

SARA ALEXIS MESTER
30 Rawley Place
Millburn, New Jersey 07041
(973) 467-5842 (home); (973) 309-6468 (cell); smester@ithaca.edu

EDUCATION AND ACADEMICS

Millburn High School Class of 2016, Millburn, New Jersey
Ithaca College Class of 2020, Ithaca, New York
Ithaca College Doctorate of Physical Therapy Class of 2022
High School GPA – 3.6
Current College GPA – 3.7

HONORS AND AWARDS

Mobility Patient Experience Lab, Ithaca College- 2018
Mobility Training patient lab participant.

Ithaca College Hillel Fresh Fest Leader, Ithaca College- 2017
A group leader for Hillel's Fresh Fest program, which helped freshman transition into college.

George Textor Scholarship, Ithaca College- 2017-2018
Awarded to students who show outstanding academic performance.

Professional Development Summit at Ithaca College, volunteer- 2016
Presentation liaison and directed people to each presentation.

Physical Therapy Shadowing- selected to shadow- 2014-2017
Kessler Institute for Rehabilitation, West Orange, New Jersey
First Children's School, Fanwood, New Jersey
Sports Training Physical Therapy, Millburn, New Jersey
JAG Physical Therapy, West Orange and Union, New Jersey

Nancy Fox-Kyser Memorial Award, Millburn High School- 2015
Given to a student who has shown academic growth and potential for future success.

Pennsylvania State Summer Study Program- 2015
Classes: (i) Pre-calculus – Grade A; (ii) Health, Fitness, and Nutrition – Grade A

EXTRA-CIRRICULAR ACTIVITIES

Ithaca College Physical Therapy Student Association, Ithaca College- 2016-present
Contributor to the organization as a physical therapy student.

Ithaca College Spoon University- 2016-present
An organization where people can publish articles about food. The club always requires photographers, videographers, social media advertisers, editors, etc.

Hillel at Ithaca College- 2016-present
Jewish organization on campus that brings the Jewish students together to celebrate the holidays, feel connected, and learn more about who they are as Jews.

Teen Mentoring- 2014-2016
Helped elementary students with their homework and engaged in activities.

Peer Leaders, Millburn High School- 2015-2016

Soccer- Mid-fielder, Millburn High School- 2010-2016
Senior- Mid-fielder for the Varsity team
Junior- Team manager for the Varsity team
Sophomore- Mid-fielder for the Junior Varsity team
Freshman- Mid-fielder and high scorer for the Freshman team
Private Clubs: U.S. Parma, Parsippany Soccer Club

Key Club International, Millburn High School- 2014-2016
Raised money and volunteered for numerous causes

Basketball- Forward, Millburn High School- 2012-2014
Freshman and Junior Varsity Teams

Protection of Animal Welfare (PAW) Club, Millburn High School- 2013-2016
Volunteered at the Jersey Animal Coalition and St. Hubert's Pet Hospital

WORK HISTORY

Intramural Sports, Ithaca College- 2018
Referee for intramural soccer

Peer Tutor, Ithaca College, 2017-present
Fundamentals of Biology I and Organic and Biochemistry

Camp Counselor, Camp Scatico- 2016-2018

SARA ALEXIS MESTER

30 Rawley Place

Millburn, New Jersey 07041

(973) 467-5842 (home); (973) 309-6468 (cell); smester@ithaca.edu

Millburn Soccer Combine, Millburn, New Jersey- 2014
Assistant Coach and Trainer