

Education

Bachelor of Science in Public Health Sciences, Minor in Education
University of Massachusetts Amherst, Amherst, MA - May 2024

High School Diploma

Mallya Aditi International School, Bangalore, India - June 2020
Indian CGPA: 8/10 = U.S. GPA 3.3

Youth Experience

Infant/Toddler Assistant Teacher

Elly Childcare, Bangalore, India - Part time Sept. 2019 to August 2020

- Co-supervised and attentively responded to needs of 20 infants and toddlers
- Ensured care and safety in both an indoor and outdoor environment
- Cooperated with coworkers daily to clean classroom, prepare nutritious foods, and role-model behavior for children
- Organized creative activities, toys, and storage area efficiently on daily basis

Playground Counselor

Jawahar Bal Bhavan, Bangalore India - Part time May 2020 to August 2020

- Supervised playground safety of 10+ children ages 5-12, implemented buddy accountability system for off-site field trips
- Developed arts and crafts activities providing balance of challenge and entertainment, facilitated activities in 30-minute weekly workshops

Community Involvement

Dancer

Dhadak Fusion Dance Team, UMass Amherst - Sept. 2020 to Present

- Collaborate with 12-17 team members to choreograph dance numbers set to music
- Promote cultural diversity and healthy and active lifestyle by performing in front of audiences on campus and at local elementary schools

Additional Skills

Native fluency in Kannada, Tamil, English and Hindi languages

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

References Available Upon Request

SKYLAR SOPHOMORE

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EDUCATION

- Bachelor of Science in Public Health Sciences**, University of Massachusetts Amherst, MA May 2023
Relevant Coursework: My Body My Health, Healthcare For All, Intro to Biostatistics
GPA 3.53
- High School Diploma**, Northwestern Regional #7 High School, Burlington, MA June 2019

PUBLIC HEALTH EXPERIENCE

- Community Outreach and Education Intern**, Burlington Board of Health, MA May - Sept. 2020
- Designed, organized, and taught district-wide H1N1 curriculum
 - Analyzed prior cancer research study and recommended next steps to supervisor
 - Promoted regional trash program via social media and educated public on benefits
- Office Assistant Intern**, Lahey Clinic, Burlington, MA Dec. 2019 - Jan. 2020
- Performed research on lymphatic vascular system and interviewed cardiologist
 - Published written article in hospital newspaper and edited articles for other interns
 - Created numerous spreadsheets using Excel to track research data

RELATED EXPERIENCE

- Public Health Club Member**, University of Massachusetts Amherst, MA Jan. 2019 - Present
- Participate in community-based activities to educate students on healthy choices
 - Disseminate public health awareness across campus and amongst greater Amherst community
- Volunteer Swim Instructor**, Amherst, MA June - Aug. 2019 & 2020
- 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
- Playground Counselor**, Town of Templeton Recreation Department, MA June 2019 - Aug. 2020
- Oversaw children ages 5-12, monitored for bullying behavior, and resolved conflicts
 - Directed age-appropriate games and activities for groups of 25 children at one time
 - Provided positive role modeling, mentoring, positive attitude and energetic demeanor

SKILLS AND CERTIFICATIONS

Computer: Proficient in Adobe Photoshop, iMovie and Microsoft Office

Languages: Advanced oral, written and reading comprehension in Spanish, basic conversational Italian

Certifications: Life Guard, First Aid/CPR/AED for infants and adults, American Red Cross, expires May 2020

REFERENCES AVAILABLE UPON REQUEST

JORDAN JUNIOR

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

EDUCATION

Bachelor of Science in Public Health Sciences – University of Massachusetts Amherst – 05/22
Certificate: Culture, Health, & Science; Minor: Psychology, GPA 3.3

PUBLIC HEALTH EXPERIENCE

Co-Head Peer Advisor Intern, Public Health Sciences – UMass Amherst – 09/20 to Present

- Demonstrate strong initiative and follow-through on tasks as evidenced by promotion to leadership position by supervisor
- Manage office and staff schedule of 9 peers, problem solve logistics, and maintain open lines of communication
- Conduct one-on-one mentoring regarding academic concerns and campus resources using active listening and coaching skills
- Facilitate class discussion by encouraging participation within comfortable environment
- Organize and implement departmental events, presentations, newsletters and compose articles

