

RESUME WRITING GUIDE

Stanley R. Becker Career Center



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Resume Writing

A resume is a document that summarizes your education, experiences, and credentials as they relate to your professional goals. The purpose of a resume is to convince the reader of your relevant qualifications and create a first impression that motivates the reader to contact you. Building a competitive resume takes a few drafts to write effective descriptions aligned towards your professional goals, and to catch format inconsistencies, and grammatical errors. This guide is intended to help construct your resume. If you are applying for a federal government position, see “Federal Resume Guide” on the Becker Career Center webpage. Always have your resume reviewed by a Career Advisor before sending it to potential employers.

Resume Components

Identifying Information: Use your full name and set it apart from the body of your resume. List your permanent address and/or your campus/local address, your union.edu e-mail address, and your telephone number. The key to this section is to make it easy for employers to contact you. Ensure that your e-mail address, e-mail signature, and voicemail are professional.

Education: Starting with the most recent, list the name(s) of the college(s) attended, location, degree received, expected date of graduation (month and year only), major(s) and any minor(s). You can also include term abroad experiences; honors; senior thesis/project; sophomore research seminar; and/or relevant coursework. We recommend including your GPA if it is 3.0 or higher, in this section of your resume. For interdepartmental and double majors be sure to check with the registrar’s office to confirm the degree you are receiving.

Relevant Experiences: These sections show how your experiences relate to your professional goals and demonstrate to the reader that you have the required skills and qualifications. Include relevant experience from any of the following: academic; full-time, summer, part-time work; internships; field work; research projects; volunteer work; or extracurricular activities. For upper class students, high school experiences should be eliminated unless they are directly relevant to the job. For each experience indicate your position title, name of the organization, city and state, and dates of employment or service (month and year started to month and year ended or to present).

Additional Content: These sections can add depth to your resume by reflecting highly desirable skills, commitment and involvement, outside academic coursework and employment. Include leadership positions, memberships in organizations, volunteer experience, professional development, or athletics. Mirror the format from your relevant experience sections.

Achievements, Awards, Publications or Honors: This section can stand alone or be included in the education section. Only list achievements that are relevant and support your candidacy to your field of interest.

Related and Additional Skills: Use this section to emphasize skills applicable to your field of interest. Skills can include languages, computer/technical applications, scientific/laboratory, and/or certifications. When including language skills, you need to add your linguistic fluency. Below are some tips on how to define your fluency.

- Native = your first language, you are more than fluent, and you most likely think in this language
- Fluent = nearly perfect, attained through extended study and/or time spent living in full linguistic immersion
- Proficient = skilled, uses the language with more formality, less familiar than fluent and native speakers
- Basic Proficiency = minimal skills, basic speaking and comprehension skills

Resume Checklist

Appearance and Organization

- Visually pleasing and easy to read
- Limit to one page, if possible
- Black color font only
- No faint letters, stray marks, or blurry words
- No graphics
- Print on high quality paper, white or off white

Content

- Use clear, descriptive action verbs
- Emphasize marketable skills
- Highlight achievements
- Be honest
- Include pertinent details
- Minimize use of repetitive words
- Current jobs in present tense
- Past jobs in past tense
- No typos or grammatical errors
- No personal information (i.e., picture, age, etc.)
- No "I" statements
- No abbreviations (except states and GPA)

Format/Layout

- Use one font throughout document
- Some good resume fonts to use include, but are not limited to: Arial Narrow, Bell MT, Cambria, Centaur, Constantia, Garamond, Georgia, Goudy Old Style, Palatino Linotype
- No font smaller than 10 point for content
- Margins between 0.7-1.0 inches and equal on the top, bottom, left, and right
- Bolding, italics, capitalization, punctuation, and bullet points are consistent
- Information is not too crowded on the page

Identifying Information

- First and last name
- Permanent address and/or campus/local address
- Phone number
- E-mail address

Education

- School, city, and state
- Degree(s), major(s), and minor(s)
- Graduation date
- GPA of 3.0 or higher
- Term abroad
- Senior thesis/project
- Sophomore research seminar
- Relevant coursework
- Honors and awards (unless in its own section)

Relevant Experience

- Any experience relevant to your professional goals: academic; full-time, summer, part-time work; internships; field work; research projects; volunteer work; or extracurricular activities
- Your title, organization name, city, state
- Dates of employment are consistently formatted in reverse chronological order
- Position descriptions highlight relevant skills with the use of action verbs

Additional Content

- Computer/technical application skills
- Language competencies
- Volunteer, athletic, or leadership experience
- Extracurricular Activities
- Pertinent memberships and affiliations
- Any certifications (EMT, Real Estate, CPR, etc.)

