

SKYLAR SOPHOMORE

Amherst, MA | 413-413-4134 | skylarsophomore@umass.edu

EDUCATION

Bachelor of Science in Public Health Sciences

University of Massachusetts Amherst, Amherst, MA

May 2028

- Relevant Coursework: My Body My Health, Healthcare for All, Intro to Biostatistics
- GPA: 3.53

High School Diploma, Boston Latin School, Boston, MA

June 2024

PUBLIC HEALTH EXPERIENCE

Community Outreach and Education Intern, Burlington Board of Health, Burlington, MA

July - Sept. 2024

- Analyzed prior cancer research study and recommended next steps to supervisor and 5 colleagues
- Designed, organized, and taught district-wide H1N1 curriculum to over 600 students
- Promoted regional trash program via Instagram and educated public on benefits via email and public speaking events

Office Assistant Intern, Lahey Clinic, Burlington, MA

Dec. 2022- Jan. 2023

- Published written article in hospital newspaper and edited 30+ articles for other interns
- Performed research on lymphatic vascular system and interviewed cardiologist
- Created numerous spreadsheets using Excel to track research data

RELATED EXPERIENCE

People's Market: Student-Run Cooperative Co-Manager, UMass Amherst, Amherst, MA

April 2025 - Present

- Practice co-operative values of democratic control by facilitating staff meetings to address needs of co-op and co-managers
- Consistently communicate with a team of 14 co-op members and 10 committees to ensure accountability
- Research ethically sourced brands that align with co-op values of affordability and sustainability to provide consumers with products that support food justice
- Manage daily operations of cashout, stocking, and cleaning to secure customer retention

Public Health Club Member, UMass Amherst, Amherst, MA

Jan. 2025 - Present

- Participate in community-based activities to educate students on healthy choices
- Disseminate awareness of public health issues across campus and amongst greater Amherst community

Volunteer Swim Instructor, YMCA, Amherst, MA

June - Aug. 2023 & 2024

- 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

Playground Counselor, Town of Templeton Recreation Department, Templeton, MA

June 2021 - Aug. 2022

- Oversaw children ages 7-12, monitored for bullying behavior, and resolved conflicts
- Directed age-appropriate games and activities for groups of 25 children at one time
- Provided role modeling, mentoring, positive attitude, and energetic demeanor

SKILLS AND CERTIFICATIONS

Computer: Proficient in Adobe Photoshop, Instagram and Microsoft Excel

Languages: Advanced oral, written, and reading comprehension in Spanish, basic conversational Italian

Certifications: Lifeguard, First Aid/CPR/AED for infants and adults, American Red Cross (expires May 2027)