

**EDUCATION:**

**Bachelor of Arts:** St. Olaf College, Northfield, MN  
**Major:** Exercise Science, Neuroscience Concentration

**Expected Graduation:** May 2013  
**GPA:** 3.52/4.00

**Honors:** St. Olaf Academic Scholarship; Woody Budnick Scholarship; Twin West Foundation Scholarship; Dean's List, Fall 2012

**Relevant Course Work:** Organic Chemistry, Introductory Biology, Nutrition and Wellness, Treatment and Prevention of Sports Injuries, Psychopathology, Anatomy and Physiology, Biomechanics, Biopsychology

**Laboratory Experience:** Chemical Synthesis Lab, Cell and Genetics Lab, Equilibrium Lab, Anatomy Lab, Biomechanics Lab

**Certifications:** CPR and AED of Adults and Children, December 2012

**Off-Campus Study: Bodies and Biomes**

January 2012

- Investigated what makes the human body and the environment healthy by conducting a field research project in the Sonoran Desert surrounding Tucson, Arizona.
- Accomplished physiological challenges and explored the effects of elevation on the environment and the body.
- Synthesized the knowledge of physiological and ecological adaption to better understand what is health.
- Created a healthy student community at Biosphere 2 by resolving conflicts, mediating disputes, and stimulating co-habitation among students of different backgrounds.

**REHABILITATION EXPERIENCE:**

**Rehab Aide**, Sister Kenny Rehabilitation Institute, Apple Valley, MN (40 hours) October 2012-Present

- Facilitate the rehabilitation of patients by maintaining the gym and treatments rooms.
- Work on a team made up of physical therapists, physical therapist assistants, and administrative assistants to provide individualized care and rehabilitation experience to the greater Northfield area.
- Streamlined clerical and housekeeping duties which allowed physical therapists to focus more time on their patients.

**Rehab Assistant**, United Hospital, St. Paul, MN (50 hours) May-August 2012

- Supported occupational, speech, and physical therapists in providing care to adolescent, infant and teenage patients.
- Clarified treatment protocols for patients and their parents and instructed them on correct form and usage when appropriate.
- Communicated with patients to set goals and stimulated their learning environment by gathering different treatment tools.
- Rehabilitated autistic children by partaking in prescribed therapeutic activities.
- Observed a pediatric orthopedic surgeon assess and treat patients with sports-related injuries.
- Learned the benefits of water therapy and how to rehabilitate patients using this technique.

**PHYSICAL THERAPY SHADOWING:**

**Nyberg Physical Therapy**, Burnsville, MN (40+ hours) June-August 2012

- Worked with licensed physical therapists to explore different techniques of contemporary rehabilitation.
- Found a passion for rehabilitation exhibited by patient care professionals that affirmed personal and professional career goals.
- Assisted physical therapists in prescribing treatment protocols and motivated patients to attain their goals through hard work and consistency.

**OSR Physical Therapy**, Eden Prairie, MN (67 hours) July-August 2011

- Observed a licensed physical therapist in an outpatient clinic setting; expedited diagnosis and treatment by taking notes for the physical therapist.
- Gained hands-on experience by participating in patient care and serving as a mock- patient for a Mark Bookhout Seminar on massage and manual therapy techniques.
- Coached patients to set goals in order to improve their quality of life.
- Critiqued the differences in spinal manipulation techniques and exercise-based programs.

**Courage Center**, Stillwater, MN

(38 hours) June 2011

- Observed three licensed physical therapists analyze and diagnose patients in multiple settings including hospital, outpatient clinic, at-home visits and the nursing home. Investigated the lifestyle and daily work of a physical therapist.
- Assembled exercise cards for patients and collected diagnostic data to facilitate healing program.
- Encouraged patients to meet goals and communicated questions and concerns regarding exercise and rehabilitation programs.
- Communicated respectfully and professionally with patients of different economic, social, and ethnic backgrounds.
- Promoted healthy living among Medicare and Spanish-speaking patients.

## RESEARCH EXPERIENCE:

**Cadaver Researcher**, St. Olaf College Biology Department, Northfield, MN

September 2012-May 2013

- Worked as a team with 10 other St. Olaf students to dissect two cadavers in an exploration of human gross anatomy.
- Inspected different anatomical areas of the cadavers after extensive dissection to determine motor, cardiovascular, renal, muscular and pulmonary ailments.
- Served as a teacher's assistant to lab sections of the human anatomy class.
- Instructed students in locating different muscles, organs and tissues of the human body.
- Coached students to push past fears and undertake an inspired exploration of the human body.
- Guided students in learning how to take vital signs, assess cardiopulmonary function, read electrocardiograms and determine nervous system deficiencies.
- Evaluated students on their knowledge of gross anatomy.

**Student Researcher**, St. Olaf College Neuroscience Department, Northfield, MN

July-October 2012

- Assessed the relationship between caffeine and alcohol consumption in adolescent mice.
- Programmed and set-up newly acquired operant conditioning equipment to conduct different operant protocols; designed an experiment using this operant conditioning equipment and 12 adolescent DBA/2J and C57BL/6 mice.
- Evaluated self-administered alcohol-caffeine mixture intake and compared it to nose-poking behavior.
- Analyzed findings in light of broader implications for adolescents who consume alcohol and caffeine.
- Presented findings on a poster titled *Nose-Poking for Ethanol-Red Bull: Developing an Operant Conditioning Protocol for Adolescent Mice* at the Midbrains 2012 Undergraduate Neuroscience Conference of the Upper Midwest.

## WORK EXPERIENCE:

**Retail Salesperson**, Running Room, Eden Prairie, MN

August 2007-Present

- Traveled to area high schools to inform cross country runners about proper footwear, nutrition, and injury prevention.
- Evaluated runners' gaits and foot motions in order to suggest and fit them into proper footwear for running and other aerobic activities.
- Prioritized duties and directed employees in carrying out these tasks.
- Negotiated sales with customers and guided them in their purchase of athletic apparel and footwear.
- Managed the cash register, stocked shoe shelves, folded and organized clothes racks and tables, organized the shoe walls, and trained new employees.

## VOLUNTEER EXPERIENCE:

**Coordinator**, Groveland Emergency Food Shelf, Minneapolis, MN

June 2007-Present

- Stocked shelves with donated food items and filled food orders for clients of Eden Prairie who were in need of emergency supplies.
- Dealt with conflict by negotiating with clients and enlisted the help of neighboring nonprofit organizations to provide supplemental assistance.
- Improvised when the special needs of clients were not met.
- Developed efficient systems for sorting, stocking, and distributing food.
- Took initiative to coordinate with administrative staff to streamline the communication between the front office and the back food shelves.

## INTERCOLLEGIATE ATHLETICS & CO-CURRICULAR ACTIVITIES:

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|---------------------|--|-------------------------|
| <b>Team Captain</b> | St. Olaf Varsity Men's Cross Country Running       | August 2012-May 2013    |
| <b>Athlete</b>      | St. Olaf Varsity Men's Cross Country Running       | August 2010-May 2013    |
| <b>Member</b>       | Fellowship of Christian Athletes, St. Olaf College | September 2011-May 2013 |
| <b>Athlete</b>      | St. Olaf Varsity Men's Indoor Track and Field      | December 2010-May 2013  |
| <b>Athlete</b>      | St. Olaf Varsity Men's Outdoor Track and Field     | March 2010-May 2013     |