

PAYTON MESSNER

216-385-6671 | messnep2@miamioh.edu
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EDUCATION

Miami University | Oxford, OH
M.S. in Kinesiology and Health
Health Promotion Concentration

Graduation | 2018
Overall GPA: 4.00

Miami University | Oxford, OH
B.S. in Kinesiology and Health
Major: *Nutrition*
Co-Major: *Public Health*

Graduation | May 2018
Overall GPA: 3.51

RELATED COURSEWORK

Study Abroad | The Netherlands (January 2017)

- Completed courses in Mental Health First Aid and National and Global Health Policies.
- Obtained Mental Health First Aid Certification.
- Met senior level health care policy officials as well as visited health institutions.

Nutrition Education | Oxford, OH (January- May 2017)

- Fostered relationships and encouraged learning in a fun way to get children excited about health.
- Taught the concepts of MyPlate and encouraged nutritional eating.

Senior Capstone Project | (August- December 2017)

- Worked as a team to create an online nutrition education course for a secondary high school.
- Developed a final presentation to present to the professor

RESEARCH

Digital Literacy Partnership at Miami University | (January- May 2017)

- Contributed to the eBook health literacy project directed by Valerie A. Ubbes, PhD, MCHES and the Center for Digital Scholarship at Miami University.
- Provided quality assessment of nutrition education materials, researched opiate prevention messages, and co-wrote Electronic Texts for Health Literacy that focused on oral health education for children and health care providers.

PROFESSIONAL EXPERIENCE

Talawanda School District | Oxford, OH (January- May 2018)

Health and Wellness Intern

- Developed educational health comics to promote health education.
- Assessed school lunch menus to assure they follow National School Lunch requirements.
- Attended meetings for the AOD, Coalition for a Healthy Community, and other community groups.

YMCA of Greater Cincinnati | Cincinnati, OH (June- August 2017)

Community Health Intern

- Assisted with enrollment of program participants.
- Developed presentations for community outreach.
- Participated in community events to bring awareness to Y program.

Supermarket Student Dietetics Conference | Strongsville, OH (August 2016)

- Earned 8 hours of dietetic shadow experience.
- Participated in an educational TV program-developing workshop.

Menorah Park | Beachwood, OH (January 2016)

- Shadowed executive dietitian Perry Kushan.
- Entered and assessed important patient information into computer system.
- Created children's day care menus to fit daily nutritional requirements.

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CAMPUS INVOLVEMENT

Gamma Phi Beta (Beta Epsilon Chapter) | Oxford, OH (February 2015- Present)

- Apparel Chair (Spring 2016 - Present)
- Greek Week Chair (Fall 2016)
- Developed communication skills when recruiting new members.

Student Academy of Nutrition and Dietetics (SAND) | Oxford, OH (February 2015- Present)

- Volunteer at community events.
- Planned semi-annual nutrition conferences.

Phi Epsilon Kappa | Oxford, OH (February 2015- Present)

- Professional health fraternity.
- Volunteer at community and campus events.

EMPLOYMENT

JoyRun, Inc | Oxford, OH (January 2018-Present)

Growth Marketing Intern

- Meet with restaurants in Oxford to establish partnerships.
- Work 10 hours a week for deliveries.
- Collaborate with team to meet weekly goals.

Left Field Tavern | Oxford, OH (August 2016-Present)

Server

- Work 10-15 hours per week while carrying a full course load.
- Responsible for greeting and educating customers while taking and filling orders.
- Handled all cash and credit transactions.
- Developed the ability to work efficiently under pressure and problem solve with a positive attitude.

Sohi Grilled Sandwiches | Oxford, OH (August 2015-May 2016)

Cashier and Line Worker

- Learned valuable communication skills along with how to properly treat customers.
- Responsible for greeting customers while taking and filling orders.
- Handled all cash and credit transactions.