

Lauren Frampton
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EDUCATION

GPA: Weighted: 4.467 SAT: 1470 Math: 760 EBRW: 710 ACT: 34
Intended Majors: Medicine, Cellular and Molecular Biology Intended Minors: Spanish and Psychology

Cave Spring High School (2016-2020)

Relevant Coursework: AP Spanish, AP Government, AP US History, AP English 12, AP English 11

Roanoke Valley Governor's School of Science, Technology, Engineering, and Mathematics (2016-2020)

Relevant Coursework: Fundamentals of Research, Applied Chemical Research, Biotechnology, Directed Study, Physics, Chemistry, Biology, AP Chemistry, Algebra II, Pre-Calculus, AP Calculus AB/BC

EXPERIENCE

Department Lead, Kroger Pickup (April 2020 – June 2020)

- Fulfilled supervisory role for Kroger Pickup (formerly Clicklist) to restructure the department
- Marshalled all customer orders and paperwork, assembled orders to exceed efficiency and customer service expectations, handled the processing and necessary alterations of all transactions, assessed all customer complaints and issues
- Designated roles and tasks to Pickup associates and assisted in the making of schedules

Research Assistant, FBRI (formerly Virginia Tech Carilion Research Institute) (2017 – 2020)

- Analyzed prior research conducted on cardiomyocytes, intercellular communication, CRISPR, and Connexin43 translation
- Conducted experimentation investigating the trafficking and localization of Connexin43 under hypoxic stress by means of CRISPR gene-editing for immunofluorescent labeling
- Conducted experimentation to determine live trafficking patterns in mammary epithelial tumor cells to determine the function of GJA1-20k in the trafficking of Connexin43 through confocal microscopy
- Currently conducting experimentation on the missense mutation of M147T in Connexin43 GJA1-26k in relation to oculodentodigital dysplasia

Coach, Roanoke Academy of Gymnastics (August 2018 – March 2020, July 2020 – August 2020)

- Coach children ages 18 months to 18 years in both men's and women's recreational classes as well as pre-team and competitive teams; Assistant in choreography
- Serve as a role model and mentor to gymnasts and ninjas seeking to improve their physical abilities and enhance their overall development and ensure their safety and progression

President, Key Club of Cave Spring (2019 – 2020)

- Lead the largest club at the high school; organize all club activities, philanthropic drives, and events; contact outside sources for collaboration in community; organize and present at all weekly meetings
- Event Operations Committee Chair for Dance Marathon for Children's Miracle Network

Volunteer, Student United Way (2016 – 2018)

- Volunteered at numerous locations, including the West End Center, Blue Ridge Marathon, Feeding America, and other organizations and local community events
- Led and created a PhotoVoice project informing the public of the realities of the e-cigarette epidemic, which has been adopted by Carilion Clinic, the Roanoke City and County school system, Roanoke County Prevention Council, and United Way of the Roanoke Valley

Coach, Roanoke Academy of Gymnastics (2015)

- Coached level two girls' competitive gymnastics team
- Set up and safe-proof the gym, instruct and demonstrate skills, and develop new lesson plans

ACTIVITIES

- Gymnast (2003 - present; competitive 2008 - present)
- National Spanish Honor Society (2018 - present)
- Honor Society (2017 - present)
- Beta Club (2019 – 2020)
- Key Club (2017 - 2020)
- Help Save the Next Girl (2017 – 2020)
- Spanish Club (2017 - 2020)
- Cave Spring Homecoming Court (2019)
- University of Charleston Pharmacy Camp (2019)
- Cave Spring Representative at Hugh O'Brien Youth Leadership Forum (2018)
- Cave Spring Representative at Student Leadership Conference (2018)
- Volleyball 6-season combined school and travel player (2014 - 2018)
- STEM Workshop at Virginia Tech (2017)
- Virginia Tech Academy of Integrated Science's NanoCamp (2017)
- United Way Representative at Roanoke Youth Summit (2017)
- Lewis Gale Healthcare Camp for Aspiring Healthcare Professionals (2016)
- Created commercial for marketing the Special Olympics (2016)
- Camp Carilion Clinic for Aspiring Healthcare Professionals (2015)

HONORS

Academic

- Accepted into University of Vermont's Honors College as recipient of the Presidential Merit Scholarship
- A Honor Roll, 2014-2019
- Recipient of *Kowalski Emerging Scientist Research Fellowship* grant for research proposal, 2019
- College of Sciences Scholarship from ODU, 2019
- 2nd place at Project Forum Science Fair, 2019
- 2nd place at Roanoke City Science Fair, 2019
- Best Biology Paper Award at Virginia Junior Academy of Sciences, 2019
- Presenter at Junior Humanities Symposium at JMU, 2019
- 2nd place at Virginia Junior Academy of Sciences, 2019
- 3rd Place at Project Forum Science Fair, 2018
- Recipient of \$1300 grant to implement self-created "stART" program to expose less privileged children to essential life skills by means of holistic education, 2018 (in progress)
- Best Usage of New Technology Award at Project Forum Science Fair, 2018
- 4th Place at Regional Science Fair of SW Virginia, 2018
- Presenter at the Virginia Junior Humanities Symposium at JMU, 2018
- Most Creative Project Award at Project Forum Science Fair, 2017

Extracurricular

- Top 100 Beam Scorer Nationally for Gymnastics Xcel Diamond, 2019
- Regional 7-state Gymnastics Xcel Diamond Qualifier and 4th place All Around, 2019
- Virginia Gymnastics Championship Xcel Diamond 3rd place Vault and Bars, 2019
- Top 100 Floor Scorer Nationally for Gymnastics Xcel Diamond, 2018
- Virginia Gymnastics Xcel Diamond Floor State Champion, 2018
- Virginia Gymnastics Level 7 Beam State Champion, 2017
- Virginia Gymnastics Level 6 Bars State Champion, 2016
- Virginia Gymnastics State Championship Qualifier, 2008-2019

REFERENCES and TRANSCRIPT

REFERENCES

Dr. James Smyth, Laboratory Principal Investigator,
smythj@vtc.vt.edu

Mrs. Chrystal Shawn AP English 11 Teacher,
chrystal.shawn@gmail.com

Mr. Steve Smith, AP Chemistry Teacher,
ssmith@rvgs.k12.va.us

Ms. Marla Kefauver, Gymnastics Coach,
mkaykefauver@icloud.com

Mr. Eric Wagner, Head Coach and Gym Owner,
ejwagner.ew@gmail.com

Kristy Maga, Kroger Supervisor,
kristy.maga@stores.kroger.com

TRANSCRIPT

Available upon request.