Writing Action Oriented Descriptions

The more detailed and specific you are in describing your important/relevant experiences, the stronger a candidate you become. When descriptions for experiences are vague, it undersells the experience and reduces the chance of hearing back from employers. To write strong, action oriented descriptions, focus on answering these questions:

What did you do?

Why did you do it?

How did you do it?

Were there any results you achieved?

Use action verbs to describe specific facts regarding your responsibilities and accomplishments. Below are some examples on expanding descriptions.

Position Title: Camp Counselor
Initial Description: Watched kids during activities
Final Description: Planned and implemented a variety of extracurricular activities for groups of 8-12 children aimed to promote teamwork and respect

Position Title: Waiter/Waitress
Initial Description: Served food and beverages
Final Description: Engaged patrons in a professional manner, provided knowledge of menu items to ensure a positive dining experience in a five star restaurant

Position Title: Secretary
Initial Description: Typed notes during club meetings
Final Description: Recorded and maintained records of all executive board and general meeting minutes, and distributed event and meeting updates to all members

Position Title: Research Assistant
Initial Description: Assisted with research
Final Description: Utilized software JMP to create data visualization, ran ANOVA and t-tests for data analysis, to assist professor in their research project

Position Title: Editor
Initial Description: Edited the school yearbook
Final Description: Set deadlines for writers, photographers, and designers, and was final proofreader and editor of spreads for 150-page yearbook

Position Title: Resident Assistant
Initial Description: Ran programs for residents
Final Description: Designed, budgeted and implemented educational programs with a focus on wellness, academic, and cross-cultural awareness information for 20+ residents each term

Position Title: Cashier
Initial Description: Had knowledge of store policies
Final Description: Maintained awareness of sales, promotions, returns, applicable ringing procedures and strategies to decrease loss prevention in the store

Action Verbs

ACHIEVEMENT: Achieved, Awarded, Earned, Elected, Maintained, Mastered, Performed, Salvaged, Saved, Solved, Started, Succeeded, Utilized, Volunteered

ANALYSIS: Allocated, Analyzed, Appraised, Ascertained, Assessed, Calculated, Clarified, Conducted, Determined, Discovered, Estimated, Evaluated, Forecasted, Identified, Integrated, Interpreted, Investigated, Pinpointed, Planned, Probed, Projected, Researched, Revised, Selected, Solved, Studied

COMMUNICATION: Addressed, Argued, Authored, Clarified, Collaborated, Communicated, Composed, Consulted, Corresponded, Counseled, Debated, Explained, Interacted, Interpreted, Marketed, Moderated, Motivated, Negotiated, Persuaded, Petitioned, Presented, Promoted, Published, Recommended, Reported, Synthesized, Translated, Wrote

COORDINATION: Activated, Arranged, Assembled, Controlled, Coordinated, Directed, Facilitated, Harmonized, Maintained, Orchestrated, Presided, Scheduled, Shaped, Steered, Systematized

CREATION: Animated, Authored, Composed, Conceived, Conceptualized, Created, Defined, Designed, Developed, Engineered, Fashioned, Formulated, Founded, Illustrated, Initiated, Invented, Mapped, Originated, Pioneered, Reproduced, Visualized, Wrote

DEVELOPMENT: Analyzed, Converted, Cultivated, Designed, Developed, Devised, Engineered, Established, Evaluated, Examined, Explored, Improved, Improvised, Installed, Planned, Refined, Researched, Updated, Upgraded

EFFICIENCY: Combined, Converted, Eased, Expedited, Facilitated, Mobilized, Remodeled, Reorganized, Repaired, Reshaped, Restored, Revitalized, Simplified, Streamlined

GROWTH: Accumulated, Advanced, Amplified, Augmented, Broadened, Concentrated, Condensed, Consolidated, Doubled, Enhanced, Enlarged, Expanded, Gained, Heightened, Increased, Intensified, Maximized, Reinforced, Saved, Strengthened

LEADERSHIP: Administered, Advocated, Appointed, Arranged, Controlled, Directed, Envisioned, Explained, Governed, Guided, Managed, Orchestrated, Presided, Recruited, Stimulated

MANAGEMENT: Accomplished, Administered, Analyzed, Approved, Arranged, Conferred, Consulted, Contacted, Contributed, Coordinated, Determined, Directed, Discussed, Established, Facilitated, Formulated, Fostered, Handled, Maintained, Marketed, Organized, Planned, Prepared, Prescribed, Promoted, Recommended, Reviewed, Supervised, Trained

