

## Career Statement

A diligent and motivated Human Sciences graduate, specialising in Cognitive and Brain Science, driven to excel in the healthcare field. I am eager to apply academic insights and practical experiences whilst further developing patient care and research practices to contribute meaningfully to healthcare initiatives.

## Education

- 2020 - 2023** Bachelor of Human Science, Cognitive and Brain Sciences.  
*Macquarie University, Sydney.*  
**Relevant Units:** Health Promotion; Critical Communication; Introduction into Neuroscience 1; Cognitive Neuroscience; Psychology, Health and Wellbeing.  
**Achievements:** 2021 Award for Academic Excellence for COGS2030: Hearing and Brain (Top 10% student)

## Work Experience

- May 2022 - present** **T-Rista**  
*Chatime Macquarie University and Macquarie Centre*
- Experienced in front and back of house roles
  - Work as part of a small team to ensure the efficiency of the stores' operations.
  - Conduct opening and closing store operations, including accurate cash handling and RedCat register operation.
  - Completing EdApp modules to improve work practice.
  - Greet customers and take orders, make and give drinks.
  - Responsible for processing minor customer inquiries and refunds while on shift.
- April 2022 - present** **Aged Care Assistant**  
*West Pymble*
- Informal assistance of an elderly neighbour with domestic duties, including cleaning the bathroom, taking out rubbish, hanging up laundry.
- March 2020 - August 2022** **Line Crew Member**  
*Guzman Y Gomez St Ives*
- Responsible for food preparation and front of house roles such as sales which requires attention to detail, teamwork, effective communication and good customer service skills.
  - Worked as part of a small team to make and serve food items in an efficient manner.

## Internships

**July 2023 -  
November  
2023**

**Cognitive and Brain Sciences Intern**

Restless Development Nepal

- Worked in a team with two other interns to research relevant organisations currently conducting projects on or with the potential to work on youth mental health.
- Independently presented campaign proposals to two organisations; LIFE Nepal, My Emotions Matter.
- Participated and conducted meetings with all stakeholders to discuss campaign developments.
- Collaborated with LIFE Nepal to create three informational posters on stress management that will be used to supplement an ongoing psychosocial community and school intervention.
- Development of design skills through the use of Canva software.

**March 2022 -  
June 2022**

**Research Assistant**

Department of Linguistics, Macquarie University Hearing Hub

- Gained an understanding of research ethics, experimental protocol and bilingualism research.
- I attained proficiency in conducting tests using electroencephalography (EEG).
- Established rapport with over 7 participants during the delivery of experiment tasks with another assistant.
- Tasked with data entry, collecting and backing up of EEG data.

## Professional Development

**2024**

**APM Occupational Rehabilitation Job Simulation**

Forage

- Participated and developed expertise in conducting Functional Capacity Evaluations (FCEs), workstation and psychosocial flags assessments.
- Involved in accurately assessing an individuals' capabilities and making informed decisions regarding their return-to-work plan.
- Practiced presentation skills by communicating assessment findings in a simulated case conference to inform all stakeholders about the rationale behind a return-to-work plan.

## Certificates

- APM Occupational Rehabilitation Certificate

## Summary of Skills

- Proficient in Microsoft Office
- Foundational knowledge of programming languages, R and Matlab
- Detail-oriented
- Motivated and driven attitude
- Good verbal and written communication skills
- Excellent customer service
- Foundational knowledge of functional capacity evaluations (FCEs)
- Typing Speed of 45 WPM