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# Jessica Friedrich

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## EDUCATION

### College of the Holy Cross - Worcester, MA

September 2021 - Present

Major: Biology Minor: Neuroscience

Overall GPA 3.78

Biology classes: Introduction to (1) cell and molecular biology, (2) mechanisms of multicellular life, and (3) ecology, comparative vertebrate anatomy, cellular biology, microbiology, biology statistics

Psychology: psychopathology, cognitive neuroscience, physiology and behavior, psychology and Law

Chemistry: Atoms and Molecules, Organic Chemistry 1 and 2, Equilibrium and Reactivity

Functionally knowledgeable of Biology and Chemistry Laboratory Equipment

Ability to dissect a variety of animals and identify muscle and bone structures.

### Our Lady of Mercy Academy - Syosset NY

September 2017 - June 2021

Regents Diploma with Honors

Principal's List - 4 years

National Honor Society, Spanish National Honor Society and Math National Honor Society

AP Classes: AP United States History, AP Government, AP Biology, AP Statistics, College Writing through St. John's University, NY

Varsity Track 4 Years and Varsity Dance 3 Years

## WORK EXPERIENCE

### Tropical Smoothie Cafe, Syosset, NY

May 2021 - Present

#### *Shift Leader*

- Responsible for store operations - opening and closing
- Assign staff daily job duties
- Communicate with store manager on daily sales and issues
- Ensure store is ready for the next shift
- Resolve customer issues to their satisfaction

### College of the Holy Cross, Worcester, MA

#### *Laboratory Teacher's Assistant for Intro Biology Classes*

September 2023 - Present

- Assist in prepping the lab for upcoming classes

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- Gathering the specimens and grading notebooks
  - Answer questions and help the students perform the lab

*Campus Recreation, Intramural Sport Commissioner*

January 2024 - Present

- Head official of all intramural sports
- Oversee any complaints or grievances
- Establish referee schedules for pingpong and dodgeball
- Organize teams by establishing the schedule and setting up courts and reserving time in the gym
- Manage social media for intramural sports program
- Referee in Intramural Program - 2023 - spikeball, softball, soccer, pickleball, and volleyball

*Campus Recreation - The Joanne Chouinard-Luth Recreation and Wellness Center (The Jo) - Fitness Monitor*

September 2023 - Present

- Manage adherence with gym protocols and procedures for all students
- Maintain cleanliness of equipment and refilling sanitizers and wipes.
- Check-in students to ensure orderliness for workout classes
- CPR certified to assist with any emergencies

*Student Programs for Urban Development*

September 2021 - Present

*Program Director for Pernet Homework Help - September 2023 - present; Onsite Volunteer September 2021 to present*

- Volunteer weekly at Pernet helping local Worcester children with homework and entertaining them after school as school district has no aftercare program
- Program Director: Recruit volunteers for the site through the recruitment fair, maintain contact with the director of Pernet to ensure standards with volunteers are being met and organize monthly meetings to discuss expectations and encounters of all volunteers

## AWARDS

Dean's List - September 2021 to Present - College of the Holy Cross

Invitation to College of the Holy Cross Honors College

## PERSONAL

In my free time, I enjoy working out and reading to keep me both mentally and physically enriched. Also, I enjoy traveling to new places with my favorite being Spain, a place I traveled to last summer with school as well as Disney, a place I visit with my family most years. I love problem solving whether that be alone on one of the many puzzles I do or with others in a lab setting as I like seeing progress made and helping others out.