ORGANIZATION: Arranged, Catalogued, Classified, Collated, Collected, Indexed, Itemized, Organized, Revised, Scheduled, Specified, Systematized

REDUCTION: Alleviated, Curbed, Curtailed, Declined, Decreased, Diminished, Divided, Lowered, Minimized, Reduced, Simplified

SALES: Distributed, Energized, Generated, Marketed, Obtained, Penetrated, Promoted, Recruited, Sold, Stimulated

SUPPORT: Assisted, Augmented, Boosted, Participated, Relieved, Represented, Strengthened

TRAINING: Advised, Briefed, Coached, Counseled, Educated, Enhanced, Enlightened, Groomed, Guided, Instilled, Instructed, Motivated, Oriented, Stimulated, Taught, Trained

Academic Experience

If your past work experience is not geared towards your projected career path, you can highlight academic experiences as they are valued by employers. Be sure to include the name of the class, the location and the dates. Use action-oriented descriptions that highlight the class content and how you applied what you learned from them. Explain what you did, how you did it, why you did it, and any relevant results achieved when writing the bullet points. Below are some examples on highlighting academic experience.

User Interfaces, Union College Fall 2018

- Conducted usability studies employing iterative design
- Produced low-fidelity prototypes of mobile applications and evaluated ease of navigation

Business Analytics, Union College September 2018-December 2018

- Utilized statistical software R to manipulate and reshape data, create data visualizations, run sophisticated predictive algorithms including Nearest Neighbor, Naive Bayes, Decision Trees, and Regressions to analyze economic topics including marketing, pricing, investing capital, and customer satisfaction

Constitutional Theory, Union College January 2019-Present

- Analyzed constitutional principles of the United States Government evaluating theories of interpretation
- Composed a 25-page research paper on the recent politicization of the Supreme Court within the news

Econometrics, Union College Winter 2017

- Utilized EViews software to determine the confidence that a statically significant relationship exists between variables in order to understand economic theory in the real world
- Completed a statistical analysis on the relationship between a countries corruption and economic growth
- Determined that corruption has a negative effect on economic growth and presented the findings in a condensed presentation for peer review

Research Assistant, Union College September 2017-November 2017

Psychology Department, "*Personality and Attitudes Study*"

- Created a survey using online survey software and developed necessary scales and conditional branching
- Facilitated study administration; oversaw informed consent and managed participant sign-ups

Exploring Engineering, Union College Fall 2016

Project: Design an Arduino-Controlled Drawer

- Utilized the engineering design process while brainstorming ideas with a team to develop concepts that would meet the project objectives and specifications
- Manufactured and assembled a mechanical drawer that would open and close by the push of a button using an Arduino, flex sensor, DC motor, gears, and gear racks

Student Researcher, Union College Sophomore Research Seminar January-March 2017

- Conducted research on the Sioux Indians during The Great Sioux Wars using primary and secondary article and book resources discovered at Union College, and ConnectNY colleges
- Analyzed the connection between the general view of Indians and its effect on the United States Government's actions towards the Sioux utilizing primary newspaper articles

Frankie FirstYear

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Education

Union College, Schenectady, NY

Bachelor of Science, Mathematics, June 2022

GPA: 3.16

Pine Tree High School, Tall Mountain, MT

Advanced Regents Diploma with Honors, June 2018

Honors: Perfect Attendance Grades K-12; Exemplary Character and Citizenship Award; Teen All-Star Award; President's Award for Outstanding Academic Achievement

Leadership Experience

Pine Tree High School, Tall Mountain, MT

Treasurer, **National Honor Society**

May 2017 – June 2018

- Documented all transactions and audits for each event throughout the year
- Organized files and receipts for school archives into a well-developed filing system
- Managed monetary funds directly and updated records accordingly on a weekly basis

Member, **Italian Honor Society**

May 2015 – June 2018

- Provided aid with fundraising around the school for events such as culture festivals and blood drives
- Developed a tutoring program for a student during the school day to help prepare for examinations

Member, **Varsity Soccer Team**

August 2014 – November 2017

- Elected Captain during the 2013 season
- Guided and motivated teammates in warm-ups and activities before practices and during games
- Emphasized teamwork and resolved conflict among fellow team members that resulted in a 2013 Section III Championship and state recognition

Employment Experience

Tall Mountain, MT

Lifeguard, **County Recreation Department**

Summers 2015 – 2018

- Supervised youth of all ages to maintain a standard of safety for all community pool attendees
- Oversaw the lifeguard office through daily attendance logs and safety reports for department records

