

# 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.

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## 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.

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## SKILLS

- Public Health Education & Outreach
  - Leadership & Community Engagement
  - Health Promotion Advocacy
  - Program Planning & Implementation
  - Time Management & Multitasking
  - Active Listening and Emotional Support
  - Strong Written & Verbal Communication
  - Problem- Solving & Conflict Resolution
  - 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.
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## CERTIFICATIONS

- CPR/First Aid Certified
- Dental Radiation Safety Certified