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# Experience

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| May 2021 – PresentInstructional Volunteer, inova healthy plate club* Facilitating Zoom discussions with approximately 10 students regarding general nutrition, health and wellness
* Implementing lesson plans, interacting with students and facilitation question and answer sessions
* Orchestrating group activities for the students using breakout rooms and small groups
* Received award pins for 200 hours and 300 hours of excellent volunteer service fromInova Fairfax Hospital
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| March 2019 – presentMaster Food Volunteer, Virginia cooperative extension* Attending nutrition events to educate the community on preparation of well-balanced, healthy meals using the 5 food groups
* Educating members of the public regarding physical activity guidelines and meaningful exercise
* Partook in the PACE (Physical Activity in Cooperative Extension) course to obtain training regarding industry standards and new updates for physical activity

February 2018 – March 2020STEM educator, The Children Science Center* Educated elementary and middle school children on various science topics
* Facilitated science experiments in groups of up to approximately 20 children at a time while also managing a variety of STEM activities at differing stations across the museum
* Set up experiments for the children, implementation of the experiments as well as cleaned up the laboratory area after each class.
* Honored as an esteemed STEM Volunteer by the Children’s Science Center in 2019.
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# Education

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| June 2017BS Biology with a concentraion in molecular biology and biotechnology, George Mason University |

# Skills

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| * Administrative Certificate June 2019
* Python Coding
* Effective Communication
 | * Typing Speed 60 WPM
* Microsoft Office Suite
* Certificate in Healthy Aging April 2022
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