Tutor, **Private Residence**

September 2014 – June 2018

- Educated students in individual and group settings on mathematics homework and study techniques
- Developed lessons and worksheets for 10+ students to further advance academic success

Sales Associate, **Piercing Pagoda**

Summers 2016, 2017

- Marketed Piercing Pagoda jewelry and promotions to meet daily store sales quotas and goals

Community Involvement

Participant, **Habitat for Humanity**, Tall Mountain, MT

May 2016

Skills

Language: Intermediate proficiency in Italian; basic proficiency in Spanish

Computer: Proficient in Microsoft Word, and PowerPoint; Familiar with Microsoft Excel

Sally Sophomore

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Schenectady, NY 12308
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SophomoS@union.edu

EDUCATION

Union College, Schenectady, NY

Bachelor of Arts, Interdepartmental Major in Anthropology and Sociology
Minor in Studio Fine Arts

June 2021

ACADEMIC EXPERIENCE

Sophomore Research Seminar, Union College

Spring 2019

- Researched and analyzed graffiti as an art form, resulting in a 30 page paper titled “*Urban Art in the Concrete Jungle: New York-Style Graffiti as Contemporary Art*”
- Analyzed the social phenomenon called the “war on graffiti” and discussed debate over whether or not public opposition to graffiti is a threat to freedom of expression
- Examined history of graffiti, its relationship with the art world and challenges faced by graffiti artists

Mini-Term Abroad, New Zealand

Winter 2018

- Toured numerous power plants (geothermal, hydro, wind, and biomass), researched and compared the different sources of sustainable energy and their specific environmental impacts
- Collaborated on a team project on hydroelectric power and its potential environmental benefits and negative impacts, as well as its economic implications

LEADERSHIP EXPERIENCE

Resident Assistant

Department of Residential Life, Union College

September 2018 – Present

- Develop and implement academic and wellness programs for a 200 person residence hall to foster community development
- Address and mediate resident conflicts with an educational focus on effective communication
- Communicate and enforce college policies by participating in an on-call duty rotation

CAMPUS INVOLVEMENT

Student Assistant, *Schaffer Library*, Union College

September 2017 – Present

Member, *Badminton Club*, Union College

September 2017 – Present

ADDITIONAL EXPERIENCE

Sales Associate, *American Eagle Outfitters*, Storrs, CT

June 2017 – August 2017

Child Care Provider, *Private Residence*, Storrs, CT

September 2015 – May 2017

SKILLS

Language: Fluent in Spanish; basic proficiency in French

Computer: Microsoft Word, Excel, PowerPoint, and FrontPage; Dreamweaver & basic HTML

EDUCATION

Union College, Schenectady, NY

Bachelor of Science, Double Major in Psychology and Political Science

June 2020

GPA: 3.53

Study Abroad: **University of Barbados**, Barbados, Spring 2019

INTERNSHIP EXPERIENCE

Visiting Teacher, Roland Edwards Primary, Speightstown, Barbados March 2019 – June 2019

- Created and taught daily lessons in composition and reading comprehension to fifth grade students
- Oversaw 16 students in the design of a mural of Errol Barrow, the first prime minister of Barbados

Campaign Assistance Intern, MassRecycle Inc., Boston, MA June 2017 – September 2017

- Developed, executed and oversaw distribution of “The Grassroots Guide to Recycling” to municipal employees on town, county and state levels
- Engaged in public outreach efforts by editing and distributing press releases on recycling initiatives and political campaigns
- Managed MassRecycle’s website (www.MassRecycle.org) coordinated resolution updates, wrote “What’s Next” articles, and highlighted current municipal campaigns
- Aided in drafting and securing grants totaling over \$30,000 through extensive research on available corporate funding and grant information
- Organized facility tours of Massachusetts recycling plants for nearly 100 MassRecycle volunteers to increase awareness of in-state operations

LEADERSHIP EXPERIENCE

Vice President, Environmental Club, Union College January 2018 – Present

- Manage the recruitment process of new members, including advertising club information sessions and strategically collaborating with on-campus partners to identify new members
- Increased active membership by 82% in less than six months

Student Representative, Minerva House Council, Union College September 2017 – June 2018

- Collaborated with club members in evaluating and establishing policy initiatives presented to the council by students, faculty and campus administrators
- Organized all aspects of the Minerva House election system, including creating and distributing ballots and publicizing electoral system to student body

Member, Breazzano House Council, Union College September 2016 – June 2017

- Collaborated with council members, Breazzano students, and Union faculty in the planning and execution of social and academic events for the campus community

CAMPUS INVOLVEMENT

♦ U Recycle ♦ Intramural Women’s Soccer ♦ Best Buddies ♦ Campus Action

COMPUTER SKILLS

Proficient in Microsoft Word, Excel, PowerPoint, Outlook, Publisher, Sharepoint and Access

Familiar with Dreamweaver and basic HTML

Sal Senior

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Education

Union College, Schenectady, NY

Bachelor of Science in Mechanical Engineering, Minor in Mathematics, June 2019

GPA: 3.68

Senior Thesis: Researched and analyzed evolution of household electronics over the past 50 years. Wrote and presented a paper on factors driving development.

