

SKYLAR SOPHOMORE

Amherst, MA | 413-413-4135 | skylarsophomore@umass.edu

EDUCATION

Bachelor of Science in Nutrition, University of Massachusetts Amherst, Amherst, MA (May 2027)

Relevant Coursework: Community Nutrition, Medical Nutrition Therapy, Practical Skills in Nutritional Counseling

GPA: 3.53

High School Diploma, Northwestern Regional #7 High School, Burlington, MA (June 2023)

NUTRITION EXPERIENCE

Health Educator Intern, Health Promotions Dept., UMass Amherst, Amherst, MA (Jan. 2024 – Present)

- Develop educational nutrition materials focusing on diabetes, alcohol/substance abuse for adults and children
- Initiate and instruct classes of 10-15 people that emphasize good healthy habits such as nutrition, exercise, and food preparation methods
- Help diabetic clients learn to plan meals and start exercise programs
- Utilize nonjudgmental direct communication skills to teach timid patients how to use exercise equipment correctly

Nutrition Club Member, UMass Amherst, Amherst, MA (Sept. 2023 – Present)

- Participate in community-based activities to educate students on healthy eating habits
- Disseminate nutrition awareness across campus and amongst greater Amherst community

My Plate Volunteer, Worcester Dining Commons, UMass Amherst, Amherst, MA (Oct. 2023 – Dec. 2024)

- Assisted 6 independent study students with promoting nutritious meal options and trying new foods

ADDITIONAL EXPERIENCE

Volunteer Swim Instructor, YMCA, Holyoke, MA (June – Aug. 2022)

- Taught proper swimming techniques to children ages 5-12, supervised safety and fun in water
- Demonstrated versatility and adaptability in working with diverse learning styles

SKILLS

Computer: Proficient in Adobe Photoshop, Camtasia editing software, Canva, and Microsoft Office

Languages: Advanced oral, written and reading comprehension in Spanish

Certifications: Lifeguard, (First Aid, CPR and AED trained) American Red Cross, expires March 2026

Nutrition Sophomore Resume Example; Font: Calibri, Size: 11