

Public Health Student

Public_health@gmail.com | Phone | Linked In Profile

Capabilities Profile

Program planning and evaluation
Implementing programs
Health Education

Communication
Health Promotion
Ability to Multi-Task

Public Speaking
Certified peer educator
Needs assessment

Education

East Carolina University, Greenville, NC

May 2021

Bachelor of Science in Public Health

Concentration: Community Health

Minor: Biology

GPA: 3.24

Honors: Chancellor's list (spring 2018, fall 2018)

Related Coursework

Needs assessment and program planning, program evaluation, applied principles of health promotion, community strategies for health education, theory and practice in community health education

Relevant Experience

East Carolina University, Greenville, N.C.

January 2019-May 2019

Student program planning and needs assessment

- Observed food choices and health behaviors of female mall patrons
- Completed needs assessment on African American women of reproductive age
- Created a program to increase the knowledge and awareness of preconception care among African American women

Office of Public Health, Greenville, N.C.

November 2017-May 2018

Certified preconception peer educator

- Family life planning, before, during and after care, risk assessment
- Informed females on the steps in becoming healthy before conception
- Educated males and females on preconception and how to decrease barriers and increase a healthy pregnancy
- Performed risk assessment on men and women to better understand their reproductive health behaviors
- Distributed resources on contraceptives, smoking cessation, BMI and stress management
- Encouraged and educated males on how to increase support of pregnant partner before and after pregnancy

Pitt County preconception health campaign volunteer, Greenville, N.C.

January 2017-October 2017

- Informed women about the importance of creating a reproductive life plan
- Educated females about making smart food choices and increasing physical activity
- Created flyers to explain the importance of taking a multivitamin with folic acid to prevent birth defects

Work Experience

Carolina Ale House, server, Greenville, N.C.

August 2019-Present

Boys and Girls Club, mentor, Greenville, N.C.

May 2018-June 2019

Volunteer and Campus Involvement

North Carolina Society of Public Health, member

September 2018-present

Eta Sigma Gamma (health education honor society), member

September 2017-present

Eta Sigma Gamma (health education honor society), secretary

January 2018-January 2019

Special Olympics, volunteer

April 2018

Relay for Life, volunteer

August 2018