Technical Skills

Proficient in C++, MATLAB, SolidWorks Microsoft SharePoint, Project, Word, Excel and PowerPoint

Familiar with Electronics Work Bench, PSpice and Java

Engineering Experience

Systems Engineering Intern, Globex Corporation, Syracuse, NY September 2018-Present

- Design and implement four SharePoint sites on a Globex server for engineering teams to organize digital project content
- Create program schedules using Microsoft Projects to ensure timeliness in completing tasks while synchronizing the data between the new SharePoint sites
- Assist the hardware design team with planning phases in areas of R&D and prototyping

Intern, Exele Information Systems, Rochester, NY June 2018-August 2018

- Assisted project management team in the collection, storage, processing, and reporting of emissions data for a subset of 12 Rochester area manufacturers
- Implemented real time process calculations that effectively monitored and reported refinery emissions of sulfur and nitrogen oxides
- Configured continuous emissions monitoring systems and data acquisition tags for Exele clients

Engineering Projects

Senior Capstone Project: Robotics Design, Union College, Schenectady, NY Fall 2018

- Collaborate with team members to design and assemble a stepper motor powered vehicle that can pick up ping pong balls and drop them into separate holes ranging from seven to ten feet apart
- Program all aspects of the vehicle to travel via remote control in every direction using MATLAB

Member, Baja Club, Union College, Schenectady, NY January 2016-June 2017

- Designed, created and assembled an off-road vehicle capable of navigating the harshest types of terrain and obstacles as part of a 12 member team
- Machined and fit vehicular pieces including the front axle, suspension shafts, shocks and gear sets

Autonomous Vehicle: Exploring Engineering, Union College, Schenectady, NY Winter 2017

- Utilized SolidWorks CAD Design software to create all components of an autonomous vehicle including virtual motion analyses of critical mechanisms
- Manufactured and assembled an autonomous vehicle that successfully picked up two rocks, placed them on a raised platform, and moved various obstructions in its pathway

Collegiate Activities

Alumni Relations Chair, Sigma Phi Fraternity September 2018-Present

- Plan and execute a professional networking luncheon during Alumni Weekend consisting of 25 members and 15 alumni from engineering, financial, and human service career fields
- Write and edit monthly alumni newsletter, and distribute to 120+ alumni members

Member, Virtual U September 2015-Present

Treasurer, Club Baseball September 2017-June 2018

- Developed Microsoft Excel spreadsheets to track club finances, revenues, and expenses

Kennedy Brown

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EDUCATION

Union College, Schenectady, NY

Bachelor of Science in Biology, June 2020

Relevant Coursework: Heredity, Evolution, and Ecology, Cells and Organisms, Molecular Biology of the Cell, Ecological and Evolutionary Biology, and Microbiology

Term Abroad: the United Kingdom, the Netherlands, and Canada Summer 2018
Analyzed the healthcare system in each country through classes, debates, and visits to healthcare delivery sites including hospitals, facilities for the underserved, facilities for the disabled, and facilities for the elderly

HEALTHCARE EXPERIENCE

Joan Nicole Prince Home, *Volunteer*, Scotia, NY June 2018-Present

- Administer medication to terminally ill residents, and document accurately in patient files
- Assist residents with activities of daily living including bathing, toileting, and general hygiene
- Provide emotional support to residents and their family members for end of life issues

Balltown Medical Imaging, *Medical Records Intern*, Schenectady, NY November 2017-March 2018

- Recorded patient information into the computer system to maximize office efficiency
- Organized and filed medical and legal documents
- Digitized x-ray films and downloaded them to the respective patient files

SHADOWING EXPERIENCE

Community Care Physicians Health Park, Jane Smith, P.A.-C, Latham NY (25 hours) June 2018

Ellis Hospital, Alexa Gray, P.A.-C, Schenectady, NY (20 hours) May 2018

CAMPUS INVOLVEMENT

Office of Disability Services, Union College, *Peer Mentor* September 2017-Present

