

Lauren E. Nichols

Roswell, GA • len29671@gmail.com • <https://www.linkedin.com/in/lauren-nichols-mph-9b20842a>

SUMMARY OF QUALIFICATIONS

Recent public health graduate combining a health science education background and work experience in health/wellness programming. Diverse health and wellness education/promotion includes working for *Kennesaw State University* health promotion & wellness department where my passion for health equity and education came through. Professional strengths include collaboration and communication skills, ability to multitask and adapt, customer service professionalism, and healthcare analysis.

EDUCATION

University of Georgia – Athens, GA

Master of Public Health / Health Promotion and Behavior

May 2020

University of Mississippi – Oxford, MS

Bachelor of Science / Exercise Science

May 2018

RELEVANT EXPERIENCE

Kennesaw State University Health Promotion and Wellness Department

Kennesaw, GA

Health and Wellness Intern

January 2020 – May 2020

- Completed over 335 hours of leadership roles to improve college students' wellbeing
- Co-founder of the KSU Health & Well-being Newsletter released each week; designed 20+ flyers, posters, other health promotion media to be displayed across campus
- Head of organizing the Spring Health Fair, including over 25 health/wellness vendors from the area
- Assisted the dietitian in 10+ cooking demonstrations and additional events promoting seasonal nutrition
- Collection and analysis of program and event evaluations through surveys, baseline data collection, etc.

Corporate Events Unlimited

Austell, GA

Event Staff

June 2019 – January 2020

- Collaborated with over 20 corporate companies/organizations to facilitate events (e.g. team building exercise)
- Executed event set up, activities, and break down in an enthusiastic, clean, and professional manor

Ramsey Student Center

Athens, GA

Fitness Monitor

August 2018 – December 2018

- Promoted and observed physical activity for over 37,000 UGA students
- Organizational skill development through group fitness records and verification of class access through Fusion software; assisted with maintenance and clean-up of over 20 group fitness classes per week

North Mississippi Regional Center

Oxford, MS

Recreational Therapy Intern

January 2018 – May 2018

- Supported staff in promoting the independence of nearly 500 individuals with intellectual and developmental disabilities; created a safe environment for clients to participate in normal activities of daily living
- Enhanced communication skills when working with more nonverbal individuals

Physiotherapy

Roswell, GA

Physical Therapy Shadow

June 2016 – August 2016

- Aided in rehab facilitation for over 20 patients as they performed exercises and functional activities

PROJECT EXPERIENCE

Scoping review of the effectiveness of available health promotion/services on college campuses

Graduate School Capstone

- Research collection of over 200 articles on existing health programs on college campuses in the United States
- Data filtering, inclusion criteria, and ground summary chart created/utilized to determine program effectiveness
- Effective presentation and use of theoretical concepts and use of core competencies for degree completion

Electronic Cigarette/Vape Use

Resource Development and Program Implementation

- Evaluation of existing e-cigarette research utilized to determine perceptions and use among American youths
- Conducted a needs assessment, established a Logic Model, utilized the social learning theory, & determined an evaluation plan used to develop an e-cigarette educational program for young adults

Research on Undergraduate Mental Health

Research Methods Course

- Created and administered a cross-sectional survey to undergraduate students to determine the effects of childhood adversities on current mental health status (e.g. depressive emotions)
- SAS Statistical software used to compute univariate and bivariate analyses to determine depressive emotions by school year

Worksite Wellness Program Evaluation

Program Evaluation Course

- Developed, evaluated, and analyzed effectiveness of a worksite wellness program focused on decreasing sedentary actions of employees during the workday
- Created logic models and smart goals/objectives to determine how behaviors are affected by ‘StandUp’ program
- Reported on program efforts, risks/benefits, funding/budgets, and process and outcome evaluation of the program

CAMPUS & COMMUNITY INVOLVEMENT

Student Wellness Ambassador

- Designed and developed health and wellness events for over 23,000 students and staff on campus
- Promoted sexual health, mental health, and physical fitness through educational classes/events

CREDENTIALS / SKILLS

Microsoft Office proficiency	AHA First Aid/CPR/AED Certified	Endnote X9 proficiency
CANVA Graphic Design	SAS Database basic knowledge	MicroFit Training/Administration
Written/Verbal Communication	Adaptable/Efficient work ethic	Customer Service professionalism