

**Cindy Perez**1 Normal Avenue, Montclair, NJ 07043 \* 973-655-4000 \* [Cindy.Chrin@gmail.com](mailto:Cindy.Chrin@gmail.com)**EDUCATION****Montclair State University**, Montclair, NJ

Major: Food and Nutrition concentration Dietetics

Bachelor of Science expected May 2022

- GPA: 3.8, Dean's List

**RELATED EXPERIENCE***Nutrition Counseling*, **Montclair State University**, Montclair, NJ

Spring 2019

- Counseled and educated a volunteer student on weight loss, and healthy eating habits over a 5-week period
- Worked with student to overcome barriers and find ways to eat well balanced meals on a college campus
- Created healthy and satisfying recipes for student to incorporate into daily on-the-go lifestyle
- Documented student's progress in order to assess progress and address areas of concern
- Received positive feedback from student for helping to achieve weight loss goal and improve eating habits

*Volunteer/Nutrition Department*, **Chilton Hospital**, Pequannock, NJ

Summer 2016

- Helped Clinical Nutrition Manager obtain food preferences and allergy information from patients
- Created poster boards for diabetes workshops and nutrition classes and facilitated events
- Participated in development of new menus for patients
- Shadowed Registered Dieticians on their visits with patients in hospital

*Volunteer*, **Morristown Memorial Hospital**, Morristown, NJ

January 2011- April 2015

- Provided health information to teens via website as a member of the Teen Advisory Committee
- Acted as a courier helping doctors, nurses, and staff transport information, lab specimens, and supplies
- Assisted Spanish speaking patients with translation and completion of paperwork
- Made stuffed animals in the pediatric section of the hospital
- Supported health events including set up, clean up and distribution of information
- Organized and ran art supply drive to collect art supplies for the pediatric center

**WORK EXPERIENCE***Barista*, **Starbucks** Montclair, NJ

September 2015 – Present

- Follow food safety guidelines for preparing and displaying pastry and sandwich menu items
- Prepare handcrafted beverages for customers efficiently and answer questions regarding ingredients
- Provide outstanding customer service and as a result awarded *Employee of the Month* (January 2015)

**ORGANIZATIONS AND PROFESSIONAL DEVELOPMENT****Montclair State Dietetics Organization**

January 2019 - Present

- Promote healthy eating on campus by distributing brochures and answering questions at health fairs
- Participate in discussion groups and attend presentations to gain knowledge in various areas of nutrition

*Living Gluten Free Seminar* – **Hackensack Hospital**, Hackensack, NJ

Spring 2016

- Attended an educational seminar on eating well and staying healthy for individuals diagnosed with Celiac Disease and gluten intolerance

**VOLUNTEER EXPERIENCE**

Toni's Kitchen, Montclair, NJ, Thanksgiving Day 2015-Present

Relay for Life, American Cancer Association, MSU, 2014-2015

Breast Cancer Walk, 2014-Present

**SKILLS**

- *Computer*: Microsoft Word, PowerPoint, Excel; Photoshop; Mac OS
- *Language*: Fluent in Spanish, speak, read and write
- *Certifications*: ServSafe, CPR, First Aid

**Jeffrey Plaza**

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**OBJECTIVE**

To obtain a physical therapy internship utilizing skills to educate others on proper and safe techniques

**EDUCATION****Montclair State University**, Montclair, New JerseyBS expected May 2019, Major: *Exercise Science*, GPA 3.63**Middlesex County Community College**, Edison, NJAA May 2016, Major: *Physical Education and Recreation***RELATED COURSEWORK**

Kinesiology, Physiology of Exercise, Fitness Assessment and Exercise Prescription

**RELATED EXPERIENCE****Montclair State University Student Recreation Center**, Montclair, NJ*Fitness Instructor*

9/2016 – Present

- Teach warm ups, breathing techniques and workout exercises to improve muscle tone
- Plan and instruct cycling classes focusing on safe, proper form and endurance
- Interact with students, faculty and alumni to help achieve health and fitness goals
- Prepare strength and flexibility exercises for individual training sessions
- Help with new student orientations including answering questions and tour of facility

**Hackensack UMC Mountainside Hospital**, Montclair, NJ*Cardiac Rehabilitation/Fieldwork* (12 hours)

2/2017

- Took blood pressure readings and assisted with EKGs on patients
- Monitored patients during exercise and observed heart rate to ensure their safety
- Gathered patient information utilized for assessment and treatment
- Observed implementation of treatment plans and interactions between staff and patients

**Town of Bloomfield**, Bloomfield, NJ*Volunteer/Soccer Camp Counselor* (ages 8 – 12)

Summers 2015 – 2017

- Demonstrated soccer skills and facilitated games for children to practice techniques
- Led warm up and cool down exercises and encouraged good sportsmanship
- Ensured children abided by rules of game and maintained fair field of play for different skill levels
- Used knowledge of first aid to assist with treatment of minor injuries

**OTHER WORK EXPERIENCE****Sports Authority**, Clifton, NJ*Customer Service Specialist*

12/2015 – Present

- Assist customers with online and in-person transactions, and answer questions regarding products
- Restock inventory, handle register transactions and provide efficient customer service
- Train new employees on register and procedures for handling transactions

**CERTIFICATIONS AND ACTIVITIES**

ACSM personal training certification, January 2017

Exercise Science Club, Montclair State University, 2016 – Present

CPR, First Aid

**Kevin Michaels**

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**EDUCATION**

Montclair State University, Montclair, NJ

BS Health Education concentration Public Health expected May 2020

- GPA 3.7
- Dean's List

**RELATED EXPERIENCE****Clifton Water Department**, Clifton, NJ*Fieldwork/Assistant Technician*

October 2012 – November 2016

- Aided in completion of water sampling and chlorine testing at various locations
- Helped issue a “boil water” advisory to town citizens during a water main break
- Accessed water operations systems and turned water pumps on and off as necessary
- Observed various workers within the department to gain knowledge and improve skills
- Completed paperwork, data entry and filing and helped prepare departmental reports

**Newark Department of Health**, Newark, NJ*Intern/Department of Health and Community Wellness*

May 2016 – August 2016

- Conducted research for health programs utilizing various resources including the internet
- Planned and developed health education program outlines for senior citizens
- Reviewed and edited health education pamphlets and posters
- Promoted health education events, distributed brochures and presented information to the community
- Networked with public health professionals to create opportunities for health education programs
- Assisted in design and utilization of program evaluation and needs assessment tools
- Organized focus groups to get feedback on health needs of the elderly in Newark

**WORK EXPERIENCE****Applebee's**, Clifton, NJ*Server*

June 2014 – August 2016

- Provided efficient service and interacted with customers to maintain satisfactory experience
- Communicated with customer and management to resolve issues with food and beverage orders
- Assisted with set-up and clean-up of tables to ensure orderly and sanitary service

**Park Manor Nursing Home**, Bloomfield NJ*Volunteer*

Summers 2014 – 2015

- Performed administrative tasks such as filing, copies and data entry
- Aided Activity Specialist with set-up and facilitation of daily activities and special events
- Delivered meals and reading materials to patients as well as provided companionship

**ACTIVITIES****Public Health Association**, MSU, Montclair, NJ, 2017 – Present**Men's Basketball**, Town of Montclair, NJ, 2015 – Present**SKILLS**

Computer: Microsoft Office Suite, MAC, Internet Research

Certifications: CPR, First Aid