, Stetson University, DeLand, FL

Health Volunteer

January 2019 – Present

- Explore international areas and work alongside medical professionals, providing care to local communities and assisting staff in implementing sustainable health systems
- Visit Honduras, Panama, and Nicaragua in order to focus on holistic and preventative health measures on both an individual and community-wide scale

Alpha Epsilon Delta (AED), Stetson University, DeLand, FL

Secretary

January 2018 – Present

- Promote professional development by helping students gain First Aid/CPR certifications
- Host speakers and alumni to discuss health professions and graduate admissions requirements
- Record detailed notes of all meetings and distribute minutes/action items to Board and members

AdventHealth, Orlando, FL

Volunteer

Summer 2016; 2017

- Gained experience and knowledge of hospital admissions, outpatient services, and information desks
- Efficiently and effectively escorted patients/visitors through complex, multiple building environments
- Assisted administrative departments with paperwork, filing, errands, and other clerical duties

LEADERSHIP & ATHLETICS

Women's Tennis Team, Stetson University, DeLand, FL

Division 1 Athlete

August 2018 – Present

- Practice over 20 hours per week plus travel/competition while maintaining Dean's List and Honor Roll
- Demonstrate leadership and collaboration skills while competing in fast-paced and demanding settings
- Apply constructive feedback on and off the court to improve individual and team performance
- Positively represent Stetson Athletics and Women's Tennis during community events and fundraisers
- Earned A-Sun Academic All-Conference honors in 2019-2020 for academic and athletic excellence

SKILLS

- Programs: Proficient in Microsoft Office (Word, PowerPoint, Excel)
- Health & Science: Laboratory experiments, intensity training, nutrition, and group fitness
- Certifications: CPR Trained