

## EDUCATION

### University of Georgia

*Bachelor of Science, Health Promotion*

Behavioral Health Emphasis

GPA: 3.60/4.00

Honors: Zell Miller Scholarship (August 2022), HOPE Scholarship (August 2022), Pell Grant Recipient (August 2022)

Athens, GA

May 2026

## RELEVANT EXPERIENCE

### University of Georgia Campus Kitchen

January 2024 - Present

*Shift Leader*

- Lead 5+ volunteers in the delivery operation of Campus Kitchen on a weekly basis.
- Weekly delivering 168 units of food to the older adults and human service agencies of Athens.
- Coordinate the amount of food to be given out to each family during the delivery process.

### American Red Cross Ambassador

August 2024 - Present

*Volunteer*

- Greet 10+ donors at the reception desk and explain the donation process.
- Assist donors with initial intake and hand-offs through the donation process.
- Manage donor flow and ensure only eligible donors proceed.
- Provide customer service in the hospitality area, including offering refreshments and monitoring donors for post-donation reactions.

## ADDITIONAL EXPERIENCE

### Community Services Assistant (CSA)

August 2022 – November 2022

*Front Desk Assistant*

- Support, communicate, and enforce university and department policies when allowing residents into the building, checking IDs and confirming visitors.
- Pass on accurate information to residents, guests, and visitors concerning housing and university operations while maintaining confidentiality.
- Assist residents with crises or emergencies such as lost IDs or room keys.
- Sort and distribute mail to residents and resident mailboxes per USPS regulations.

## INVOLVEMENT EXPERIENCE

### Girls In Healthcare

September 2025 - Present

*Mentor*

- Spend one-on-one time, once a week, with a female student at the University of Georgia.
- Offer advice, assistance, and guidance to the student that will aid in professional and personal development.
- Assist with networking opportunities and encourage personal growth.

### Georgia Daze Recruitment Program

August 2025 - Present

*Treasurer*

- Manage a \$5,000 budget and present budget reports each month.
- Support fellow executive board members by helping prepare the budget for events.
- Responsible for handling executive board member reimbursements.
- Responsible for planning fundraising events throughout the school year and reaching a goal of \$200.

### University of Georgia First Aid Dawgs

August 2025 - Present

*Volunteer*

- Administer First Aid to the audience during University of Georgia's football games.

- Point of contact before EMS arrives.

### **Frais Church**

#### *Servant Leader*

August 2025 - Present

- Assist 15+ cars and families in a smooth arrival while guiding traffic.
- Provide a welcoming atmosphere by greeting cars and families.
- Provide support to other servant leaders during set-up or breakdown.

### **Research at the University of Georgia**

August 2025 - Present

#### *Research Assistant*

- Collaborate with Dr. Callands and co-researchers on designing an intervention concerning the usage of PrEP amongst adult Black women in Atlanta, Georgia.
- Aid in the transcription of interviews and audio recordings from the participants of the study.
- Match corresponding participant answers to specific questions in order to use in the writing of the paper.

### **Piedmont Athens Regional Hospital**

June 2025 - July 2025

#### *Cardiology Unit Volunteer*

- Assist nursing staff in restocking food stations, nurse stations, and rooms every two hours.
- Communicate with 5+ patients on the day-to-day basis.

### **Georgia Daze Recruitment Program**

December 2024 - May 2025

#### *Event Planning Co-Chair*

- Responsible for planning at least two events per semester, including signature events such as Exposé, BUGA Bonfire, and the Prospective Student Weekend.
- Assume responsibilities for the housing logistics and activities that will occur during the Prospective Student Weekend.
- Create, implement, and organize all event details such as booking requesting venues, requesting flyers, and placing catering orders.

### **East Campus Village Community Council**

August 2024 - May 2025

#### *President*

- Preside over the general body and executive board meetings for community council, including preparing agenda and keeping minutes.
- Spokesperson for the council when reaching out to organizations and advisors or placing catering orders.
- Oversee the duties and responsibilities of the other six executive council members.
- Oversee the budget of \$4,000 with the treasurer and advisor.

### **University of Georgia Digital Dawg**

June 2023 - Present

#### *Ambassador*

- Highlight the diverse experiences shared by students on campus.
- Document about the classes, student organizations, and life at the University of Georgia via Instagram stories and feed on a weekly basis.
- Encourage political engagement within the community when the time comes.

### **East Campus Village Community Council**

August 2023 - August 2024

#### *Coordinator of Communications*

- Create communication advertisements, such as flyers and Instagram posts, to inform residents of ECV of the prospective events held by the council.
- Set up and decorate the venues for the prospective events held by the council.
- Document, via videos and pictures, the events held by the council.

### **University of Georgia Football Ambassador**

August 2023 – May 2025

#### *Volunteer*

- Develop important one-on-one communications skills with parents and prospective students.
- Share personal college experiences and insights to recruiting students.
- Assist in the recruitment of high school athletes for the University of Georgia.

### **University of Georgia Hunker Down Housing**

August 2023, 2024, 2025

#### *Peer Leader*

- Assist University Housing in ensuring a smooth arrival for incoming first-year students and their families.

- Control the intake and outtake of cars into specific lots.
- Lead 4+ volunteers in the procedure of checking cars periodically to ensure they are within their allotted time slots.

## **OTHER INVOLVEMENT**

University of Georgia IMPACT

March 2023, November 2024

## **SKILLS AND CERTIFICATIONS**

CITI Training

American Heart Association Basic Life Support Certification

American Red Cross First Aid & AED Certification

Fundraising & Bookkeeping

Leadership

Teamwork

Time Management