- Mentor and tutor incoming freshman with varying levels of learning abilities to provide organizational and time management skills in weekly, in person meetings
- Encourage positive study tactics and refer students to on-campus resources when necessary

African Student Association, Union College September 2016-Present

Vice President September 2018-Present

- Lead executive board and general body meetings, in absence of President
- Develop and coordinate campus-wide events to promote education on African culture

Secretary September 2017-June 2018

- Recorded notes during executive board meetings and distributed through Google Docs
- Scheduled and coordinated executive board meetings, general meetings, and logistics for all events

SKILLS

Certifications: NYS Certified Emergency Medical Technician, Basic Life Support (AHA), Certified in Opioid Overdose Prevention

Computer: Microsoft Word, Excel, and PowerPoint; SPSS; Python

Language: Fluent in Spanish

EDUCATION

Union College – Schenectady, NY

Bachelor of Science in Biochemistry

June 2019

Related Coursework: Biochemistry: Structure and Catalysis, Bioinformatics: Information Technology in the Life Sciences, Microbiology, Molecular Genetics, Kinetics and Thermodynamics

Senior Thesis: “*The Functional Differences between the Two Acontias of Agrobacterium Tumefaciens C58.*”
Researched the generated gene disruption mutations in agrobacterium tumefaciens and studied resulting phenotype. Examined biochemical pathways of agrobacterium tumefaciens using bioinformatics tools.

University at Albany, State University of New York, Albany, NY

September 2015-December 2016

LABORATORY SKILLS

Proficient in Gel Electrophoresis, Cell Culture and Plate Development, Primer Creation

Knowledgeable in Bioinformatics (ORF finder programs, BLAST, and Mfold), Protein Extraction, Transposon work

RESEARCH EXPERIENCE

Researcher

June-August 2018

Genomics Initiative – Cornell University, Ithaca, NY

Constructed a partial genetic map for the genome of nitrogen fixing *A. vinelandii*. Determined role of several enzymes in the metabolism of the soil bacterium and plant pathogen *A. tumefaciens*. Developed the mutants for two malate dehydrogenase genes in *A. tumefaciens*. Performed growth curves to determine the purpose of four mutants in *A. tumefaciens* for malate dehydrogenase.

ATHLETIC EXPERIENCE

Member

Fall 2015-Present

Varsity Soccer Team – Union College, Schenectady, NY

Selected by coaching staff to serve as a representative on the Student Athlete Advisory Committee, with a focus on promoting communication between athletes, the athletic department, and the campus community. Lead tours of athletic facilities to prospective student-athletes and their families. Learn and execute the policies and procedures governed by the NCAA.

Team Captain

2014-2015

Varsity Soccer Team – Joel Barlow High School, Redding, CT

Led team to SWC Conference Championship and State Finals in 2012 and 2013. Awarded MSG All-Connecticut First Team and 2012 SWC Tournament MVP.

SUPPORTING EXPERIENCE

Vice President

September 2018-Present

Biology Club – Union College, Schenectady, NY

Schedule speakers to appear on campus to speak on cutting edge topics within the biomedical and biological life science communities. Coordinate bi-weekly discussion groups for campus community on new scientific research initiatives in the biological science field.

Teaching Assistant

June-August 2017

Great Lakes Science Center – Cleveland, OH

Aided children ages 6 – 13 in conducting basic laboratory experiments. Facilitated education sessions about soil composition, photosynthetic processes and air pollutants. Educated students on practicing the scientific method.

Secretary

September-December 2016

Biomedical Sciences/Environmental Health Sciences GSO – University at Albany, Albany, NY

Organize biology-related events on campus, including special dissections, field trips, visits to local schools, and presentations by established biologists.

COMPUTER SKILLS

Microsoft Excel, PowerPoint, Word, Access database creation, and SPSS statistical software

James Bond

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EDUCATION

Union College, Schenectady, NY June 2019

Bachelor of Arts in Economics, Minor in Chinese and Political Science

Cumulative GPA: 3.6/4.0; Honors: Presidential Scholarship, Dana Scholarship, Dean's List

Study Abroad: CAPA: The Global Education Network, London, United Kingdom Spring 2018

Relevant Coursework: Financial Analysis, Financial Markets, International Economics, Political Economics

Software Skills: Bloomberg Terminal; Microsoft Excel, PowerPoint, Word

Language Skills: Fluent in Korean; Basic Proficiency in Spanish; Intermediate Proficiency in Mandarin Chinese

