

Eva Helmke

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OBJECTIVE

To secure a position working, gaining experience helping others.

EXPERIENCE

Mar 2024- Present **Tech Team Member at UConn's Center for Students with Disabilities**

- Guided students through demos of various pieces of technology (SmartPen, Microsoft Programs, etc.)
- Assisted students in choosing from various options for their technological accommodations
- Worked with students of varying ages, physical and/or mental disabilities, and majors in the University

Jan 2023- Present **Sales Associate at October Six Boutique**

- Provided customer service by checking people out & handled cash register
- Opened store at beginning of shift and closed nightly
- Assisted in displaying merchandise and organizing items
- Did light cleaning around store (i.e. vacuuming, dusting, cleansing mirrors)

Summer 2021-23 **Lifeguard at Lakewood Trumbull YMCA**

- Actively scanned and observed the pool and pool deck patrons
- Ensured patron's safety while in the pool, on the pool deck, at the boating deck, and in boats
- Monitored pool chemicals & weather conditions, and adjusted accordingly
- Performed emergency procedures and first aid, when necessary

Summer 2021-23 **Swim Instructor at Lakewood Trumbull YMCA**

- Taught swim lessons of various stages to children of various ages
- Taught initial water-safety lesson to all students
- Kept daily progression tracker for all students in classes
- Communicated to both the parent and the student of the student's progress in lessons
- Worked on skills from getting adjusted to the water, to swimming laps and practicing stroke technique

Winter 2021-2023 **Manager & Lifeguard of Boys Varsity Swim Team at Masuk High School**

- Attended all practices and meets
- Was responsible for the med-kit and administering any first aid as needed
- Helped run meets, setting up the pool equipment and scoring events
- Assisted practices, writing sets and creating meet lineups

August 2022 **Capstone Fieldwork with Mentor: Funeral Business & Mortuary Science**

- Completed 25 hours of fieldwork following a professional mentor
- Participated in planning funeral arrangements
- Assisted in handling deceased during pickups at various locations (homes, police scenes, medical examiner's office)
- Designed and created funeral/burial monuments

EDUCATION

2023-Present **University of Connecticut**

STORRS, CT

- Undergraduate Student in the College of Liberal Arts & Sciences
- Currently studying under the Molecular & Cell Biology major
- Minor: Culture, Health & Human Development
- *Alpha Lambda Delta* Academic Honor Society Member

2019-2023 **Masuk High School**

MONROE, CT

- High Honor Roll

- National Honors Society
- Science National Honors Society
- World Languages Honor Society
- *Mu Alpha Theta* Math Honors Society
- Honors, AP, UConn level courses
- Seal Of Biliteracy (English and Spanish Languages)
- Accumulative GPA: 3.8 unweighted, 4.7 weighted

ACTIVITIES

- *Sigma Theta Alpha*, UConn Pre-Medical Fraternity
- UConn American Red Cross Club
- UConn Club Swimming Team
- Masuk Varsity Swim and Dive Team (2019-2023, Captain 2022)
- Rapids Swim Team (2018-Present)
- Medical Club at Masuk High School
- Masuk Representative Assembly- Junior Class Government (2021-2022)
- Masuk Representative Assembly- Senior Class Government (2022-2023)
- Ceramics (Classes 1 & 2, Independent Study)
- Math Team at Masuk High School

CERTIFICATIONS

- American Red Cross: Lifeguarding with CPR/AED For the Professional Rescuer and First Aid
- American Red Cross: Babysitting Course
- American Red Cross: Blood Borne Pathogens Course
- American Red Cross: Administering Emergency Oxygen Course
- Certification of Completion for HIPAA Training (University of Connecticut)
- Seal of Biliteracy For English and Spanish

ACHIEVEMENTS

- CT Top 16 Swimmer (4 Years consecutively)
- CT All-State Swimmer (3 years)
- CT Scholar Athlete
- All SWC Academic Scholar Team
- Record holder (Masuk, Rapids, BSY & Lakewood Lightning Swim Teams)
- Senior Captain (Masuk Swim Team 2022)
- Accepted into and attended the Perry Initiative: Perry Outreach Program at NYU Langone Health
- Outstanding Achievement Award for Foreign Languages: Spanish
- 100+ Community Service Hours
- Superintendent's Student of the Month (February 2023)
- Monroe Lions Scholarship Award

PROFESSIONAL REFERENCES

- Cheryl Slane, CSD Tech Team Manager, University of Connecticut
- Emily DeMace, Head Swim Coach, Masuk High School, Assistant Swim Coach, Rapids Swim Team
- Oscar Rodriguez, Aquatics Director, Lakewood-Trumbull YMCA
- Melissa Carroll, Aquatics Director, Lakewood-Trumbull YMCA
- Drew Michael McWeeny, Lifeguard Instructor, New Britain-Berlin YMCA
- Mark McKee, Head Swim Coach, Masuk High School
- Joan Zenko, Owner, Zenko Farm, LLC