

# PT Resume

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## EDUCATION

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**St. Olaf College**, Northfield, MN

Anticipated Graduation: May 2024

**Major:** Kinesiology

Cumulative GPA: 3.95

**Concentration:** Neuroscience

**Relevant Coursework:** Anatomy and Physiology, Biopsychology, Introduction to Chemistry I and II, Cell Biology

**Laboratory Experience:** Anatomy Lab, Structural and Chemical Equilibrium Lab, Cell Biology

## WORK EXPERIENCE

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**Statistics for Science Grader**, St. Olaf College

February 2022- Present

- Assess Statistics for Science students' performance on homework assignments to help professors with their workload
- Promote deeper levels of comprehension by providing constructive feedback allowing students to improve their academic performance

**St. Olaf Orientation to Academics & Resources Peer Leader**, St. Olaf College

April 2021- Present

- Facilitate weekly meetings with 10 first year students to acclimate them to campus life and help them be successful in navigating a new environment
- Collaborate effectively with professors, faculty, first year students, and fellow peer leaders through written and verbal communication to implement expectations into SOAR curriculum

**Diving Coach**, Interlachen Country Club

June 2021- August 2021

- Educate 30+ divers ages 5-12 on their water safety and diving skills to allow for mastery of a new sport
- Evaluate each diver's progression by judging their dives at competitions supporting the learning and improvement of their dives

**Gymnastics Coach**, Plymouth Parks and Rec Department

November 2016 - July 2021

- Teach 50+ gymnasts of various abilities, ages 2-14, on the sport of gymnastics as well as life skills to support the growth of well-rounded individuals
- Coordinate instruction and plan engaging activities for each group of 6-15 gymnasts
- Administer instruction on technical skills while adapting to each gymnast's specific coaching needs

## VOLUNTEER & COMMUNITY ENGAGEMENT

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**TRIO Youth Mentor**, St. Olaf College

October 2021- Present

- Serve as a mentor to impoverished students who have minimal access to information about college
- Write weekly letters to one student which answers questions concerning the college application process, student life, and general college information

**Food Packer**, Second Harvest, Brooklyn Park, MN

November 2016 - Present

- Prepare dry meals in the designated assembly line manner by collaborating with other volunteers to ensure an efficient process
- Assist with loading boxes of meals to be delivered and served to the local community to provide food to those with limited access to quality food

**Academic and Social Mentor**, Wayzata High School

March 2018 - December 2020

- Engage with local high school students with autism spectrum disorder to enhance the students' social skills
- Provide step by step assistance on homework and school projects as needed

## EXTRACURRICULAR EXPERIENCE

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**Neuroscience Club**, St. Olaf College

September 2020 - Present

- Discuss recent neuroscience research and material at weekly meetings

**St. Olaf Swim and Dive team**

September 2020 - Present

- Exhibit coachability and discipline by successfully competing at the conference, regional, and national intercollegiate level

**PT/OT Club**, St. Olaf College

September 2020 - Present

- Explore various opportunities in the PT/OT field through speakers and activities