

# Arianah Flynn

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## **Education**

Old Dominion University, Norfolk, VA  
*Bachelor of Science, Public Health Major*

*Expected Graduation: August 2025*

- Cumulative GPA: 2.8
- Relevant Coursework: Global Leadership, Reducing Health Disparities, and Social Behavioral Aspects

Warwick High School, Newport News, VA

*High School Diploma*

*Graduated: May 2020*

- Thomas Nelson Community College, attended the early college program in Spring 2020
- Relevant Coursework: Medical terminology,

## **Internship Experience**

Seaside Occupational Therapy, Hampton, VA

- Shadowing clients from underserved populations to gain insight into how socioeconomic, cultural, and environmental factors influence patient outcomes and service delivery
- Have the opportunity to observe how therapists use client-centered approaches to promote mental and physical well-being, paralleling public health goals of empowering individuals to lead healthier lives

## **Work Experience**

Adler Therapy Group, Newport News, VA

*Rehab Assistant*

*March 2022 to December 2024*

- Assist children with behavioral and autistic (ASD) conditions by creating calm environments and developing safe tactics for sensory needs
- Manage cleanliness and organize physical, occupational, and speech equipment
- Schedule and generate patients' charts by listening to academic needs

Virginia Health Services, Yorktown, VA

*Resident Navigator and Notary*

*July 2021 to March 2022*

- Generated reports on Excel describing discharge positivity rates and future readmission of patients' health
- Delegated room and board, give tours, and schedule appointments to accommodate future admissions
- Formulated and sorted business files of building admissions while serving as the signatory of Power of Attorney and Advance Directives

## **Leadership Experience**

Riverside Medical Center, Newport News, VA

*Volunteer Ambassador*

*2016 to 2019*

- Directed new volunteers to stations across the hospital center to assist providers and patients
- Assisted in office assignments of nursing staff, in addition to accounting for medical supplies
- Joined the Physical Therapy Assistant in organizing and maintaining the gym atmosphere

Riverside Education Center, Newport News, VA

*Medical Careers Club Member*

*2017 to 2019*

## **Arianah Flynn**

- Exposed adolescents to careers in Riverside Medical Groups, such as surgeons and EMTs
- Led different essential services of career and gave examples such as dissect pig hearts and CPR courses

### **Honors & Awards**

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|----------------------------|------|
| • Notary                   | 2022 |
| • Honors Society           | 2021 |
| • Governors Health Program | 2020 |