RELATED EXPERIENCE

Citigroup, New York, NY, *Sales and Trading Summer Analyst* June-August 2018

- Rotational program across Short-Term Credit Sales, Non-Agency RMBS Trading, and G10 FX Options Trading
- Analyzed securities data for semi-annual survey of holdings of US securities utilizing Bloomberg terminal

Duff & Phelps, London, United Kingdom, *Forensic Accounting Spring Associate* March-June 2018

- Conducted investigative research on cases dealing with fraudulent accounting, including money laundering and asset hiding
- Prepared reports, memos, and briefing presentations of the research findings for co-workers and supervisors

Search Fund Accelerator, Boston, MA, *Equity Research Intern* November-December 2017

- Assisted the senior analyst initiate coverage on Match Group (MTCH) by building, updating, and preparing financial models
- Conducted research on potential acquisition targets and compiled findings into presentation given to senior management team

ING Bank, New York, NY, *Corporate Banking Summer Analyst* June-August 2017

- Evaluated the capital exposure to certain financial markets products of 11 regional banks by analyzing 10-Ks and 10-Qs and presented results to the ING Americas Head of Financial Institutions and ING Americas Head of Sales
- Prepared five relationship overview reports using Bloomberg, SNL Financial and Vantage, which were utilized by associates and vice presidents to brief senior executives prior to high-level client meetings

Topeka Capital Markets, New York, NY, *Equity Research Intern* November-December 2016

- Constructed a financial index that tracked changes in capital expenditure, debt and production levels of 40 oil and gas companies helping the senior analyst identify one potential investment opportunity in the energy sector (GPOR)
- Analyzed online and in-store promotions of eight specialty retail companies during the holiday season supporting the senior analyst's two specific stock calls in the specialty retail sector (hold calls on ANF & ARO)

LEADERSHIP EXPERIENCE

Garnet Group, Union College, Schenectady, NY, *President* September 2016-Present

- Actively manage and oversee \$400,000 of Union College's endowment in a long term equity portfolio with the goal of consistently outperforming the S&P 500 benchmark

Student Forum, Union College, Schenectady, NY, *Class Treasurer* May 2016-May 2017

- Collaborated with the Vice President of Finance and club treasurers to reduce \$800 in spending across 3 clubs
- Voting member of the budget committee which oversees the annual \$750,000 student activities budget

ADDITIONAL EXPERIENCE

Activities: Sigma Chi Fraternity (Alumni Relations Chair, Academic Chair), Becker Career Center (Career Advisor)

Interests: Canoeing, Rugby, Taekwondo (Black Belt), Traveling

Education

Union College, Schenectady, NY

Leadership in Medicine Program: Combined B.S., M.S. & M.D. Degree

Bachelor of Science in Biology and Sociology, June 2019

Overall GPA: 3.85

Clarkson University, Schenectady, NY

Master of Science in Health Care Management, June 2020

Albany Medical College, Albany, NY

Doctor of Medicine, May 2023

Related Coursework: Microbiology, Immunology, Molecular Biology, Human Endocrinology, Cancer Cell Biology, Molecular Genetics, Introduction to Health Systems, Health Systems Management

Research Experience

Senior Thesis Researcher, Union College Biology Department

September 2018 – Present

- Researched “Phagocyte localization and function during organismal apoptosis and regeneration in *Botryllus schlosseri*,” and presented a 30-page report at Steinmetz Symposium
- Synthesized clodronate-encased liposomes to affect functional phagocyte knockdown in an ancestral urochordate
- Examined colonial development and blastogenesis in response to phagocyte knockdown using real-time dark field, epifluorescence stereomicroscopy, and confocal scanning microscopy

Researcher, Union College Biology Department

July 2017 – March 2018

- Collected and maintained experimental *B. schlosseri* colonies
- Performed total RNA extraction with subsequent cDNA synthesis and PCR analysis
- Utilized Primer3 program to design primers based on multiple sequence alignment of existing EST via ClustalW; subsequently isolated, amplified, and sequenced a putative scavenger receptor homolog
- Executed intravascular microinjection of fluorescent Alexa *E. coli* bioparticles and/or BODIPY liposomes
- Presented research findings at the National Conference on Undergraduate Research and Union College’s Steinmetz Symposium

Supporting Experience

President, Project Sunshine, Union College

Spring 2018 – Present

- Organize projects through Northwoods Rehabilitation Hospital, City Life After School Club, and Bethlehem Sled Hockey team to enhance educational, recreational, and social support for Project Sunshine children
- Direct activities and communication between staff, administration, children, and volunteers for each program
- Coordinate fundraiser for Project Sunshine Walkathon that raises \$1200+ annually for the national organization

