

# Sailfish Sally

West Palm Beach | sailfish\_sally@pba.edu | (561) 123-1234

## EDUCATION

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**SCRIPPS RESEARCH INSTITUTE**, Jupiter, FL | August 2019

- Biomedical Laboratory Experience for Undergraduates

**PALM BEACH ATLANTIC UNIVERSITY**, West Palm Beach, FL | May 2021

**Bachelor of Science (Double Major) in Behavioral Neuroscience + Medicinal and Biological Chemistry** with Concentration in Biology – Minor in Studio Art

- Provost Scholarship – Received \$8,000 annually award based on GPA
- QI Grant – Received \$2,400 two years consecutively for research
- Endowed Award
- Johnson Scholarship
- Royal Scholarship

**SOUTHEASTERN UNIVERSITY**, Lakeland, FL | December 2016

**Associate of Organizational Leadership**

- Miami Leadership Institute Internship – Studied under Dr. Rich Wilkerson

## RESEARCH

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**SCRIPPS RESEARCH INSTITUTE**, Jupiter, FL

**Lab intern** | July 2019 – Present

- Performed Undergraduate Research under **Dr. William Ja**
- Spent over 1,000 hours conducting research in the lab during the summer and through the academic year
- Took part in an **REU** (Research Experiences for Undergraduates) program under the **NSF** (National Science Foundation) and attended seminars with graduate students
- Worked independently for significant periods of time without requiring oversight after learning the research techniques
- Worked full-time (40 hour weeks) during the summer and part-time during the school year (20 hour weeks)
- Learned how to successfully balance a full 80-hour work week between school, work, and research
- Sexed *Drosophila* in a timely manner
- Executed the two-choice café assay to test for preference and used PER (proboscis extension response) assay to study the behavior towards each sugar
- Shadowed in another neuroscience lab that used electrophysiology to study autism
- Practiced Molecular Biology and DNA extraction

PALM BEACH ATLANTIC UNIVERSITY, West Palm Beach, FL

**Lead Research Assistant, SUGAR Research**, May 2019- October 2019

Effects of Ketamine on the Spatial and Locomotor Activity of Adolescent and Post Adolescent Rats: The Impact of Drug Dose, Age of Exposure, and Sex

- Led a group of 4 peers to apply and get accepted for SUGAR, receiving a \$2,000 stipend.
- Worked over 500 hours in the lab
- Planned the time that each participant would work in the lab and allocated the tasks according to each person's strength
- Injected Rats with Ketamine or Saline
- Used precision and focus on detail on the lab procedures and recorded the lab results
- Worked with Dr. Compton to create a space for research at PBA
- Applied for different grants to ensure that research at PBA continued

PALM BEACH ATLANTIC UNIVERSITY, West Palm Beach, FL

**Biology Lab Assistant** | February 2019 – Present

- Trained to prepare and set up the experiments for upperclassman Biology labs while I was still taking a lower level biology course
- Maintained a sterile environment with antiseptic equipment

**Lead Research Assistant** | January 2018 - February 2018

5-Iodo-2-aminoindan (5-IAI): Examining the behavioral pharmacology and toxicology of a chemical with MDMA-like effects

- Advised by the Chair of Research at PBA, **Dr. David Compton**
- Tested the cognitive ability of rats to determine if the MDMA-like substance had long-term negative effects
- Worked alongside two students totaling over 100 hours in the Research Facility conducting research by various test methods including, a Morris Water maze under Dr. Compton
- Ensured completion of the double-blind study by creating a plan, handling the animals, and collecting data to increase the accuracy of the overall experiment
- Committed to working within the lab 5 days weekly over the course of 2 months to fulfill the time constraints within the project
- Delegated tasks and responsibilities to others within the lab to ensure that proper scientific and professional procedures were followed
- Published in a peer-reviewed research journal

## CONFERENCES

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Compton, D., **Fravel, A.**, Sossong J. (2019) *5-Iodo-2-aminoindan (5-IAI): Examining the behavioral pharmacology and toxicology of a chemical with MDMA-like effects*. Presentation, Palm Beach Atlantic University.

- Prepared a discussion and guided my research partner in the necessary requirements
- Thoroughly presented the results of a previous research study

Conferences, Con't

- Explained the process of participating in undergraduate research
- Made the material as relevant as possible

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**CERTIFICATIONS**

**PROJECT LEADERSHIP**, Parkland, FL

**Student Leader**, May 2019

- Certified by **Mayor Scott Brook**

**ABUSE PREVENTION**

**Advocate** | July 2019

- Approved by the Texas Department of State Health Services

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**PROFESSIONAL ASSOCIATIONS**

**SOCIETY FOR NEUROSCIENCE**, DC, Washington

**Student Member** | May 2019 – Present

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**COMMUNITY SERVICE**

**EAGLES HAVEN**, Parkland, FL

**Student Volunteer**, June 2019 – Present

- Worked with the victims of the February 14<sup>th</sup> shooting
- Helped collaborate with other agencies to get the children the help needed

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)**, West Palm Beach, FL

**Student Member** | May 2019 – Present

- Served in the office to help finish simple tasks like mailing out marketing material

**PROJECT LEADERSHIP**, Coral Springs, FL

**Student Advocate** | May 2019 – Present

- Mentored by **Mayor Scott Brook** and met weekly to personally assess current efforts to help students
- Created a plan to help victims of school shooting become more involved over the summer
- Participated in workshops to help high school students build the confidence to be better public speakers
- Steered the kids in a better direction to focus their energy on helping the community

**OVERLAND MISSIONS**, Livingstone, Zambia Africa

**Missionary** | June 2018

- Worked with a team to set up living quarters and successfully connect within the team

Overland Missions, Con't,

- Listened to local people's stories and shared mine to encourage and relate to people of another culture
- Learned the cultural norms and some of the language to be a better communicator
- Taught people of another culture some necessary life skills

## **EXPERIENCE**

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**SELF EMPLOYED, HOPE, West Palm Beach, FL**

**Life Coach** | December 2016 - Present

- Directed individuals in talk therapy when they were faced with a life situation that was overwhelming to them. Which resulted in clarity, emotional stability, and empowerment
- Led small groups of 5 students within my college community to mentor people that were seeking advice through scripture reading and explanations. Facilitated group therapy in effectively helping students relate to one another in their struggles
- Organized events to create a community environment on my campus
- Spoke with students one on one, listening to personal stories and sharing my own experiences

**Public Speaker** | December 2015 - Present

- Performed a workshop on goal planner and shared about my personal experiences in front of group of about 60 people
- Guided people to do what they are passionate about and step out of their comfort zone using practical application
- Shared the skills I acquired from being a successful entrepreneur
- Explained how to be successful in goal setting, time management and future planning

**Author, Hope Planner** | December 2015 - Present

- Structured an outline for a yearly goal planner to help people become more balanced in their approach to everyday life
- Employed a graphic designer to help implement my ideas on a computer platform
- Hired a self-publishing printing company and shared my designs in the required format
- Created a personal network and went to business events and BNI's in order to build a customer base
- Made enough revenue the first year to cover to cost of materials and make a profit

**RAW ADDICTION, Coral Springs, FL**

**General Manager** | December 2016 - August 2017

- Managed a startup business and assigned necessary tasks for success of the business
- Managed the money and handled constant incoming transactions
- Took inventory of the menu items to make sure there was adequate supply
- Trained incoming employees to properly handle all responsibilities without supervision
- Provided customer service if there was a complaint by making sure the customer was satisfied and addressing their concerns with a positive attitude