**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 resources 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 other honors
* 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