Hospice Volunteer, Schenectady Hospice, Schenectady, NY

June 2018 – September 2018

- Provided care, meal preparation, and medication assistance for patients

Volunteer, American Cancer Society, Albany, NY

October 2016, 2017

- Managed participant registration at the annual Making Strides Against Breast Cancer Walk, for 15,000+ individuals, raising \$770,000+ annually

Patient Care Associate, Albany Medical Center, Albany, NY

November – December 2016

- Provided patient care to post-operative orthopedics patients by assisting them with daily living activities and occupational/physical therapy

Anita Job

66 Reynolds Road
Albany, NY 12208

518.555.6060
JobA2@union.edu

EDUCATION

Union College, Schenectady, NY

Bachelor of Arts, June 2020

Organizing Theme Major: History of American Politics (Political Science, History, and Sociology)

Overall GPA: 3.1; Major GPA: 3.5

POLITICAL INTERNSHIP EXPERIENCE

Field Intern/Volunteer

July 2018 – Present

Paul Tonko for Congress – Albany, NY

- Organize and facilitate monthly town meetings that provide voters with detailed candidate information, resources and ideas for promoting the Tonko campaign
- Communicate with voters in targeted regions by making nightly phone calls and providing information about upcoming promotional events
- Conduct electoral polls assessing voter preferences via the telephone and door - to - door

Legislative Intern

April – June 2018

The Council for Excellence in Government – Washington, DC

- Developed a congressional oversight program that examined, monitored and reviewed legislation relevant to the Council's mission
- Planned board meetings, speaker panel events, leadership fellow sessions, and government conferences for groups ranging in size from 15 to 200 participants
- Provided research and support for both emergency preparedness and corporate sponsorship programs and projects

Intern

June – August 2017

Office of Strategic Initiatives, The White House – Washington, DC

- Conducted research on congressional, political and economic issues that assisted Strategic Initiatives staff to make policy recommendations to presidential administration
- Coordinated international state arrival ceremonies for White House speakers and visitors
- Edited briefing paper proposals for the President's foreign and domestic trips

LEADERSHIP EXPERIENCE

Tour Guide

September 2017 – Present

Gatekeeper Honorary Society, Union College – Schenectady, NY

- Facilitate campus tours for prospective Union students, parents and guidance counselors, answering questions on academic, social, and career topics
- Promote and encourage a greater understanding and appreciation for the historical significance of Union College and surrounding community

Participant

July 2016

Young Women's Leadership Institute, Barnard College of Columbia University – New York, NY

- Designed and presented leadership program on unbiased kindness at a student led conference
- Attended advanced leadership workshops, seminars and discussions on a variety of topics

COMPUTER SKILLS

Microsoft Excel, PowerPoint, and Word; Adobe Photoshop

Emailing Your Application

When submitting your application via e-mail to an employer, you need to write a subject line and text in the body of the e-mail. For the subject line, sometimes employers will have a requirement (job posting ID number, job title etc.). If there are no instructions, include the job title in the subject line. Address the employer by Mr./Ms. Last Name in your e-mail. If there is no direct person, address the e-mail to Selection Committee or Hiring Manager. You can use your cover letter as the body of your e-mail. However, if you were instructed to attach your application materials as PDF documents, you can write the employer an e-mail stating the position you are applying for, reiterating your interest in the position, noting that your materials are attached, and ending with a thank you. Below is an example of how to formulate such an e-mail.

Subject: Marketing Intern Position

Dear Hiring Manager,

I am applying for the Marketing Intern position available at your company, Ticketmaster. I am enthusiastic about this opportunity and I am interested in learning more about the position. My cover letter and resume are attached. Please let me know if you have any trouble opening the attachments, or need anything else from me. Thank you for your time and consideration.

Sincerely,
Jane Austin

References

Prepare a separate sheet from with the same heading as your resume, titled "References" and have it readily available. Select three to five people as references including faculty, supervisors, coaches, and/or college administrators who have knowledge of your abilities and goals. Always obtain permission before listing references. Include the following information: name, title, organization, address, e-mail, and telephone number. Below is an example of how to format your references page.

First Name Last Name 1234 Main St • Albany, NY 12345 • (123) 321-4567 • email@union.edu

REFERENCES

Person of Reference Name, Title/Affiliation to You

Company or Organization Affiliation

Address

City, State Zip Code

Phone number (if person is willing to be contacted by phone)

Email address (if person is willing to be contacted by email)

Charlie Murphy, Ph.D., Professor of Psychology/Faculty Advisor

Union College

317 Bailey Hall, 807 Union Street

Schenectady, NY 12308

(518) 388-5555

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