**EDUCATION**

**St. Olaf College***, Northfield, MN* *Graduation Date: May 2025*

**GPA:** 3.26/4.0

**Major:** Kinesiology

**Concentration:** Psychology and Neurology

**Relevant Courses**: Introduction to Kinesiology, Introduction to Sociology, Human biology, Structural Chemistry and Equilibrium with lab, Chemical Reaction with lab, General Physics 1

**WORK EXPERIENCE**

**Sports Medicine Assistant,** *St. Olaf College, Northfield, MN April 2022- Present*

• Assist athletic trainers in daily duties and tasks.

• Aid athletes in the completion of their recovery exercises.

• Maintain a clean and sanitary athletic training facility.

• Oversee athletic events and prepare for emergency situations.

**Camp Sports Coach,** *Dash Sports, Edina, MN April 2022- Present*

• Managing and teaching different age groups about athletics, age groups range from ages 2 to 12.

• Strategy planning and explanation of a multitude of sports and strength conditioning.

• Teach knowledge of nutrition, human anatomy, and exercise and strength training.

• Handling conflicts and communication with parents and players.

**Volleyball Coach,** *Northfield Volleyball Club, Northfield, MN November 2021- Present*

• Managing a team of fourteen-year-old girls and educating them on the game of volleyball.

• Strategy planning and explanation.

• Knowledge of nutrition, human anatomy knowledge, and exercise and strength training.

• Handling conflicts and communication with parents and players.

 **Biology Stockroom Worker***, St. Olaf College, Northfield, MN* *September 2021 - May 2021*

• Performed proficient use of the autoclave and any chemical waste disposal required.

• Organized inventory, enforce safety, assist in laboratory instruction, prepare stock chemicals, and handle waste.

• Washed laboratory glassware and equipment and maintained the laboratory and prep room.

**Cashier and Fitting Room Associate***, Scheels, St. Cloud, MN November 2019 - June 2021*

• Communicated and engaged with customers to provide a positive shopping experience.

• Managed store product inventory efficiently and ensured accuracy.

• Operated cash registers, managed financial transactions, and balanced drawers.

**LEADERSHIP & CO-CURRICULAR EXPERIENCE**

**Nanny,** *Sartell, MN May 2021 - September 2021*

• Watched over and cared for a four-year-old girl.

• Developed engaging and educational games and monitored various activities while maintaining child safety.

• Prepared meals according to dietary restrictions and allergies.

**Alpha Epsilon Delta Chapter Member,** *St. Olaf College August 2021- Present*

• Health Professional honors society

• Dedicated to the encouragement and recognition of excellence in preprofessional health scholarship

**Soar Leader,** *St. Olaf College May 2022 - Present*

• Lead orientation of new students.

• Weekly teaching sessions to inform students of on-campus resources.

• Provide students with the support and resources they need while being an impartial party.

**CERTIFICATES AND RELATIVE SKILLS**

CPR/AED/first aid adult, child, and baby certified

 Google Sheets, Valid Driver's License, Zoom, and Google Meet