

Objective

To obtain a Health Educator internship at name of organization utilizing my knowledge and strengths in needs assessment, program planning, and public speaking

Education

Bachelor of Science in Public Health, Community Health Concentration May 2019
East Carolina University, Greenville, NC
GPA: 3.5, Honors: Chancellor's List

Certifications

Peer Educator, First Aid

Skills

Program Planning/Evaluation	Needs Assessment	Social Media Promotion
Program Delivery	Public Speaking	Microsoft Suite
Health Education	Graphic Design	Website Development

Relevant Public Health Experience

East Carolina University: *Student Program Planning and Needs Assessment* August-December 2019

- Observed food choices and health behaviors of 130 female patrons in mall food court for research data
- Conducted needs assessment on 40 African American women of reproductive age
- Based on results of needs assessment, created a program to increase knowledge and awareness of preconception care among African American women

Office of Public Health, Greenville, NC November 2017-Present
Certified Preconception Peer Educator

- Performed risk assessment on over 100 men and women to better understand their reproductive health behaviors
- Compiled data and created website illustrating family life planning before, during and following birth
- Presented information to over 100 females on healthy habits before conception
- Educated males and females on preconception and how to decrease barriers and increase factors that help lead to a healthy pregnancy
- Distributed resources on contraceptives, smoking cessation, BMI, and stress management to increase healthy decision making and improve health among members of the community

Wayne County Preconception Health Campaign, Goldsboro, NC August 2017- November 2019
Volunteer

- Informed women about the importance of creating a reproductive life plan
- Educated females about making smart food choices and increasing physical activity
- Created and distributed over 130 flyers at public health expo at Town Commons to explain the importance of taking a multivitamin with folic acid to prevent birth defects

Work Experience Server

Carolina Ale House Greenville, NC August 2018 – Present
Mentor, Boys and Girls Club Greenville NC October 2017 – February 2019

Leadership and Campus Engagement

North Carolina Society of Public Health Education, Secretary, Eta Sigma Gamma (Health Education Honor Society), Volunteer, Special Olympics, Relay for Life