

Your Name

Division I Athlete | Team Captain | email@udel.edu | linkedin.com/your-name | (302) 555-5555

SKILLS & CERTIFICATIONS

MicroStation; MATLAB; Python; AutoCAD; Bluebeam; Asana; Microsoft Office; Spanish (basic knowledge); IBM SPSS; Bluebeam, Revisto, CPR and Red Cross Lifeguard certified; OSHA Focus Four (Month 20XX)

EDUCATION

University of Delaware

Newark, DE

Bachelor of Engineering in Environmental Engineering

May 20XX

Minor in Mathematics

Major GPA 3.5

RELATED EXPERIENCE

University of Delaware

Newark, DE

REU Site in Sustainable Resilient Transportation Systems

June 20XX - August 20XX

- Selected into a diverse cohort of students for a 10-week interdisciplinary research program
- Investigated energy-aware charging mechanisms for Electric Automated Vehicles (EAVs) focused on the potential reduction of CO2 emissions
- Worked alongside of experienced mentors to create a research plan and present findings
- Managed high school interns through weekly check-ins and feedback sessions

Summer Research Poster Symposium

June 20XX - August 20XX

- Aided in the collection of water quality and stream habitat measurements for baseline datasets used by the City of Newark (Delaware) and National Park Service (Delaware's First State National Monument)
- Determined stream erosion potential and likelihood of recovery using the EPA Rapid Bioassessment Method as well as the Rosgen Method
- Presented research at Poster Symposium to approximately 100 attendees

LEADERSHIP & SERVICE

University of Delaware, NCAA Division I Cross Country and Track & Field

Newark, DE

Team Captain

August 20XX - Present

- Elected to serve as a line of communication between the student-athletes and coaches
- Collaborate with teammates to find effective ways to create a positive team culture and environment
- Dedicate over 20 hours per week to training, competitions, traveling, meetings, and other team requirements while balancing a full-time student workload

Alpha Omega Epsilon- Nu Chapter

Newark, DE

Member

August 20XX - Present

- Assist in organizing "Meet-the-Sisters" night which connected past alumnae and current members
- Participate in community service events in local schools to help educate high school seniors about engineering
- Enhance the visibility of the sorority by creating social media outreach about recruitment events

OTHER EXPERIENCE

University of Delaware, Bob Carpenter Sports Building

Newark, DE

Lifeguard/Trainer

January 20XX - Present

- Oversaw lap swim, club sport practices, and swim meets while maintaining the cleanliness of the pool and deck
- Trained and organized new lifeguards according to the school's regulations and safety policies
- Promoted due to demonstrated organization, work ethic, and leadership skills

Habitat for Humanity

Wilmington, DE

Construction Volunteer

June 20XX - August 20XX

- Worked at two sites building houses in Wilmington for Habitat for Humanity of New Castle County
- Volunteered over 150 hours over the course of the summer to aid in the building of 16 houses and gained experience in construction

Your Name

Division I Student-Athlete | student@udel.edu | (302) 555-5555 | linkedIn.com/student

EDUCATION

University of Delaware- Newark, DE

May 20XX

College of Arts and Sciences

B.A. in English Education

Major GPA: 3.43

RELATED EXPERIENCE

Glasgow High School- Newark, DE

August 20XX - Present

Student Teacher

- Prepared and executed lessons for four 10th grade English classes and one Creative Writing class, ranging from 23-30 students. Aided in the support staff for one inclusion 9th grade English class
- Differentiated interactive lessons and activities for students to meet a variety of learning styles. Engaged students via whole class and small group instruction using technology (SMART Board, Schoology, Kahoot!, Quizlet, Nearpod)
- Utilized the Understanding by Design (UbD) format to create unit plans in accordance with the district's curriculum and state and local standards
- Volunteered with the girl's soccer team and helped implement new formations and training plans. Involved with the Girls on the Run club and helped raise funds for their afterschool program

A.I. duPont High School- Wilmington, DE February - June 20XX

Methods/Pre-Student Teaching

- Led group tutoring in a 10th grade elective class using the AVID tutoring method
- Challenged students to think critically when completing assignments and homework from core classes
- Collected data on student improvement using formative and summative assessments throughout the tutoring process
- Analyzed one 9th grade English class with 28 students. Observed differentiated instruction and activities for high school curriculum

OTHER EXPERIENCE

Tall Pines Summer Camp- Cherry Hill, NJ June 20XX - Present

Lead Camp Counselor

- Managed a group of five camp counselors by organizing schedules, daily check-ins and preparation of materials for their groups of twenty campers
- Led the daily morning meeting and communicated daily goals and activities for all camp participants
- Founded the Reading Project, which encourages students to log their weekly reading in order to win prizes and other rewards

CAMPUS & VOLUNTEER INVOLVEMENT

University of Delaware Soccer Team

August 20XX - Present

Team Member

- Dedicated over 30 hours a week to training, travel, meetings, and other team commitments while excelling in a full-time course load
- Selected to host recruits and provide them with an understanding of the school and team culture and requirements
- Developed time-management, a strong work ethic and perseverance to meet personal and team goals
- Participated in the professional and personal development program, Building Leaders Utilizing Education (BLUE)

UDance

August 20XX - Present

Team Advocate

- Create social media campaigns using Instagram, TikTok, and Twitter to reach a diverse audience
- Raise awareness and funds for UDance, a student-run philanthropy dedicated to beating childhood cancer, through networking and participating in on and off campus events

