

Amanda Murphy

Email: murphy6@yahoo.com

SUMMARY OF STRENGTHS/QUALITIES

- Skills: Public speaking, verbal communication, ability to educate others on a healthy lifestyle, adaptability to new environments, knowledge of nutrition and wellness.
- Traits: High initiative, persistent, continuous learner, strong work ethic, strong listening skills, always curious.

EDUCATION

Anticipated May 2021

Bachelor of Science

Nutrition and Exercise Science Major: Specialization in Exercise Science

Rowan University, Glassboro, NJ

3.33 - Dean's List

PROFESSIONAL DEVELOPMENT EXPERIENCE

- NWI meeting attendance
- Jefferson Health Internship

WORK EXPERIENCE

Waitress

Attilio's Villagio Restaurant, Lincroft, NJ

January 2015-August 2015

- Quickly developed strong people skills and attentive customer service
- Adapted to working under pressure in a fast paced environment

Waitress

Luigi's Restaurant, Lincroft, NJ

January 2016-May 2017

- Acquired the ability to multitask and manage time efficiently
- Developed teamwork skills with other staff members

CERTIFICATIONS/QUALIFICATIONS

- Certification of Completion of Cholesterol Training
- Certification of Completion of Blood Lipid Training

CAMPUS INVOLVEMENT

Rowan Lacrosse (2017-2019)

- Learned to balance academic, social, and athletic priorities.
- Overcame a significant knee injury through persistent rehabilitation and dedication

References and Electronic Portfolio available at <http://users.rowan.edu/murphy1>

