

ALEXANDRA POLÓN

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EDUCATION

Widener University

Bachelor of Arts in Biology

Bachelor of Arts in Spanish

- Majors: Biology/Pre-Physical Therapy (3+3), Spanish (fluent)
- Widener Scholar

Chester, PA
expected Spring 2022
expected Spring 2022
GPA: 3.994

ACADEMIC & EXTRACURRICULAR INVOLVEMENT

Member, Widener University Honors Program

Fall 2018- present

Member, Widener University Women's Soccer Team

Fall 2018- present

Site Leader & Participant, Widener University Alternative Spring Break 2019

Fall 2018- present

Leadership Certificate Recipient, Oskin Leadership Institute

Fall 2018- Fall 2019

- "Lead with *purpose and pride*"

Club Soccer Player, Maryland Rush/SAC/OBGC

Fall 2005- present

Additional High School Involvement: President of Student Government, Captain of Women's Varsity Soccer & Women's Varsity Lacrosse, Peer Counselor, Writing Center Tutor, Academic Club Member, Singer & Pianist

PRE-PROFESSIONAL, WORK, AND VOLUNTEER EXPERIENCE

Desk, Widener University Pride Recreation Center

January 2020- present

Resident Assistant, Widener University

August 2019- present

- Maintained a cohesive, respectful environment within Zone One in general & Thayer Hall specifically
- Interacted with and served as a resource for residents in a supportive & guiding manner
- Created community-building and educational programs, bulletin boards, & hall decorations
- Hosted fun community builders at P.A.C. events

PT Technician, Maryland Sports Medicine Center

December 2018- present

- Taught patients physical therapy exercises & completed corresponding paperwork

Volunteer, Progressive Pediatrics Physical Therapy (15 hours)

Summer 2018

- Observed pediatric hippotherapy & pediatric aquatic therapy

Intern, Maryland Sports Medicine Center (40 hours)

Summer 2017

- Observed Physical Therapists & Physical Therapy Technicians in outpatient setting.
- Learned about documentation, various modalities (e.g. electric stimulation, taping, dry needling), & implementation of exercise programs.

Intern, Maryland Sports Medicine Center (MDSMC), MedStar Montgomery Medical Center, Montgomery County Public Schools, & Young and Well Occupational Therapy Clinic (75 hours)

Spring 2016 &

Summer 2019

- Observed physical therapists, physical therapist technicians, physician assistants, occupational therapists, & speech therapists
- Increased knowledge of orthopedic surgery procedures, as well as knee & shoulder injury treatment, & gained exposure in the hospital, school, & outpatient settings

COLLEGE ACADEMIC ACCOMPLISHMENTS

- MAC Academic Honor Roll (Fall 2018 & 2019)
- Dean's List (Fall 2018, Spring 2019, Fall 2019, Spring 2020)
- Nominated for The Honors Society of Phi Kappa Phi (February 2020)
- Nominated for Widener's Circle of Omicron Delta Kappa (National Leadership Honor Society) (February 2020)
- Recognized by Science Division at Annual Awards Ceremony (Spring 2019 & Spring 2020)