SKILLS & CERTIFICATIONS

- Google Suite: Word, Excel, Classroom, Slides; SmartBoard; Digital Learning Tools; Genesis; GradeTransferrer
- Certified CPR, AED, and First Aid

Your Name

D1 Athlete | student@udel.edu | linkedin.com/student | (302) 555-5555

EDUCATION

University of Delaware

Newark, DE

Bachelor of Science in Criminal Justice & Sociology (Double Major)

December 20XX

Minor: Psychology

Major GPA 3.29

RELATED EXPERIENCE

University of Delaware- Psychology Department

Newark, DE

Research Assistant

May-August 20XX

- Organize data for Professor Smith's lab that tests attachment related trauma, stress regulation, and developmental psychopathology in adolescents
- Conduct literature reviews for primary investigator and provide findings in detailed reports and present findings to members of the team
- Guide patients, participants, and clinician users of our technology through installation, daily use and interpretation of results

New Castle County Police Department New Castle, DE

Intern

June-August 20XX

- Assisted law enforcement officers in various tasks, including data analysis, report writing, and evidence handling
- Participated in ride-alongs, observing and learning about the day-to-day activities of law enforcement personnel
- Gained firsthand experience in community policing initiatives and engagement with diverse populations
- Expanded knowledge of criminal justice procedures and protocols

LEADERSHIP & SERVICE

University of Delaware Football Team

Newark, DE

Team Member

August 20XX-Present

- Dedicated over 30 hours a week to training, travel, meetings, and other team commitments while excelling in a full-time course load
- Selected to host recruits and provide them with an understanding of the school and team culture and requirements
- Developed time-management, a strong work ethic and perseverance to meet personal and team goals
- Participated in the professional and personal development program, Building Leaders Utilizing Education (BLUE)

Boys and Girls Club of Delaware

Wilmington, DE

Volunteer

February 20XX-Present

- Mentored and coached a diverse group of youth aged 6-13, teaching them fundamental skills and strategies in football and other sports
- Created a positive and inclusive environment, emphasizing sportsmanship, respect, and fair play
- Ensured the safety and well-being of club participants by adhering to established protocols and procedures

OTHER EXPERIENCE

UberEats

Newark, DE

Delivery Driver

June 20XX-Present

- Quickly and accurately fulfilled customer product requests; receiving frequent feedback ratings of "Above and Beyond"
- Multitasked under high pressure situations and environments, prioritizing and completing all tasks in an efficient manner

SKILLS

- Proficient in Microsoft Office (Access, Excel, PowerPoint, Word) and Google Suite (Docs, Sheets, Slides)

Your Name

Division 1 Golf Team | Student@udel.edu | (302) 555-5555 | LinkedIn.com/student

EDUCATION

University of Delaware - Newark, DE

December 20XX

College of Health Sciences

B.S. in Exercise Science

Major GPA: 3.75

RELATED EXPERIENCE

360 Physical Therapy - Philadelphia, PA

December 20XX - Present

Physical Therapy Assistant

- Monitor patients progress and treatment response, notify supervising physical therapists of irregularities or unexpected changes in condition
- Implemented individualized patient therapy plans in accordance with the physician's and physical therapist's orders
- Assist in the creation and execution of return-to-play plans for injured athletes
- Educate patients on the use of the patient portal system and organize workshops for current staff to stay up to date with their portal system trainings

University of Delaware Biomechanics Laboratory - Newark, DE

June 20XX - August 20XX

Undergraduate Researcher

- Aided post-doctoral and assistant professor with laboratory tasks and protocol development of Total Hip Replacement Outcomes and Energy Expenditure pilot studies
- Conducted protocol development of strength, performance, and recruitment methods for future Total Hip Replacement Outcome study
- Performed data collections on subjects for Energy Expenditure Pilot by preparing VO2 system, gait analysis laboratory, and subject with reflective marker sets on specified body landmarks, as well as cleaned collected data for later analysis
- Contribute to continuous literature reviews and critical analysis of related studies

OTHER EXPERIENCE

Intensity Sports Performance - Philadelphia, PA

June 20XX - Present

Trainer/Coach

- Designed and implemented performance-based training programs for youth golf players
- Led weekly training sessions for 30+ young athletes
- Collected and analyzed data of athlete growth and development over the course of the season
- Collaborated with coaches to maintain an inclusive and safe environment for all participants

CAMPUS & VOLUNTEER INVOLVEMENT

University of Delaware, NCAA Division I Men's Golf - Newark, DE

August 20XX – Present

Team Captain

- Showcased leadership, teamwork, and strong work ethic throughout two seasons as a team captain
- Developed excellent time management and multitasking abilities while balancing a full-time rigorous academic schedule and dedicating over 20 hours per week to training, tournaments, and other team responsibilities
- Fostered a competitive and collaborative team environment, working closely with coaches and teammates
- Displayed resilience and discipline in overcoming challenges and setbacks

UDance - Newark, DE

August 20XX - Present

Team Representative

- Create social media campaigns using Instagram, TikTok, and Twitter to reach a diverse audience
- Raise awareness and funds for UDance, a student-run philanthropy dedicated to beating childhood cancer, through networking and participating in on and off campus events

SKILLS & CERTIFICATIONS

- LabView, Cortex Motion Analysis, Microsoft Office, Google Suite
- BLS, CPR, AED, and First Aid Certified