

ASHLEY ADAMS

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ABOUT ME

Motivated and community-oriented Public Health student at Old Dominion University, graduating Fall 2025. Committed to promoting health equity, community engagement, and population well-being. Proven leadership, organizational, and interpersonal skills through residential life, customer service, and childcare experience. Eager to contribute to health education, program coordination, and community outreach initiatives.

EDUCATION

Old Dominion University | Norfolk, VA

Bachelor of Science in Public Health

- Fall 2022- Fall 2025
- GPA: 3.5+

Richard Bland Community College of William and Mary | Prince George, VA

Associate of Science

- May 2022
- Early College Academy

Hopewell High School | Hopewell, VA

Advanced Diploma

- June 2022
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WORK EXPERIENCE

Starbucks Coffee Company | Chester, VA | July 2021 - Present

Barista/ Barista Trainer

- Delivered high-quality customer service in a fast-paced environment.
- Trained new employees on safety, sanitation, and operational procedures.
- Cultivated a welcoming space fostering positive community interaction.

Old Dominion University | Norfolk, VA | Aug 2023 - May 2025

Resident Assistant

- Foster a safe, inclusive, and healthy residential community for students.
- Plan and implement wellness-focused programs addressing mental health, social engagement, and personal development.
- Support campus initiatives on diversity, equity, and inclusion.

Private Family | Disputanta, VA | May 2021 - Aug 2022

Morning Nanny

- Provided nurturing care, daily routines, and emotional support for two children.
- Maintained a structured, safe, and health-conscious environment.

Intern/Coach

- Lead active, high-energy programming for elementary and middle school students
 - Research best practices for working with youth and develop engaging lesson plans
 - Create a supportive environment where students feel safe, confident, and connected
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SKILLS

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| • Public Health Education & Outreach | • Program Planning & Implementation | • Strong Written & Verbal Communication |
| • Leadership & Community Engagement | • Time Management & Multitasking | • Problem- Solving & Conflict Resolution |
| • Health Promotion Advocacy | • Active Listening and Emotional Support | • Interpersonal Relationship Building |
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CAMPUS AND COMMUNITY INVOLVEMENT

Volunteer | ODU Housing and Residence Life Events

- Supported wellness and mental health programs for students and staff.

Participant | HPREP at Campbell University | 2024

- Participated in workshops and panels exploring health professions and healthcare equity.

Volunteer | Community Clean Up at ODU | 2024

- Participated in campus-wide community clean-up efforts, promoting environmental health, sustainability, and student engagement.

Guest Speaker | Public Health Information Session Meeting

- Spoke about my experience at Campbell University's HPREP and answered all follow-up questions
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CERTIFICATIONS

- CPR/First Aid Certified
- Dental Radiation Safety Certified