

# First and Last Name

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

## EDUCATION

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*Stetson University, DeLand, FL*

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

December 2028

- 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

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*WELL Team, Stetson University, DeLand, FL*

### Team Member

August 2025 – 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 2025 – 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 2024 – 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 2024; 2025

- 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

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

### Division 1 Athlete

August 2024 – 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

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