

LEANN NICHOLAS

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EDUCATION

University at Albany, Honors College

Albany, NY

Bachelor of Science

May 2025

Declared Majors: Biochemistry & Molecular Biology | Spanish

GPA: 3.91 | Science: 3.85

Accolades: Upstate Accelerated Scholars BS/MD Program | Dean's List | Spellman Award Recipient

WORK EXPERIENCE

Town of Oyster Bay, Syosset, NY

Summer Recreation Camp Counselor

June- August 2021, 2024

- Collaborate with co-counselors to ensure the safe arrival and departure of 75 campers, aged 9-10, daily.
- Plan and execute activities for 30-40 campers for 6 hours daily including sports, arts and crafts, special food events, and pool trips.
- Appointed Counselor of the Week and then Counselor of the Summer by peers and supervisors.

RESEARCH EXPERIENCE

University at Albany, Albany, NY

University at Albany Summer Research Program (UASRP) Intern

June 2022 - July 2022

- Conducted a unique research project in DNA Nanotechnology in the Chandrasekaran Lab at the RNA Institute.
- Presented "Controlling Toehold Based DNA Strand Displacement using Triplex Forming Oligonucleotides" orally at the UB Undergraduate Research Conference and the UASRP Symposium and as a poster at the Annual CSTEP Conference 2023.

CLINICAL EXPERIENCE

The Bone & Joint Center, Albany, NY

May, December 2023

Clinical Shadowing - Orthopedic Surgery Clinic

- Joined Dr. Maxwell Alley in his orthopedic clinic days to gain experience in the modern clinic setting and maintain competency in patient encounters.
- Closely observed and participated in patient interactions, physical examinations, medical note-taking, and reviews of imaging.

HEAL Clinical Education Network

December 2022- January 2023

Clinical Shadowing

- Studied in-depth patient cases in pediatrics, gastroenterology, and cardiology; learned about diagnosis and symptoms, and developed an understanding of the practice of health care today.

South Shore University Hospital, Northwell Health, Bayshore, NY

Hospital Volunteer

January 2019 - December 2021

- Collaborated with staff in multiple departments such as the pharmacy and maternity wing to ensure patient well-being through comfort rounding with pillows, blankets, self-care items, and books/magazines.
- Provided valuable nonmedical support such as escort services and reassurance to patients and visitors on the floors.
- Directly assisted nurses to ensure emergency room operations were optimized.

LEADERSHIP EXPERIENCE

SUNY Upstate Medical University, Syracuse, NY

Upstate Accelerated Scholar Program Ambassador

June 2021 - Present

- Selected to motivate 32 fellow 2025 matriculants on the collective journey to medical school through encouragement and events for unwinding.
- Facilitate communication between the program director and 2025 matriculants.
- Participate in student panels to impart knowledge and experience unto prospective and new BS/MD students.

EXTRACURRICULAR INVOLVEMENT

University at Albany, Albany, NY

NCAA Division I Track and Field Captain

Fall 2021 - Present

- Compete in the Triple and Long Jump field events.
- Train for and compete in intercollegiate meets for up to 20 hours per week.
- Lead team discussions and bonding activities with fellow captains. Advocate for and motivate fellow teammates on and off the track.
- School Record Holder in Women's Triple Jump, Outdoor and Indoor, Freshmen
- World U20 Championships Competitor
- 5x Triple Jump Conference Champion
- America East Conference Outdoor Championship Record Holder
- USTFCCA Academic All-American 2022, 2023, 2024
- America East Conference All-Academic 2023 and 2024
- SUNY Scholar-Athlete of the Year Indoor 2023, Indoor + Outdoor 2024

University at Albany, Albany, NY

Doctors IV (For) Hope Executive Board, Vice President

Fall 2021 - Present

- Mentor junior executive board members for an academic year of training; lead the executive board and club alongside the president
- Plan and facilitate club activities, such as the bi-annual D4H Medical Panel, in a team of 12 board members; formerly leading and planning the fundraising events like the bi-annual Bake Sale.
- Participate in volunteer, social, and professional development activities, such as donation drives and awareness walks for Breast Cancer and Alzheimer's, that align with the virtues of future physicians such as service, empathy, and scholarship.

University at Albany, Albany, NY

UAlbany Red Cross Member

Fall 2021 - Present

- Directly assist blood-donors in check-in and preliminary education of the blood donation process.
- Participate in public health events such as blood drives and emergency preparedness & first aid clinics.

University at Albany, Albany, NY

Collegiate Science and Technology Entry Program (CSTEP) Member

Spring 2022 - Present

- Attend academic and career development workshops in preparation for a career in STEM.
- Network with professionals in STEM departments and careers.

University at Albany, Albany, NY

Presidential Honor Society Member

Spring 2022 - Spring 2023

- Contributed at least 15 hours of volunteer service per semester in various areas of the community while maintaining a GPA over 3.75 to uphold the values of scholarship, leadership, and service.

University at Albany, Albany, NY

Circle K Member

Fall 2021 - Spring 2022

- Participated in diverse service projects, such as crafting kits for children's hospital patients, to uphold the tenets of service, leadership, and fellowship.

ACADEMIC SERVICE EXPERIENCE

University at Albany, Albany, NY

Student-Athlete Academic Support Service Tutor

Spring 2023

- Tutored fellow student-athletes in a variety of subjects including Organic Chemistry I and II and Spanish for up to 3 hours weekly.

University at Albany, Albany, NY

Introductory Biology Academic Support Service Center Tutor

Fall 2022

- Provided academic support, guidance, and tutoring to General Biology students for 2 hours weekly.
- Attended weekly tutoring specific skill-building training for personal and student benefit.

SKILLS

Advanced-Intermediate Proficiency in Spanish (Bachelors in Spanish, May 2025)

First Aid/CPR Certified - June 2024 - 2026

HONORS & AWARDS

SUNY Upstate Medical University, Syracuse, NY

Upstate Accelerated Scholars BS/MD Program

May 2029

- Accepted from high school to the Norton College of Medicine at SUNY Upstate Medical University under conditions of academic achievement
- Participate in medical academic enrichment and networking with current medical students and staff over the summers until matriculation to medical school

The University at Albany Foundation, Albany, NY

The Kimberly Toone Memorial Scholarship Recipient

Fall 2023 - Spring 2024

- "Established in memory of Kimberly Toone '95, the purpose of this fund is to provide a scholarship to a track athlete, preferably female, who demonstrates excellence both in athletic endeavor and in the classroom."

University at Albany, Albany, NY

Phi Beta Kappa Honor Society Member

Spring 2023 - Present

Sigma Delta Pi National Collegiate Hispanic Honor Society

Spring 2023 - Present

Dean's List Student

Fall 2021 - Present

Spellman Award Recipient

Fall 2021 - Present

Academic Distinction Award Recipient

Fall 2021 - Present

Presidential Scholarship Recipient

Fall 2021 - Present

The New York State Board of Regents, Albany, NY

Scholarship for Academic Excellence Recipient

June 2021