

Isabelle R. Intermediate

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SUMMARY

- Seeking opportunities in community fitness or wellness
- Experience in managing teams, program development, and community engagement
- Developed leadership skills through serving as Captain of D-1 Women's Lacrosse Team
- Certifications: Emergency Oxygen; Infant, Child, and Adult CPR/AED; Water Safety Instruction

EDUCATION

B.S., Exercise Science; Minor in Health Education **May 2019**

High Point University, High Point, NC

- University Honors Scholar, Millis Scholar Athlete
- GPA 3.6

EXPERIENCE

Intern | Hartley Drive Family YMCA | High Point, NC **May 2018 - Present**

- Provide orientation for new members through presenting on facility details and use of equipment
- Create wellness programs for youth; oversee marketing and registration of wellness programs
- Lead a fundraising event that raised a total of \$4,500.00 for the Strong Kids Campaign
- Manage Wellness Center's event updates by creating marketing content for flyers and social media

Senior Lifeguard | South Shore Beach | Little Compton, RI **May 2015 - August 2017**

- Managed seasonal lifeguard staff; supervised Junior Life Guarding class at South Shore Beach
- Oversaw all medical and non-medical emergencies
- Cross-trained in other roles including Junior Lifeguard, Equipment Rental Specialist and Beach Patrol

Customer Service Associate | Panera Bread Company | High Point, NC **April 2013 - May 2016**

- Served customers in bar area in a timely and friendly manner
- Utilized POS systems to accept cash payments, process credit cards and generate gift cards

CAMPUS AND COMMUNITY INVOLVEMENT

- Captain | HPU Women's Lacrosse Team **January 2016 - May 2018**
- Wellness Mentor | Student Wellness Center **August 2016 - June 2017**
- Volunteer | Montlieu Elementary School **August 2015 - March 2016**

Consider if you want to use your middle initial. Be consistent on your cover letter and LinkedIn

Your First & Last Name

Email Address | Cell Phone Number | City, State | LinkedIn URL

Consider using a personal, but professional email rather than your HPU email

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Your Summary is a list of hard and soft skills that describe you as a young professional

Instruction

Use a semi-colon to separate your major from any minors.

List only the month and year of your graduation

EDUCATION

B.S., Exercise Science; Minor in Health Education

May 2019

High Point University, High Point, NC

- University Honors Scholar, Millis Scholar Athlete
- GPA 3.6

Consider listing your GPA if it is above 3.0

List paid and unpaid experiences from most recent to oldest

EXPERIENCE

Your Position | Company or Organization | City, State

Abbreviate

May 2018 - Present

List 2-3 statements that focus on results or skills developed

Use for activities you're currently doing

Write results & accomplishments beginning with a present tense or past tense verb

Example: Create wellness programs for youth; oversee marketing and registration of wellness programs
Lead a fundraising event that raised a total of \$4,500.00 for the Strong Kids Campaign

Do not use periods

- Manage Wellness Center's event updates by creating marketing content for flyers and social media

Notice the present tense verb

Use numbers, when possible, to quantify your results

Month & year experience started

Month & year experience ended

Senior Lifeguard | South Shore Beach | Little Compton, RI

May 2015 - August 2017

- Managed seasonal lifeguard staff; supervised Junior Life Guarding class at South Shore Beach
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Notice the past tense verb

Customer Service Associate | Panera Bread Company | High Point, NC

April 2013 - May 2016

- Served customers in bar area in a timely and friendly manner
- Utilized POS systems to accept cash payments, process credit cards and generate gift cards

Notice the past tense verb

List your leadership, campus, community and research activities that you are involved with or have completed from most recent to oldest

CAMPUS AND COMMUNITY INVOLVEMENT

- Captain | HPU Women's Lacrosse Team
- Wellness Mentor | Student Wellness Center
- Volunteer | Montlieu Elementary School

January 2016 - May 2018

August 2016 - June 2017

August 2015 - March 2016

Your Position

Club or Organization

Month & year you started

Month & year you ended