

Chavez, Princess Aranas

Virginia Beach, VA 23453

P | (757) 901-7444

E | princessara.chav@gmail.com

LinkedIn: <https://www.linkedin.com/in/princess-chavez/>

Objective

Driven professional seeking leadership roles in healthcare administration or human resources. Committed to enhancing organizational efficiency, employee engagement, and quality of care through effective management and strategic leadership.

Skills and Strengths

- Strong interpersonal and organizational skills
- Analytical thinker and calm under pressure
- Flexible team player with a solutions-focused mindset
- Passion for healthcare innovation and community well-being
- Knowledge in medical terminology
- Hands-on training in patient monitoring, care coordination, and interdisciplinary team communication

Education

Field of Study: Health Services Admin (Professional-BSPH) (Bachelor of Science in Public Health), Community & Environ Health, Minor: Management
School/University: Old Dominion University, 5115 Hampton Blvd, Norfolk, VA 23529
Date: January 2025 - Present

Field of Study: Monitor Surveillance Program
School/University: Sentara College of Health Sciences, 1441 Crossways Blvd., Chesapeake, VA 23320
Date: January 2023 - April 2023

Field of Study: Associate of Science in Nursing
School/University: Tidewater Community College, 1700 Crescent, Virginia Beach, VA 23453
Date: August 2018 - May 2020

Field of Study: Advanced Diploma

School/University: Landstown High School, 2001 Concert Dr., Virginia Beach, VA 23456
Date: September 2014 - June 2018

Clinical Skills and Certifications

Student Clinical Rotations - Sentara Health System

- Sentara Princess Anne Hospital
- Sentara Norfolk General Hospital
- Sentara Virginia Beach General Hospital
- Leadership & Team Supervision
- Cardiac Telemetry & Clinical Monitoring
- Staff Training & Mentorship
- Conflict Resolution & Customer Service
- Process Improvement & Task Delegation
- BLS Certified - American Heart Association (CPR & AED)
- Monitor Surveillance Certification

Work Experience

Position: Health Administration Intern
Institution/Company: Chesapeake Care Clinic
Location: 2145 S Military Hwy, Chesapeake, VA 23320
Inclusive Dates: January 2026 - May 2026
Job Responsibilities: Collect, organize and manage data; provide administrative support in analyzing clinical outcomes to ensure quality healthcare.

Position: Monitor Surveillance Technician/Telemetry
Institution/Company: Sentara Virginia Beach General Hospital
Location: 1060 First Colonial Rd., Virginia Beach, VA 23454
Inclusive Dates: October 2024 - Present
Job Responsibilities: Monitor and interpret cardiac rhythms, report abnormalities to clinical staff, maintain patient records, and support safe, timely patient care.

Position: Food and Beverage Expert
Institution/Company: Target Red Mill Store
Location: 2233 Upton Dr., Virginia Beach, VA 23454
Inclusive Dates: October 2020 - Present
Job Responsibilities: Lead and support team members in food and beverage operations, ensuring proper stocking, safety compliance, and excellent customer service while mentoring staff to achieve store goals.

Position: Monitor Surveillance Technician/Telemetry (Charge Tech)
Institution/Company: Sentara Princess Anne Hospital
Location: 2025 Glenn Mitchell Dr., Virginia Beach, VA 23456
Inclusive Dates: March 2023 - October 2024
Job Responsibilities: Monitor and interpret cardiac rhythms, report abnormalities, and support patient safety. Provide leadership by training staff, coordinating workflow, and fostering collaboration to maintain high-quality care.

Council and Awards

- **Tau Sigma National Honor Society - October 2025**
- **The National Society of Leadership and Success - December 2025**
- **Dean's List - August 2018-May 2020; May 2025**
- **Honors Graduate - June 2018**

Reference

- Crystal McKee
Manager, Nursing and Patient Care Services - Acute Care
Email: CMSMITH7@sentara.com
(757) 507-4165
- Malinda Gorum
Senior Telemetry Specialist - Telemetry Monitor Surveillance
Email: MFJACKSO@sentara.com
(757) 395-2951