

EDUCATION

Michigan Technological University
BS Biological Science (Pre-Health Professions)
Minor: Psychology
GPA: 3.89 | Department: 4.0

Houghton, MI
Expected December 2017

Certified Nursing Assistant (CNA), State of Michigan, July 2014

RESEARCH EXPERIENCE

Michigan Technological University Clinical and Applied Human Physiology Laboratory
Undergraduate Research Assistant, Sept 2015-Present

Advisor: Dr. John Durocher

Overall Project Objective: Improve traditional and nontraditional cardiovascular risk factors without the use of pharmacologics

Focus 1: Compare the sympathetic reactivity of individuals of normal weight to obese individuals when mental stress tests and cold pressor tests are performed

Focus 2: Determine if and how different exercise regimens (resistance, cardio, concurrent) alter the sympathetic reactivity in obese individuals over twelve weeks

- Collect research data in lab using WinCPRs software, Finapres Medical Systems finometer and microneurography
- Obtain baseline data using SphygomoCor Applanation tonometry system, Cholestech blood chemistry analyzer, Tanita bioelectric impedance system, CosMed Quark metabolic analyzer and 12-lead ECG
- Enter data into excel spreadsheets using the WinCPRs software
- Analyze data using IPSS Statistical Analysis software

LEADERSHIP

- Active Member, Pavlis Institute for Global Technological Leadership (10 hrs/wk), 2013 – Present
 - Design and implement socially beneficial project in underdeveloped country in a 5 week international fieldwork experience
- Active Member, Pre-Health Association at Tech (3 hrs/wk), 2013 – Present
- Scholarship Committee Member, Michigan Tech Student Foundation (1 hr/wk), 2014 – Present
 - Help raise retention rates by designing, planning, and conducting campus-wide programming and achievement based scholarship awards
- Lead Soloist, MTU Aerial Production, “Stealing Fire,” (15 hrs/wk), Fall 2014 – Spring 2015
- Lead Soloist, Keweenaw Symphony Orchestra’s, “Swan Lake,” (18 hrs/wk), Spring 2016
- Captain Michigan Tech Dance Team, (20 hrs/wk), 2014 – 2015
 - Scheduled/conducted practices 4 times/wk. Choreographed & taught routines for performance at varsity football, basketball, and volleyball games. Organized team participation in campus/community events

- Queen Court Finalist, Winter Carnival, 2015
 - Annual week-long, campus-wide event. Participated in lengthy interview process, media promotion, week-long event schedule, and traditional staged pageant competition for audience of 500+
- Intramural Sports: Broomball (Captain 2012) 2013 – 2014, Tennis Singles, 2013
- Michigan Tech Tennis Club, 2014 – Present

COMMUNITY SERVICE

- Volunteer, Aspirus Keweenaw, (4 hrs/wk), Houghton, MI, Sept 2014 – Present
- Volunteer, Omega House, (4 hrs/month), Houghton, MI, Sept 2014 -Present
- Volunteer, Portage Pointe Senior Living, (2 hrs/month), Hancock, MI, Sept 2014 – Present
- Volunteer, Youth Dance of Houghton, (8hrs/wk), Houghton, MI, Dec 2014

ACHIEVEMENTS/AWARDS

- Dean's List: Fall 2012, Spring 2013, Summer 2013, Fall 2013, Spring 2015
- Scholarship Recipient, MTU Medical Alumni Scholarship, Fall 2014 - Spring 2015
- Scholarship Recipient, National Scholar of Excellence
- Invited Member, Pavlis Institute for Global Technological Leadership
- Orientation Team Leader (OTL), Department of Admissions, Michigan Tech
- Queen Court Finalist, Winter Carnival
- Lead Soloist "Swan Lake"
- Lead Soloist "Stealing Fire"

WORK EXPERIENCE

- Biology Learning Center Coach, Michigan Tech, Feb 2014 – Present
- Orientation Team Leader, Michigan Tech, Aug 2014
- Housing Assistant, Michigan Tech, May - Aug 2014
- Dance Instructor, Barb's Centre for Dance, Green Bay, WI, Feb 2012 – Present
- Server, Pizza Hut, De Pere, WI, April – Aug 2012