Certified BACCHUS Peer Health Educator – UMass Amherst – 01/19 to Present

- Deliver knowledge and support to peers regarding nutrition, physical activity, stress, sexual health, and substance abuse
- Empower at-risk students to make health-enhancing choices through various marketing strategies such as tabling, advertising, and hosting events
- Increase awareness and refer students as necessary to additional campus resources

LEADERSHIP EXPERIENCE

Captain NCAA Division 1 Cross Country and Track & Field – UMass Amherst – 09/19 to Present

- Lead team of 27 building strong relationships among athletes to ensure highest level of performance
- Direct practice, promote sportsmanship, and enforce guidelines and NCAA regulations
- Manage strenuous training regimen effectively in coordination with full academic course load

Foss Cross Country Running Camp Counselor – Strafford, NH – 08/18, 19, 20

- Built interpersonal relationships with campers and balanced enforced expectations
- Mentored, coached, and advised on proper training and healthy eating

Patient Representative Volunteer at Milford Regional Hospital – Milford, MA – 05 to 08/18

- Measured effectiveness of volunteer projects, recorded patient responses, and input data
- Interacted politely and amicably with patients, offered assistance to ensure comfortable stay

ADDITIONAL EXPERIENCE

Nike Sales Associate – Wrentham, MA – 11/17 to 08/18 (part-time)

- Provided friendly reliable customer service while operating cash register accurately
- Demonstrated efficient inventory control and organization proficiency with store displays

Sydney Senior

10 Public Health Sciences Avenue
Amherst, MA 01003

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sydneyseunior@gmail.com

Education

University of Massachusetts Amherst

Bachelor of Science in Public Health Sciences, Minor in Sociology (5/21)

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

Syracuse University Comparative Health Policy Program

International Healthcare Systems study abroad Kenya (1/20)

Certifications and Skills

Fluent in Serbo-Croatian and English. Knowledgeable in basic reading and writing in Spanish

American Heart Association – BLS for Healthcare Providers Certificate (9/20)

Proficient in Microsoft Office Suite, Google Docs, social media (Facebook, Twitter, Snapchat, LinkedIn)

Public Health Internships

Northampton Health Department, Northampton, MA

Public Health and Safety Intern (5 - 8/20)

- Created compilation of data-driven materials to assess usage of private wells
- Demonstrated accuracy and focus while updating data for water systems throughout city
- Distributed surveys and information regarding proper well usage to residents diligently

Tapestry Health, Northampton, MA

Marketing Intern (1 - 5/19)

- Designed site-specific information sheets involving Women's Health Network
- Organized and updated current and former patients' medical charts precisely
- Advertised community outreach events hosted by Tapestry via flyers and Facebook

Children's Hospital, Boston, MA

Student Career Opportunity Outreach Program (SCOOP) Intern (5 - 9/18)

- Shadowed nurses, psychical therapists, and surgeons observing techniques and bedside manner
- Coordinated games and engaged patients in activities to increase memory and executive functioning
- Adhered to all hospital safety and sanitation protocols in conjunction with HIPAA patient privacy laws

Related Experience

University Health Services, University of Massachusetts Amherst, MA

Capstone "The Efficacy of Meditation in Stress Reduction for College Students" (9/20 - Present)

- Administer pre-test and post-test questionnaires to participants of Deepak Chopra's three week web-based meditation challenge
- Facilitate focus group (peer health education class) at UMass campus
- Gather and assess information from both from intercept data and focus group surveys

Opportunities for Communities (OFC), University of Massachusetts Amherst, MA

Independent Study: Les Cayes Adolescents Health Education and Wellness Program (9 -12/19)

- Updated and revised health education and wellness manual for Haitian adolescents
- Participated in fundraising and donation activities/events; total amount raised collectively \$2,300.
- Empowered adolescents to pursue healthy lifestyles by facilitating creation, maintenance, and reinforcement of positive health choices and behaviors