

Fallon First-Year

10 Nutrition Avenue, Amherst, MA 01003
413-413-4134 | fallonfirstyear@umass.edu

Education

Bachelor of Science in Nutrition, Minor in Education

University of Massachusetts Amherst, Amherst, MA - May 2027

High School Diploma

Mallya Aditi International School, Bangalore, India - June 2023

Indian CGPA: 8/10 = U.S. GPA 3.3

Nutrition Experience

Infant/Toddler Assistant Teacher

Elly Childcare, Bangalore, India - May to August 2022

- Helped design nutritionally balanced meals for children ages 4-10
- Educated children on types of food groups and benefits of healthy eating
- Prepared, cooked, and served meals with children's involvement in process
- Role-modeled positive attitude and engaged children actively in learning and play

Food Preparation Experience

Catering Assistant

Cajun Catering, Amherst, MA - Part time September 2023 to Present

- Perform daily food service preparation tasks for banquet-style events and parties
- Serve guests diligently, clean up, and efficiently complete related duties as assigned

Line Server

University of Massachusetts Dining, Amherst, MA - September 2023 to Present

- Collaborate with team of 3 to set up buffet quickly and efficiently
- Demonstrate positive attitude while providing strong customer service serving food
- Utilize strong attention to detail to notice and refill buffet when necessary

Food Prep Worker

Mallya Aditi International School, Bangalore, India - September 2020 to June 2021

- Cleaned and chopped food in preparation for busy lunch service
- Maintained organization and adhered to food safety protocols and procedures

Additional Skills

Languages: Native fluency in Kannada, Tamil, English and Hindi languages

Computer: Proficient in Microsoft Word, Excel, and PowerPoint, Google Docs, Instagram, Apple iMovie

SKYLAR SOPHOMORE

413-413-4134, skylarsophomore@umass.edu

EDUCATION

Bachelor of Science in Nutrition, University of Massachusetts Amherst, MA May 2026
Relevant Coursework: Community Nutrition, Medical Nutrition Therapy, Practical Skills in Nutritional Counseling
GPA: 3.53

High School Diploma, Northwestern Regional #7 High School, Burlington, MA June 2022

NUTRITION EXPERIENCE

Health Educator Intern, Health Promotions Dept., UMass Amherst, MA Jan. 2023 - Present

- Develop educational materials focusing on diabetes, alcohol/substance abuse, and nutrition for adults and children
- Initiate and instruct classes of 10-15 people that emphasize good healthy habits such as nutrition, exercise, and food preparation methods
- Help diabetic clients learn to plan meals and start exercise programs
- Utilize nonjudgmental direct communication skills to teach timid patients how to use exercise equipment correctly

Nutrition Club Member, UMass Amherst, MA Sept. 2022 - Present

- Participate in community-based activities to educate students on healthy eating habits
- Disseminate nutrition awareness across campus and amongst greater Amherst community

My Plate Volunteer, Worcester Dining Commons, UMass Amherst, MA Oct. 2022 - Dec. 2022

- Assisted independent study students with promoting nutritious meal options and trying new foods

ADDITIONAL EXPERIENCE

Volunteer Swim Instructor, Amherst, MA June - Aug. 2021

- Taught proper swimming techniques to children ages 5-12, supervised safety and fun in water
- Demonstrated versatility and adaptability in working with diverse learning styles

SKILLS

Computer: Proficient in Adobe Photoshop, Camtasia editing software, iMovie and Microsoft Office

Languages: Advanced oral, written and reading comprehension in Spanish

Certifications: Lifeguard, (First Aid, CPR and AED trained) American Red Cross, expires May 2020

JORDAN JUNIOR

(413) 413-4134 - jordanjunior@umass.edu - www.linkedin.com/in/jjunior

EDUCATION

Bachelor of Science in Nutrition – University of Massachusetts Amherst – 05/25
Registered Dietitian track, GPA 3.3

International Healthcare Systems Study Abroad – Syracuse University – 1/23
Comparative Health Policy Program, Kenya, India, Thailand

NUTRITION AND HEALTH EXPERIENCE

Nutrition and Fitness Coordinator – Alpha Phi Omega, UMass Amherst – 08/22 to Present

- Suggest individualized fitness plans tailored to needs of members of co-ed service fraternity
- Disseminate nutritional advice on healthy eating and activity through accurate weekly member newsletter
- Plan, organize, and execute 3 workshops per semester on wide variety of nutrition and fitness topics

Teaching Assistant – Department of Nutrition, UMass Amherst – 01/22 to Present

- Conduct engaging discussion sessions of 15 students on nutritional properties of food
- Design informative learning materials and provide attentive one-on-one assistance with coursework
- Manage course website, respond promptly to student inquiries, and maintain updated site information

Child Watch Employee – YMCA, Northampton, MA – 03/20 to 05/21

- Built confidence in children between ages of 9-15 to use fitness room
- Supervised children attentively in fitness room and instructed proper equipment usage
- Designed programs and interventions to motivate children to achieve activity goals

ADDITIONAL EXPERIENCE

NCAA Division 1 Soccer Athlete – UMass Amherst, MA – 09/21 to Present

- Commit 20-30 hours per week to weight training, skill work, practice, conditioning, film study, and meetings
- Achieve individual objectives that ultimately contributed to the team's success, while balancing full academic course load

UDANCE Morale Captain - UMass "For the Kids" Dance Marathon – 01/22 to 04/22, 01/23 to 04/23

- Helped direct high-energy dance routines and performances to support positive environment for major fundraising event to raise money for children's hospitals

Sydney Senior

10 Nutrition Avenue Amherst, MA 01003 | 413- 413-4134 | sydneyseior@gmail.com

Education

University of Massachusetts Amherst, Amherst, MA

Bachelor of Science in Nutrition (5/24)

- 21st Century Leadership Award of Excellence for strong academic record and exemplary achievement

Key Coursework: Medical Nutrition Therapy, Nutrition Counseling, Community Nutrition

Relevant Skills

Advanced oral, written and reading ability in Spanish

Proficient in Microsoft Office Suite, Mac, PC, Point of Sale

Nutrition Experience

Tapestry Health, Greenfield, MA

Intern (6 – 8/23)

- Engaged children and parents in increasing awareness about fresh fruits and finding ways to incorporate fruits into daily diet
- Designed interactive nutrition materials for community resource room
- Provided health information and resources to 20+ members of the general public at farmers' market every Saturday morning

Western Massachusetts Food Bank, Hatfield, MA

Volunteer (7 – 8/22)

- Initiated contact with and interviewed 5 non-native English-speaking patrons about food security experiences for The Hunger Study
- Followed up diligently, recorded results, analyzed data, presented findings to supervisor
- Gained knowledge about local and state organizations

Leadership Experience

Nutrition Club, University of Massachusetts Amherst, Amherst, MA

President (1/23 – Present)

- Organized guest speakers, fundraisers, tabling events to promote club and nutrition issues to student population
- Led 30% increase in club membership in one semester

Swim Team, University of Massachusetts Amherst, Amherst, MA

Co-captain (9/22 – 2/23)

- Led team to 12 victories out of 15 meets during season
- Motivated players to work hard and focus on results

Additional Experience

Little Sprouts Learning Center, Hatfield, MA

Assistant Teacher (1 – 5/21)

- Incorporated healthy snack items into children's diet by buying local fresh produce
- Created unique curricula to stimulate toddlers' senses and keep entertained

Health Care Affiliations

American Dietetic Association; Western Area Massachusetts Dietetic Association

Massachusetts Dietetic Association; University of Massachusetts Nutrition Association