

# R|K

## CONTACT

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## EDUCATION

### The Ohio State University

- August 2020 - Present
- Current Freshman
- Bachelor of Science in Human Nutrition, Medical Dietetics
- Columbus, OH

### Minster High School

- August 2016 - May 2020
- Valedictorian
- Minster, OH

## CERTIFICATIONS

- Basic Life Support (CPR, AED)
- Basic First Aid
- Emergency Oxygen

## RELEVANT SKILLS

### Computer Skills

- Proficient in Microsoft Office (Word, Excel, PowerPoint, Outlook)

### Professional Skills

- Attention to Detail
- Problem Solving
- Creativity
- Discipline

# RACHEL KITZMILLER

## SUMMARY

Self-motivated student with a passion for serving other people. I have experience teaching and communicating with children and the elderly.

## EXPERIENCE

### Dietary Aide

Otterbein St. Mary's SeniorLife Community | June 2020 - Present

- Prepare the drinks and gather the dishes prior to breakfast and lunch.
- Serve breakfast and lunch to residents, remaining vigilant of unique dietary needs.
- Prepare breakfast for the next day and restock the kitchen.
- Adhere to extensive cleaning protocols and accurately fill out the cleaning log.

### Lifeguard

Village of Minster Municipal Pool | May 2018 - Present

- Maintain surveillance over patrons in the pool area while enforcing all facility rules in a fair manner.
- Perform rescues when needed and provide emergency care.
- Monitor weather conditions and activate disaster plan when appropriate.
- Ensure all pool equipment and facilities are clean and in optimal condition.

### Assistant Swim Coach

Village of Minster - Minster Marlins Swim Team | May 2014 - July 2019

- Taught proper stroke technique to elementary children through water drills and land instruction.
- Wrote swim workouts appropriate for swimmers with a variety of skill levels.
- Facilitated swim meets and directed swimmers to their lanes.
- Fostered a safe and enriching environment for all swimmers.

## ACTIVITIES

### Health Sciences Scholars Academic Leadership Council

The Ohio State University | August 2020 - Present

- Organize a variety of educational opportunities for members including study groups, professional development workshops, internships/shadowing opportunities, and book club discussions.