

# Ima Sample

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## EDUCATION

### **Bachelor of Science, Community Health Education, May 2011**

University of Wisconsin-La Crosse, (UW-L) La Crosse, WI

Nutrition Minor

Cumulative GPA: 3.90

Major GPA: 4.00

Dean's List (8 Semesters)

## COMMUNITY HEALTH EDUCATION RELATED EXPERIENCE

### **Fitness Instructor**, February 2009-present

UW-L, La Crosse, WI

- Teach an abs class called "Absolution" and an Indoor cycling class two days per week
- Motivate, educate, and cue 15 clients per session on proper form and safety to help accomplish their fitness goals

### **Volunteer**, April-August 2010

Options Clinic, La Crosse, WI

- Greeted patients and clients at the front desk; filed and assessed paperwork and medical files
- Communicated with health educators and nurses while learning about services provided: annual health exams, breast and cervical cancer screenings, birth control methods, STI information and testing, and pregnancy testing and counseling

### **Grant Writer**, January 2010-May 2010

Peace and Coffer, La Crosse, WI

- Communicated with Peace and Coffee to discover their needs for the foundation of a grant
- Developed a grant proposal for a non-profit organization to obtain whole and organic foods for the homeless population in La Crosse, WI

### **Member and Volunteer**, February-May 2009

Students for Sensible Drug Policy (UW-L), La Crosse, WI

- Attended student meetings and presented information to UW-L students using harm reduction techniques about drugs and their chemical effects, current drug policy, and need for reform
- Helped coordinate and organize campus-wide event *Make Love Not Drug War* week

### **Seat Belt Safety Educator**, October 2008

Emerson Elementary School, La Crosse, WI

- Collaborated with community members and parents on car seat safety for children
- Acted as a resource person for information regarding seat belt

## UNDERGRADUATE RESEARCH

### **Undergraduate Research: Campus Climate & Health Behaviors Based on Sexual Identity**, Spring 2010

UW-L, La Crosse, WI

- Developed independent research project with faculty mentor, Dr. Jane Doe
- Conducted background research and designed online survey instrument to collect primary data
- Received \$3000 College of Science and Health Dean's Distinguished Undergraduate Research Fellowship to fund year long project
- Presented research twice at state and national conferences

**Independent Study: Natural Childbirth and Education Resources, January-May 2009**

Women's Health, UW-L, La Crosse, WI

- Conducted individual research on types of natural childbirth and the availability of those types to women in La Crosse, WI
- Attended water birth, Lamaze, and breastfeeding classes at Gundersen Lutheran Medical Center
- Complied information into brochure that was distributed to women to attended pregnancy classes

**CERTIFICATIONS**

Lifeguard/First Aid

CPR/AED

Comprehensive Sexuality Education Facilitator for grades 7-12

**MEMBERSHIPS**

Eta Sigma Gamma, a professional health education honorary

Student Nutrition Association

Wisconsin Association of Health, Physical Education, Recreation and Dance (WAHPERD)

Golden Key International Honors Society

**CAMPUS AND COMMUNITY INVOLVEMENT**

**Volunteer**, Habitat for Humanity, La Crosse, WI

**Volunteer Camp Counselor for Children with Disabilities**, Lions Camp, Stevens Point, WI

**Volunteer**, Operation River Watch (drowning prevention), UW-L, La Crosse, WI

**Reading Assistant**, Public Library, Onalaska, WI

**Academic Tutor**, Emerson Elementary School, La Crosse WI

**Trip Leader**, First Flight Adventure Program, UW-L, La Crosse, WI

**OTHER EXPERIENCE**

**Lifeguard, Swim Instructor**, Summer 2007-2010

Memorial Pool, City of La Crosse, La Crosse, WI

- Lifeguarded and taught swimming lesson to children ages three to twelve years old
- Maintained cleanliness of pool house and pool area
- Conducted and participated in staff skills in-services

**Kennel Assistant**, November 2008-November 2009

Central Animal Hospital, Onalaska, WI

- Provided care, medication, walks and food to boarding cats and dogs; sanitized kennels