

CARSON DEPAUL

(123) 456-7890
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EDUCATION

BS, Health Sciences | DePaul University
Public Health Sciences concentration
3.7 GPA | Dean's List

Expected Jun 2022

EXPERIENCE

Health Education Assistant | Chicago University Health Alliance Sep 2020 – Present

- Develop and deliver in-person and virtual workshops to educate college students in the greater Chicago area about stress management, sleep, mental and emotional wellness, sexual health, substance abuse, and other health and wellness topics.
- Collaborate with departments and student organizations at local universities to educate peers about health and wellness issues, connect students with community resources, organize events, and deliver custom presentations.

Health & Wellness Intern | Stevenson YMCA Jan 2019 – Sep 2020

- Organized, marketed, and executed YMCA programs and events, including a Spring into Healthy Eating event that brought together local nonprofit partners, chefs, and nutrition experts to educate 75+ members about nutrition and healthy meal options.
- Created and administered surveys via Qualtrics to evaluate the personal training program and group fitness classes, achieving a 75% average response rate, and analyzed survey data and presented findings to the YMCA's leadership team.

Fitness Floor Supervisor | Ray Meyer Fitness & Recreation Center Oct 2018 – Mar 2020

- Oriented new members to the center's fitness floor and answered patrons' questions about the center's strength and conditioning equipment, ensuring its safe and proper use.
- Regularly inspected, cleaned, and organized equipment in studios and on the fitness floor to provide a clean and hygienic environment for patrons.

CERTIFICATIONS

Mental Health First Aid Certified | National Council for Mental Wellbeing
CPR and First Aid Certified | American Red Cross

July 2021
Feb 2020

SKILLS

- Health education
- Public speaking
- Event planning
- Community outreach
- Fundraising
- Survey design
- Data collection and analysis

TECHNOLOGY

- Microsoft Office (Word, Excel, PowerPoint, Outlook, Teams)
- Google Suite (Docs, Sheets, Slides, Forms)
- Adobe Creative Cloud (Photoshop, Illustrator, InDesign)
- Canva
- MailChimp
- Qualtrics