

Erin Example

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Education:

University of Wisconsin Oshkosh

Bachelor of Science

Major: **Exercise & Sport Science**

Oshkosh, WI

Graduation Date: June 2023

Overall GPA: 3.4/4.0

Highlights of Qualifications:

- Current certifications in Cardiopulmonary Resuscitation (CPR), First-Aid, and Automated External Defibrillator (AED)
- Excellent organizational and time management skills evidenced by balancing being an athlete, tutoring three different college courses and maintaining a 3.5 GPA
- Communication skills developed through 3+ years of customer service experience
- Reliable and dependable leader demonstrated in athletic, academic and team-oriented environments
- Intermediate experience with Microsoft Word, Excel and PowerPoint

Related Experience:

Healthy Titans

Oshkosh, WI

Personal Trainer

September 2022 – December 2022

- Met one-on-one with three clients to determine fitness goals and set expectations for sessions
- Developed personalized 12-week training session plans including cardio and strength training recommendations
- Encouraged client behavior modifications including nutrition and time management changes
- Presented a brown bag workshop on Keto Diet for Beginners for 20 staff and faculty

Work Experience:

Oshkosh YMCA

Oshkosh, WI

Lifeguard

August 2020 - Present

- Assist individuals in life-threatening and non-life-threatening situations
- Recognize and respond to crisis situations using learned procedures
- Enforce safety rules while observing 2-30 patrons at any given time
- Teach children ages 3-13 age-appropriate swimming techniques

Winger's Bar & Grill

Oshkosh, WI

Bartender

October 2020 - Present

- Educate customers on menu items and assist customers in selecting food and drink orders
- Thrive in a fast-paced hospitality environment with diverse customers
- Develop lasting relationships with customers and co-workers through excellent customer service skills

Related Activities and Awards:

- Co-Captain, UW Oshkosh Varsity Soccer September 2019 - Present
- Member, Kinesiology Club September 2019 - Present
- University Dean's List, UW Oshkosh Fall 2019; Spring 2020

Volunteer Activities:

- Volunteer Dog Walker, Fox Valley Humane Association October 2019 - Present
- Mentor, Big Brother & Big Sisters September 2019 - Present
- Participant, UW Oshkosh Relay for Life April 2020